

Lymphoedema DIY self management : bilateral mastectomy : upper extremity lymph nodes removed one side (LNR1S)

<https://libraries.phsa.ca/permalink/catalog113442>

Shaw, Tania, Exton, Jillian. Charleston, SC: Jillian Exton , 2013. (Book, DVD) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Kelowna Cancer Info Ctr
Call Number: WH700 S536 2013



3rd Annual Lymphedema Awareness Day : creating pathways in lymphedema care

<https://libraries.phsa.ca/permalink/catalog20709>

BC Lymphedema Association. Burnaby, BC: BC Lymphedema Association , 2012. (Video, DVD) — 1 copy, [1 available](#)

Audience: Patient or Public
Recommended
Agency: BC Cancer Agency
Location: Vancouver Library AV Room
Call Number: WH700 B862 2012

🗨️ *Dr. Winkle Kwan, FVC Radiation Oncologist is one of the keynote speakers. ; <http://www.bclymph.org/Default.aspx?pageId=1246208> ; Above URL links to the 2012 Lymphedema Awareness Day speakers.*

Lymphedema home program : arm

<https://libraries.phsa.ca/permalink/catalog20051>

Feltman, Barbara. Bandages Plus: Miami, FL , 2010?. (Video, DVD) — 2 copies, [2 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library AV Room
Victoria Cancer Info Ctr
Call Number: WH700 F312 2010

Lymphedema remedial exercises for the lower extremities

<https://libraries.phsa.ca/permalink/catalog15849>

Norton, Steve. Matawan, NJ: Norton School of Lymphatic Therapy , 2006. (Video, DVD) — 5 copies, [5 available](#)

Audience: Patient or Public
Recommended

Agency: BC Cancer Agency

Location: Vancouver Library AV Room
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Kelowna Cancer Info Ctr
Abbotsford Cancer Info Ctr

Call Number: WH700 N888 2006 PT.2

Lymphedema remedial exercises for the upper extremities

<https://libraries.phsa.ca/permalink/catalog15850>

Norton, Steve. Matawan, NJ: Norton School of Lymphatic Therapy , 2006. (Video, DVD) — 6 copies, [6 available](#)

Audience: Patient or Public
Recommended

Agency: BC Cancer Agency

Location: Vancouver Library AV Room
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Kelowna Cancer Info Ctr
Abbotsford Cancer Info Ctr

Call Number: WH700 N888 2006 PT.1

Lymphedema and breast cancer : symptom management and exercise after surgery

<https://libraries.phsa.ca/permalink/catalog15800>

http://learn.phsa.ca/bcca/breasttumour/harris6sep2011/Harris_flv_loader.html

Harris, Susan. Vancouver, BC: BC Cancer Agency. Multi-Media Services , 2006. (Video, DVD, Online) — 11 copies, [11 available](#)

Audience: Patient or Public
Recommended

Agency: BC Cancer Agency

Location: Vancouver Library AV Room
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Kelowna Library
Kelowna Cancer Info Ctr
Abbotsford Cancer Info Ctr
Internet

Call Number: WP870 B863 2006 v.4

Self-care for lower extremity lymphedema : a step by step, comprehensive maintenance program for lymphedema patients

<https://libraries.phsa.ca/permalink/catalog20052>

Feltman, Barbara, Rovig, JoAnn, Fass, Lynn. Bandages Plus: Miami, FL , 2010?. (Video, DVD) — 5 copies, [5 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library AV Room
Kelowna Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Abbotsford Cancer Info Ctr
Call Number: WH700 F312s 2010

Strength and courage : exercises for breast cancer survivors

<https://libraries.phsa.ca/permalink/catalog19690>

Poppenberg, Janette, Johnson, Kathy, Cowden, Sharon. Pittsburgh, PA: Magee-Womens Foundation , 2007. (Video, DVD) — 10 copies, [10 available](#)

Audience: Patient or Public
Recommended
Agency: BC Cancer Agency
Location: Vancouver Library AV Room
Kelowna Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Abbotsford Cancer Info Ctr
Call Number: WP870 S914 2007

“ Contains exercises to help breast cancer survivors regain upper body strength and flexibility and improve posture. Also includes a section on aerobic conditioning guidelines and a new chapter "Lymphedema : what you should know" ; Ch.1 : Posture exercises can be completed following surgery ; Ch. 2...

MLD and the treatment of lymphedema

<https://libraries.phsa.ca/permalink/catalog19542>

Wittlinger, Hildegard, Vodder, Emil, Harris, Robert. Victoria, BC: Vodder Schools International Ltd. , 1994. (Video, DVD) — 3 copies, [3 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library AV Room
Kelowna Cancer Info Ctr
Victoria Cancer Info Ctr
Call Number: WH700 M294 1994

“ At back of case "Professional training in manual lymph drainage and combined decongestive therapy"

Self-care for upper extremity lymphedema : a step by step maintenance and prevention program for patients who have had a mastectomy, lumpectomy and or axillary lymph node dissection and others "at risk" for developing lymphedema

<https://libraries.phsa.ca/permalink/catalog15852>

Rovig, JoAnn. Kent, WA: Northwest Lymphedema Center , 1995. (Video, DVD) — 6 copies, [6 available](#)

Audience: Patient or Public
Recommended

Agency: BC Cancer Agency

Location: Vancouver Library AV Room
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Kelowna Cancer Info Ctr
Abbotsford Cancer Info Ctr

Call Number: WP870 R875s 1995

Arm exercises

<https://libraries.phsa.ca/permalink/catalog19540>

Wittlinger, Hildegard, Vodder, Emil, Harris, Robert. Victoria, BC: Vodder Schools International Ltd. , 1998. (Video, DVD) — 5 copies, [5 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Vancouver Library AV Room
Kelowna Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Abbotsford Cancer Info Ctr

Call Number: WH700 A727 1998

“ At back of case *“Professional training in manual lymph drainage and combined decongestive therapy”*

Leg exercises

<https://libraries.phsa.ca/permalink/catalog19541>

Wittlinger, Hildegard, Vodder, Emil, Harris, Robert. Victoria, BC: Vodder Schools International Ltd. , 1998. (Video, DVD) — 4 copies, [4 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Vancouver Library AV Room
Kelowna Cancer Info Ctr
Surrey Cancer Info Ctr
Abbotsford Cancer Info Ctr

Call Number: WH700 L496 1998

“ At back of case *“Professional training in manual lymph drainage and combined decongestive therapy”*