



Where to Start...Lymphedema

Suggestions for resources when you **begin** to look for information about lymphedema.

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These resources are provided for information purposes only and are not intended as a substitute for medical care. If you have any questions about your healthcare, please consult your healthcare provider. Inclusion of a resource does not imply endorsement by The Ottawa Hospital. If you would like more information about this topic, please contact the Ninon Bourque Patient Resource Library.

<p>Booklets</p>	<p>Clinical practice guidelines for the care and treatment of breast cancer: 11. Lymphedema http://www.cmaj.ca/cgi/content/full/164/2/191</p> <p>Living beyond breast cancer guide to understanding lymphedema http://lbbc.org/data/media/LBBCunderstandlymphedema.pdf</p>
<p>Telephone</p>	<p>Breast Cancer Action, Ottawa 613-736-5921 Information on support and exercise programs. Canadian Cancer Society's Cancer Information Service 1-888-939-3333</p>
<p>Books and Other Resources – Ninon Bourque Patient Resource Library</p>	<p>Gentle yoga for breast cancer survivors. Esther Myers. Video. 2001.</p> <p>Living well with lymphedema. Ann Vinjé-Harrewijn Ehrlich. 2005.</p> <p>Lymphedema: a patient's guide to prevention and healing. Jeannie Burt. 2005.</p> <p>Lymphedema : understanding and managing lymphedema after cancer treatment. Sam Donaldson. 2006</p> <p>A Primer on lymphedema. Deborah G. Kelly. 2002.</p> <p>The Vital essence : understanding the lymphatic system in health and disease : lymphoedema, patient version. CD-ROM.</p> <p>Search our catalogue: http://www.ottawahospital.on.ca/library/consumerhealthcatalogue-e.asp</p>
<p>Web Sites</p>	<p>American Cancer Society (USA) Understanding Lymphedema (for cancers other than breast cancer) http://www.cancer.org/docroot/MIT/content/MIT_7_2x_Understanding_Lymphedema.asp?</p> <p>Breast Cancer Action http://www.bcaott.ca/lymphedema/info/</p> <p>Lymphovenous Canada http://www.lymphovenous-canada.ca/index.htm</p> <p>National Lymphedema Network http://www.lymphnet.org</p> <p>National Cancer Institute (USA) http://www.cancer.gov/cancertopics/pdq/supportivecare/lymphedema/patient</p>

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