

Pathfinders provide topic-specific lists of books, DVDs, pamphlets, websites and support programs related to cancer, as well as instructions on where to find each resource. There are unique Pathfinders for a wide range of topics, from coping with a recent diagnosis to life after cancer. Pathfinders can be found at www.bccancer.bc.ca/library.

Pathfinders are a starting point for your information-finding journey – many more resources can be found by visiting a BC Cancer Library, Patient and Family Counselling, or the BC Cancer website (www.bccancer.bc.ca). While BC Cancer does recognize the information below as useful, Pathfinders are for educational purposes only and are not a substitute for the advice of your healthcare provider.

LYMPHEDEMA

Lymphedema, swelling caused by a build-up of fluid in the arms, legs or other parts of the body, can be a side effect of cancer and its treatment. This Pathfinder can guide you to support services and other resources to help you cope with lymphedema.

LIBRARY/CANCER INFORMATION CENTRE RESOURCES

The names and call numbers of popular books/DVDs available for loan from the BC Cancer library are listed below. Visit your local BC Cancer library or go to www.bccancer.bc.ca/library to view the complete library catalogue. Most library materials can be mailed to anywhere in BC or the Yukon.

100 questions & answers about lymphedema (Book online)

Available at www.r2library.com/Resource/Title/0763749893. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 8001 (toll-free) to obtain a username and password from the Library.

Let's talk about lymphoedema (Book)	WH700 M888 2017
Living well with lymphedema (Book)	WH700 E33 2005
Lymphedema: a breast cancer patient's guide (Book)	WH700 B973 2005
Lymphedema: understanding and managing lymphedema (Book)	WH700 L987 2006
Lymphedema and breast cancer (DVD)	WH700 F312 2010

Lymphedema home program: arm (DVD)

WH700 F312 2010

Lymphedema remedial exercises for the lower extremities (DVD)

WH700 N888 2006 PT.2

Lymphedema remedial exercises for the upper extremities (DVD)

WH700 N888 2006 PT.1

Managing lymphedema for the melanoma patient (Booklet)

WH700 L783 2012

Self-care for lower extremity lymphedema (DVD)

WH700 F312s 2010

PAMPHLETS

This list provides the names of just a few of the many pamphlets that are available at BC Cancer centres or online.

Exercises after breast surgery (Canadian Cancer Society)

Go to www.cancer.ca and click on Support & Services→Publications→Exercises after breast surgery, or pick up a copy from the BC Cancer Library.

RECOMMENDED WEBSITES

This list of websites has been compiled and evaluated by the BC Cancer librarians. For more recommended websites, go to www.bccancer.bc.ca and click on Our Services→Services→Library→Recommended Websites→Managing Symptoms and Side Effects→Lymphedema Websites.

BC Cancer

www.bccancer.bc.ca

Click on Health Info→Types of Cancer→Breast Cancer→Lymphedema.

Includes a guide for lymphedema and exercises after breast surgery and ongoing recovery.

American Cancer Society

www.cancer.org

Click on Treatment & Support→Treatment & Side Effects→Managing Side Effects→Lymphedema.

Includes information about: What is Lymphedema?; For People at Risk of Lymphedema; For People with Lymphedema.

American Society of Clinical Oncology

www.cancer.net

Click on Navigating Cancer Care→Side Effects→Lymphedema.

This website provides information about symptoms, causes, diagnosis, grading and management & treatment.

BC Lymphedema Association

www.bclymph.org

This association website provides information and offers support/advocacy to BC residents. The website includes a listing of BC-based therapists, fitters, supplies and exercise clinics. Individuals who join the association have access to a members-only section of the website and receive Pathways, the association newsletter.

Canadian Cancer Societywww.cancer.ca

Click on Cancer-Information→Diagnosis-and-Treatment→Managing-Side-Effects→Lymphedema.

Topics covered on this website include causes, symptoms, diagnosis, prevention, treatment and pain.

Lymph Noteswww.lymphnotes.com

This US-based site provides lots of information about lymphedema and includes a discussion forum.

MedlinePlusmedlineplus.gov

Click on Health Topics→Lymphedema.

This site includes sections with information on: diagnosis/symptoms and prevention/screening; research including clinical trials and journal articles and references; and links to patient handouts.

National Cancer Institutewww.cancer.gov

Click on About Cancer→Cancer Treatment→Side Effects→Lymphedema.

This site includes general information, guidance on managing lymphedema and listings of current clinical trials.

If you would like more information about these or other resources, please contact one of the BC Cancer Libraries.

Abbotsford

604.851.4710, ext. 646825 or toll-free 1.877.547.3777

Kelowna

250.712.3900 ext. 686821 or toll-free 1.888.563.7773

Prince George

Toll-free 1.888.675.8001, ext. 8001

Surrey

604.930.2098 ext. 654576 or toll-free 1.800.523.2885

Vancouver

604.675.8001 or toll-free 1.888.675.8001, ext. 8001

Victoria

250.519.5517 or toll-free 1.800.670.3322