



# Lymphedema Pathfinder

*Information for Patients  
and Caregivers*

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## Books and e-Books

- **Let's Talk Lymphoedema: The Essential Guide to Everything You Need to Know.**  
(Peter Mortimer and Gemma Levine, 2017)

## Videos

- **Decongestive Exercises for Lymphedema Patients**  
<https://tinyurl.com/yb3hf7ka>

## Magazine

- **Canadian Lymphedema Framework**  
Pathways: Canada's Lymphedema Magazine,  
Empowering patients and professionals

## Websites

- **Ontario Lymphedema Association**  
[www.lymphontario.ca](http://www.lymphontario.ca)
- **Canadian Lymphedema Framework**  
[www.canadalymph.ca](http://www.canadalymph.ca)
- **National Lymphoedema Framework**  
<https://www.lympho.org/>
- **Australasian Lymphology Association**  
<http://www.lymphoedema.org.au/>
- **National Lymphedema Network**  
[www.lymphnet.org](http://www.lymphnet.org)
- **Dr. Vodder School International**  
[https://www.vodderschool.com/resources/education\\_centre](https://www.vodderschool.com/resources/education_centre)

## **Additional Websites**

- **Grand River Hospital – Waterloo Wellington Regional Cancer Program**  
<http://www.grhosp.on.ca/care/services-departments/cancer/waterloo-wellington-regional-cancer-program>
- **Cancer Care Ontario**  
<https://www.cancercareontario.ca/en>
- **BC Cancer Agency**  
<http://www.bccancer.bc.ca>