The purpose of this guide is to help you find information and support on lymphedema. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of the materials in this guide can be found at the Patient Education Resource Center (PERC) in the University of Michigan Comprehensive Cancer Center, Level B2.

**Brochures and Fact Sheets**

- CancerCare. *Coping with Lymphedema.* Available online at: [http://goo.gl/u43t9K](http://goo.gl/u43t9K)

**Books**


Audiovisual Resources

• National Lymphedema Network has the following educational videos:
  o What is Lymphedema?
  o Signs and Symptoms
  o Lymphedema for Cancer Patients

These and other videos are available online at:
http://lymphnet.org/overview/lymphedema-awareness-campaign/education-videos

Web Resources

• Lymphatic Education & Research Network
  http://lymphaticnetwork.org
  Their mission is to fight lymphatic disease and lymphedema through education, research, and advocacy.

• LymphNotes.com
  http://lymphnotes.com
  This site provides lymphedema information and resources.

• National Lymphedema Network
  http://lymphnet.org
  This site provides education and guidance to lymphedema patients, healthcare professionals, and the general public by offering information about risk reduction and the management of primary and secondary lymphedema.

University of Michigan Resources

• Lymphedema Education Class
  This class is given by Lymphedema experts from the Michigan Medicine Departments of Physical & Occupational Therapy. Participants will gain an understanding of upper extremity lymphedema, and the resources available to manage it.
  http://mcancer.org/support/learning-about-cancer/lymphedema
  This class is offered at the Cancer Center on the second Tuesday each month from 1:30 to 2:30 p.m.