

## BC Cancer Library and Cancer Information Centre Resources

Visit your local BC Cancer Library or go to [www.bccancer.bc.ca/library](http://www.bccancer.bc.ca/library) to see the complete library catalogue. Most library materials can be mailed anywhere in B.C. or the Yukon.

### Books

Title	Library Call Number
<b>Complete lymphedema management and nutrition guide</b>	WH700 L214 2019
<b>Let's talk about lymphoedema</b>	WH700 M888 2017
<b>Living well with lymphedema</b>	WH700 E33 2005
<b>Lymphedema: a breast cancer patient's guide</b>	WH700 B973 2005
<b>Lymphedema: understanding and managing lymphedema</b>	WH700 L987 2006
<b>Managing lymphedema for the melanoma patient (booklet)</b>	WH700 L783 2012

### eBooks

Patients and the public of B.C. and the Yukon can access these online books by calling 1.888.675.8001 x 7000 (toll-free) to get a username and password from the Library.

#### 100 questions & answers about lymphedema

<https://tinyurl.com/qandalymphedema>

### DVDs

Title	Library Call Number
<b>Lymphedema and breast cancer</b>	WH700 F312 2010
<b>Lymphedema home program: arm</b>	WH700 F312 2010
<b>Lymphedema remedial exercises for the lower extremities</b>	WH700 N888 2006 PT.1

## **Pamphlets**

### **Exercises after breast surgery** (Canadian Cancer Society)

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

### **Head/neck lymphedema (swelling)** (BC Cancer)

Go to [www.bccancer.bc.ca](http://www.bccancer.bc.ca) and click on Health Info → Coping with Cancer → Managing Symptoms & Side Effects → Head/Neck (Swelling) Lymphedema.

### **Lymphedema (swelling) in the arm or leg** (BC Cancer)

Go to [www.bccancer.bc.ca](http://www.bccancer.bc.ca) and click on Health Info → Coping with Cancer → Managing Symptoms & Side Effects → Lymphedema (Swelling) in the Arm or Leg.

## **Recommended Websites**

These websites have been reviewed and approved by the BC Cancer librarians. These websites have information about lymphedema. For a complete list of websites recommended by the BC Cancer librarians, go to [www.bccancer.bc.ca/library](http://www.bccancer.bc.ca/library)

### **BC Cancer:** [www.bccancer.bc.ca](http://www.bccancer.bc.ca)

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

### **American Cancer Society:** [www.cancer.org](http://www.cancer.org)

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

### **American Society of Clinical Oncology:** [www.cancer.net](http://www.cancer.net)

Click on Navigating Cancer Care → Side Effects → Lymphedema.

### **BC Lymphedema Association:** [www.bclymph.org](http://www.bclymph.org)

This association website provides information and offers support/advocacy to B.C. residents. The website includes a listing of B.C.-based therapists, fitters, supplies, support groups 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 Society:** [www.cancer.ca](http://www.cancer.ca)

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

**Lymph Notes:** [www.lymphnotes.com](http://www.lymphnotes.com)

This U.S.-based site provides lots of information about lymphedema and has a discussion forum.

**Medline Plus:** <https://medlineplus.gov>

Click on Health Topics → Lymphedema.

**National Cancer Institute:** [www.cancer.gov](http://www.cancer.gov)

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

## Support Programs

This section provides a list of relevant support programs offered by community organizations or BC Cancer.

Support programs offered at each BC Cancer location can be found on the BC Cancer website at:

[www.bccancer.bc.ca/our-services/services/support-programs](http://www.bccancer.bc.ca/our-services/services/support-programs)

**BC Lymphedema Association:** [www.bclymph.org](http://www.bclymph.org)

The website includes a listing of B.C.-based therapists, fitters, supplies, support groups and exercise clinics.

**Inspire Health:** [www.inspirehealth.ca](http://www.inspirehealth.ca)

Book an appointment with an exercise specialist at <https://www.inspirehealth.ca/programs/clinical-services/appointment/> or call 1-888-734-7125.

## BC Cancer Libraries

If you want more information about these or other resources, please contact one of the BC Cancer libraries.

### Abbotsford

604.851.4710 x 646825  
1.877.547.3777 (toll free)

### Surrey

604.930.2098 x 654576  
1.800.523.2885 (toll free)

### Kelowna

250.712.3900 x 686821  
1.888.563.7773 (toll free)

### Vancouver

604.675.8001  
1.888.675.8001 x 8001

### Prince George

1.888.675.8001 x 8001 (toll free)

### Victoria

250.519.5517  
1.800.670.3322 (toll free)