

BC Cancer Library and Cancer Information Centre Resources

Visit your local BC Cancer Library or go to 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
Complete lymphedema management and nutrition guide	WH700 L214 2019
Let's talk about lymphoedema	WH700 M888 2017
Managing lymphedema for the melanoma patient	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
tinyurl.com/gandalymphedema

Let's talk about lymphoedema
tinyurl.com/1nxd0d9a

DVDs

Title	Library Call Number
Lymphedema and breast cancer	WH700 F312 2010
Lymphedema home program: arm	WH700 F312 2010
Lymphedema remedial exercises for the lower extremities	WH700 N888 2006 PT.1
Lymphedema remedial exercises for the lower extremities	WH700 N888 2006 PT.2
Self-care for lower extremity lymphedema	WH700 F312s 2010

Pamphlets

Exercises after breast surgery (Canadian Cancer Society)

cancer.ca/~media/cancer.ca/CW/publications/Exercises%20after%20breast%20surgery/32071-1-NO.pdf

Managing lymphedema (swelling) in your arm or leg (BC Cancer)

bccancer.bc.ca/managing-symptoms-site/Documents/Lymphedema-Arm-Leg.pdf

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

BC Cancer Breast Cancer Lymphedema: bccancer.bc.ca/health-info/types-of-cancer/breast-cancer/lymphedema

BC Cancer Head/Neck Lymphedema: [bccancer.bc.ca/health-info/coping-with-cancer/managing-symptoms-side-effects/head-neck-lymphedema-\(swelling\)](http://bccancer.bc.ca/health-info/coping-with-cancer/managing-symptoms-side-effects/head-neck-lymphedema-(swelling))

American Cancer Society: cancer.org/treatment/treatments-and-side-effects/physical-side-effects/lymphedema.html

American Society of Clinical Oncology: cancer.net/coping-with-cancer/physical-emotional-and-social-effects-cancer/managing-physical-side-effects/lymphedema

BC Lymphedema Association: 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: cancer.ca/en/cancer-information/diagnosis-and-treatment/managing-side-effects/lymphedema

Lymph Notes: lymphnotes.com

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

Medline Plus: medlineplus.gov/lymphedema.html

National Cancer Institute: cancer.gov/about-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:

bccancer.bc.ca/our-services/services/support-programs

BC Lymphedema Association: bclymph.org

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

Inspire Health: inspirehealth.ca

Book an appointment with an exercise specialist at 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)

Kelowna

250.712.3900 x 686821
1.888.563.7773 (toll free)

Prince George

1.888.675.8001 x 8001 (toll free)

Surrey

604.930.2098 x 654576
1.800.523.2885 (toll free)

Vancouver

604.675.8001
1.888.675.8001 x 8001

Victoria

250.519.5517
1.800.670.3322 (toll free)