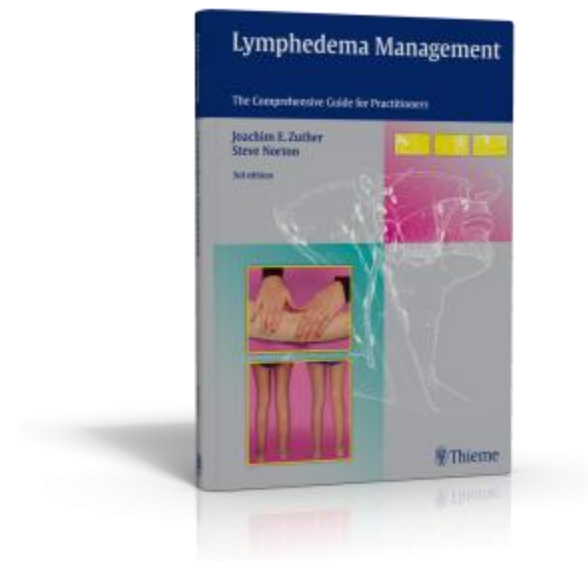


## List of Books on Lymphedema

I was asked by several readers to provide a list of currently available books covering Lymphedema. The list below reflects publications I was able to find on online bookseller websites, such as Barnes and Nobles and Amazon, and the “publications” list of the National Lymphedema Network. The compilation does not assume completeness, and publications strictly addressing the medical profession are not listed.

Books are itemized by the date of publication (newest to oldest) and include product details (date of publication, publisher, format and ISBN numbers) and editorial reviews from the publisher of each of the books. The list does not include prices, since they vary depending on the source and customer reviews, which are available on bookseller websites.

Should you know of any other publications on this subject you would like to share, please do so in the “Comments” section below.



### **Lymphedema Management: The Comprehensive Guide for Practitioners**

Author Information: Joachim Zuther, Steve Norton

#### Product Details

Pub. Date: December 2013

Publisher: Thieme Medical Publishers, Incorporated

ISBN: 978-3-13-139483-5

eISBN: 978-3-13-146813-0

Edition Description: Third and New Edition

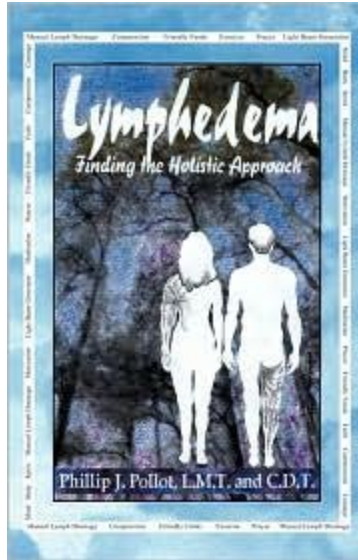
#### Editorial Review from the Publisher:

Gain a full understanding of all aspects of modern lymphedema management with this comprehensive reference. Covering everything from anatomy, physiology, and pathology to detailed treatment techniques and patient education, the book is complete and clinically useful in every situation involving lymphedema - for patients and therapists.

In addition to all of the features presented in the first two editions of Joachim Zuther's *Lymphedema Management*, which have now been updated (complete anatomy, physiology and pathology of the lymphatic system, complete guide to the management of lymphedema on all parts of the body and related conditions [venous insufficiencies, lipedema], description of the components of complete decongestive therapy, detailed treatment sequences, axillary web syndrome, and wound care), the following topics have been extensively updated, with contributions from internationally recognized authors, as listed below. Updated features include: filariasis; surgical and pharmaceutical options for lymphedema; edema versus lymphedema; obesity and lymphedema; radiation-induced brachial plexopathy; nutritional aspects for lymphedema; low-level laser therapy; intermittent compression therapy; care for compression garments; exercises; truncal lymphedema; and diagnosis. New contributors to the third edition include co-editor Steve Norton, Jane Armer, John Beckwith, Michael Bernas, Joy Cohn, Janice Cormier, Kate Cromwell, Marga Massey, Maureen McBeth, Linda McGrath Boyle, Judith Nudelman, Nicolle Samuels, Brad Smith, and Sarah Stolker.

- Special features include:
  - Clearly outlined anatomy, physiology, and pathology for easy mastery of the complex lymphatic system
- Detailed, hands-on treatment techniques, with a special focus on Manual Lymph Drainage (Vodder Technique) and Complete Decongestive Therapy
- Complete coverage of primary and secondary lymphedemas, including the extremities, head and face, external genitalia, pediatric lymphedemas, and malignancies
- Therapeutic approaches to wound care of skin lesions associated with lymphedema and venous insufficiencies
- Step-by-step measurement techniques for swollen extremities and compression garments
- Helpful instructions on self-management issues for patients, such as the do's and don'ts of self-bandaging, self-MLD, and skin care

Comprehensive and practical for daily use, this book even includes administrative tips on billing, marketing, sample forms, and guidelines for setting up a lymphedema treatment center. For any level of training--physicians, therapists, nurses, students, and patients--this straightforward text will answer all your questions on lymphedema management to maximize your treatment success.



**Lymphedema: Finding the Holistic Approach**  
Author Information: Phillip J. Pollot

Product Details

Pub. Date: April 2010

Publisher: Dog Ear Publishing

Format: Paperback, 84pp

ISBN-13: 9781608445578

ISBN: 1608445577

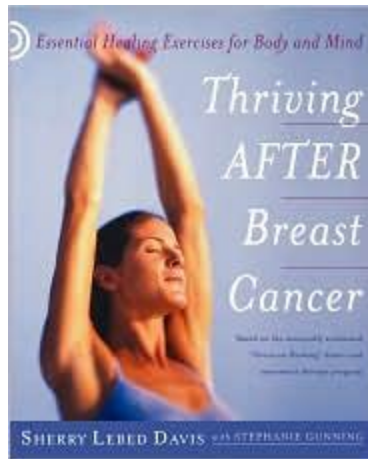
Editorial Review from the Publisher:

Breast cancer's life saving surgery is the number one cause of lymphedema in the U.S. With approximately 240,000 cases of breast cancer diagnosed each year (2007 American Cancer Society), this one year of cases would form a line about 90 miles long. Yes, an hour and a half driving at 60 miles per hour! As we drive along this line there may be as many as thirty-five percent that will develop lymphedema. Educating yourself is critical to take yourself to a management level with lymphedema.

Don't know what lymphedema is? Think of your arm or leg as a water balloon filled with a protein rich fluid. Now you know!

The information in this book will give you down to earth common sense things you can do which may prevent or manage lymphedema. You will learn the chemistry of foods, and make choices which are friendly to the body. You will discover a simple way of eating to allow more peristaltic action of your lymphatic vessels. Fix your sights on management - not maintenance.

In order to exercise self-responsibility you must have tools, acting with knowledge will eliminate the frustration of leaving all your lymphedema care to others. You will have a life time risk for lymphedema with lymph node removal, now is the time to be empowered in building new habits to assure the best possible quality of life.



**Thriving After Breast Cancer**  
Author Information: Sherry Lebed-Davis

Product Details

Pub. Date: February 2010

Publisher: New World Digital Publishing

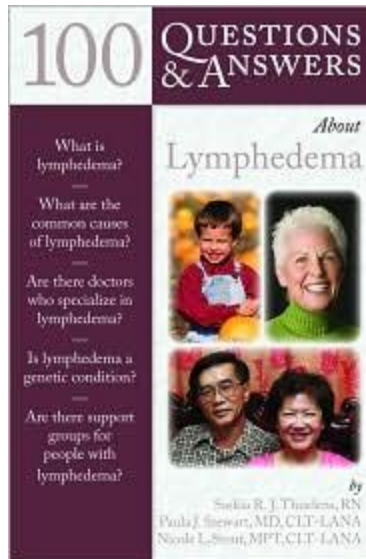
Format: Paperback , 290pp

ISBN-13: 9780982531488

ISBN: 0982531486

Editorial Review from the Publisher:

The months following breast cancer treatment can pose a host of emotional and physical challenges. Now, the groundbreaking dance and movement therapy program hailed by more than one hundred hospitals around the country is presented in *Thriving After Breast Cancer* - an essential guide to healing both body and mind and to recovering your pretreatment energy, strength, flexibility and posture. The "Focus on Healing" program, developed by breast cancer survivor Sherry Davis and her two brothers, both physicians, is a fun, rejuvenating regimen of stretches and dance moves that work to rehabilitate your body, safely and effectively. The simple routines are tailored to relieving pain, restoring flexibility, combating fatigue, emotional recovery, living with lymphedema, developing balance, coping with menopause, exploring your femininity and recovering from reconstruction. Complete with warm-up routines for different sports, mind-body exercises, and nutritional advice, *Thriving After Breast Cancer* is an uplifting, empowering handbook for every woman who wants to rebuild the life that she loves.



## **100 Questions & Answers About Lymphedema**

Author Information: Saskia R. J. Thiadens, Nicole L. Stout, Paula J. Stewart

### Product Details

Pub. Date: August 2009

Publisher: Jones & Barlett Learning

Format: Paperback , 182pp

ISBN-13: 9780763749897

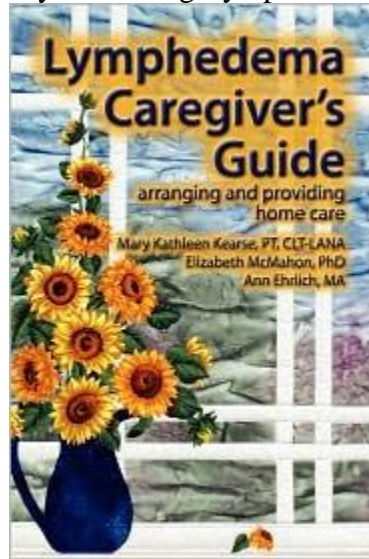
ISBN: 0763749893

Edition Description: 1E

### Editorial Review from the Publisher:

100 Questions & Answers About Lymphedema Provides Clear, Straightforward Answers To Your Questions About Lymphedema. Whether It Is You Or A Loved One Suffering From This Challenging Condition, This Book Offers Help! Written By Three Experts In The Field, With Insider Tips From Actual Patients, This Practical, Easy-To-Read Guide Shows You And Your Family How To Cope With Symptoms, Where To Get The Best Treatment, What Medications Are Available For Your Condition, And Much More. An Indispensable Quick Reference For

Anyone Facing Lymphedema.



**Lymphedema Caregiver's Guide: arranging and providing home care**

Author Information: Mary Kathleen Kears, Ann B. Ehrlich, Elizabeth Jane McMahon, Paula J. B. Stewart (Foreword by)

Product Details

Pub. Date: January 2009

Publisher: Lymph Notes

Format: Paperback , 472pp

ISBN-13: 9780976480679

ISBN: 0976480670

Editorial Review from the Publisher:

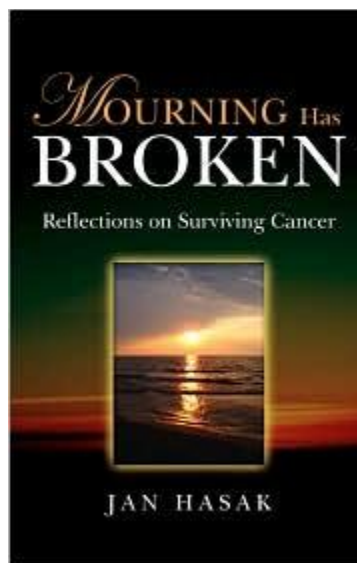
Caregiver's Guide is the first book to provide detailed instructions for caregivers on all aspects of lymphedema (or lymphoedema) home care including physical care (skin care, simple lymph drainage, compression, exercise, etc.), communications skills and emotional support, and activities of daily living. Caregivers will also learn ways to protect themselves from injury and burnout.

Caregiver's Guide outlines a systematic approach to determining the patient's care needs, arranging care, and coordinating multiple caregivers.

Trained lymphedema caregivers are in short supply now and we face a 'care gap' in the near future as the number of people needing care increases while the pool of potential family caregivers shrinks. This book is an important first step in the process of providing trained caregivers.

This book will help:

- People with lymphedema and their families and friends understand what care is required, locate caregivers and other resources, and navigate the reimbursement maze. This book also covers coordinating multiple caregivers, preparing the home for care, and many other practical topics.
- Caregivers understand lymphedema, their role in lymphedema care, specific skills for providing physical care and emotional support, and how to manage equipment and supplies for home care. They will also learn ways to protect themselves from physical injury and emotional burnout as caregivers.
- Lymphedema therapists work more effectively with their patients and the patient's caregivers.
- Home care planners and administrators understand lymphedema and the special requirements of lymphedema home care.



**Mourning Has Broken**  
 Author Information: Jan Hasak

**Product Details**

Pub. Date: June 2008

Publisher: Xulon Press

Format: Paperback , 304pp

ISBN-13: 9781606472521

ISBN: 1606472526

Editorial Review from the Publisher:

How does a Christian woman maintain a bright outlook as she struggles through the psychological nightmare of breast cancer? A wife and mother, the author is faced with a cancer crisis while raising three young boys, working full time, and teaching Sunday school. This intensely personal story chronicles how the Lord sustained her through two bouts of cancer. The reader discovers her process for enduring diagnosis and treatment, making instant decisions, seeking support groups, facing a curious public, and holding family and job together. She

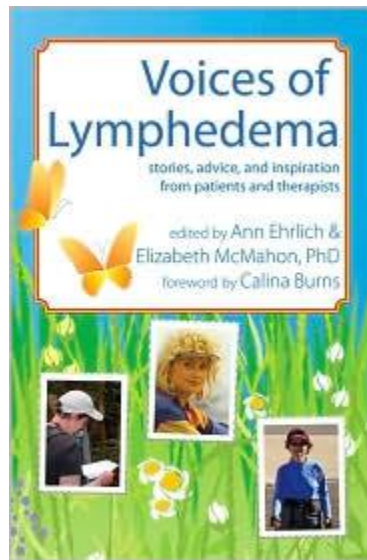
addresses beauty challenges and gives survival tips to weary travelers on this lonely road. The book also explores how to manage the physical and emotional trauma of lymphedema, a little-known disorder affecting many cancer survivors due to lymph-node surgery.

As a physician and husband of a breast cancer survivor, I can well identify with Jan's story... filled with helpful medical information and spiritual insights... informative and encouraging.

David B. Rollins, M.D., Fellow, American Academy of Family Practice

Jan's story of her amazing cancer journey, told with strength, courage, and humor, touched me deeply. I highly recommend her book to all cancer survivors at risk of or living with lymphedema, as well as their families and caregivers.

Saskia R.J. Thiadens R.N.,



**Voices of Lymphedema: stories, advice, and inspiration from patients and therapists**

Author Information: Ann B. Ehrlich (Editor), Elizabeth J. McMahon (Editor), Calina Burns (Foreword by)

Product Details

Pub. Date: September 2007

Publisher: Lymph Notes

Format: Paperback , 256pp

Editorial Review from the Publisher:

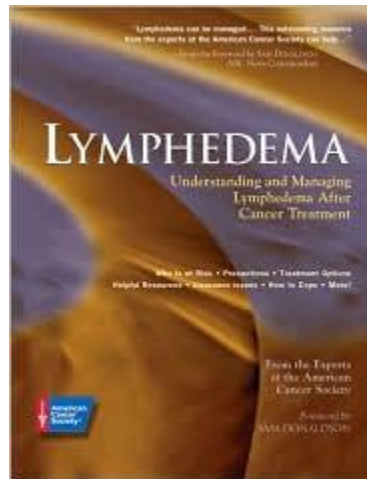
Chronic swelling due to lymphatic fluid, or lymphedema, affects 3-5 million Americans including 20-40% of cancer survivors. Lymphedema is so little known-even among doctors-that it has been called the 'silent epidemic' but there is effective treatment that can break the cycle of recurring infections and even reverse lymphedema related disability!

Patients, therapists, and doctors share:

- Inspiring personal stories.
- Advice on getting a diagnosis and finding treatment.
- Solutions to common problems and practical tips on self-care.



- Activities they enjoy and travel tips.
- Support groups and outreach to the medical community.
- Issues in treatment coverage and reimbursement.



**Lymphedema: Understanding and Managing Lymphedema After Cancer Treatment**  
 Author Information: American Cancer Society, Sam Donaldson (Foreword by)

Product Details

Pub. Date: June 2006

Publisher: American Cancer Society, Incorporated

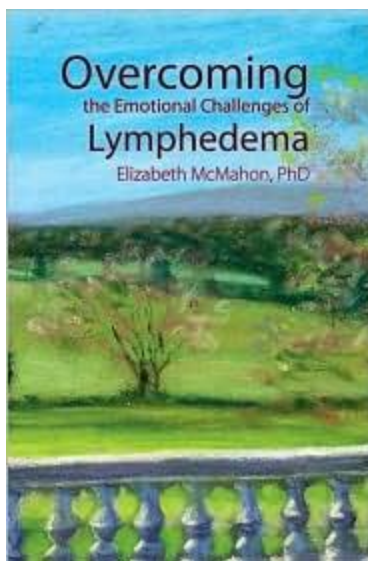
Format: Paperback, 224pp

ISBN-13: 9780944235560

ISBN: 0944235565

Editorial Review from the Publisher:

To shed light on this often-misunderstood and overlooked condition, the experts at the American Cancer Society have created an up-to-date, comprehensive guide to every aspect of lymphedema, a buildup of fluid that results in swelling of the arm or leg and other potential complications. This practical handbook covers topics including, current recommendations about day-to-day precautions, diagnosis, and treatment; early symptoms and self-monitoring that can be essential to early diagnosis; methods of coping with emotional stresses and physical challenges; and practical issues related to work, insurance, and finding and paying for treatment.



## **Overcoming the Emotional Challenges of Lymphedema**

Author Information: Elizabeth J. McMahon, Ann B. Ehrlich (Foreword by)

### Product Details

Pub. Date: December 2005

Publisher: Lymph Notes

Format: Paperback , 476pp

### Editorial Review from the Publisher:

Overcoming the Emotional Challenges of Lymphedema will help you understand the common emotional reactions to lymphedema and improve your coping by using a wide variety of self-help skills and other resources. These skills will help you understand what is going on, change your thinking and your actions, and improve your communications.

This comprehensive handbook includes specific information for people with lymphedema, their friends and families, parents of children with lymphedema, medical professionals and psychotherapists.

### Intended Audiences

Overcoming the Emotional Challenges of Lymphedema is self-help book for:

Those with primary or secondary lymphedema.

The family and friends who care about people with lymphedema.

Medical professionals who treat people with lymphedema, even if the treatment they provide is not specific to lymphedema.

Psychotherapists working with people who have lymphedema.

This book will help you:

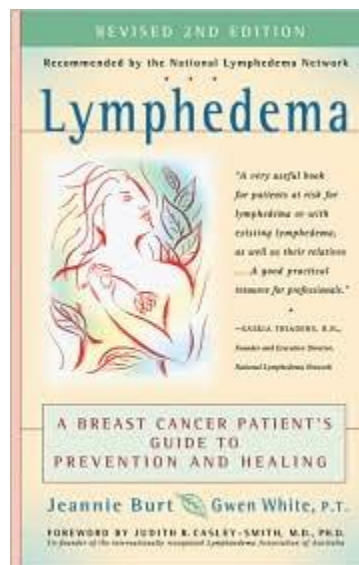
Understand the emotional challenges of lymphedema

Overcome these challenges and avoid common pitfalls

Recognize problems and know where to go for help

Communicate effectively with family, friends, coworkers, and healthcare professionals  
Set and prioritize your goals  
Identify where you are in the process of changing  
Choose specific actions for reaching your goals  
Monitor your progress and maintain your gains  
and Learn the ten signs of good coping and six warning signs of ineffective coping.

This comprehensive guide includes specific information for people with lymphedema, their friends and family, parents of children with lymphedema, healthcare professionals, and psychotherapists.



**Lymphedema: A Breast Cancer Patient's Guide to Prevention and Healing**  
Author Information: Jeannie Burt, Gwen White, Judith R. Casley-Smith (Foreword by)

Product Details

Pub. Date: August 2005

Publisher: Hunter House, Incorporated

Format: Paperback , 245pp

ISBN-13: 9780897934589

ISBN: 089793458X

Edition Description: Second Edition

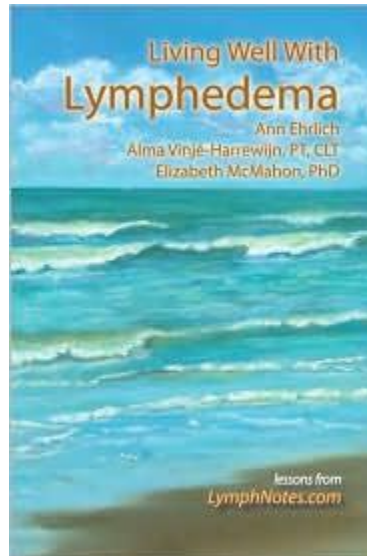
Editorial Review from the Publisher:

About 25 percent of breast cancer surgery patients experience lymphedema - a disfiguring, painful swelling, most frequently of the arm. In the past, doctors suggested that little could be done for this condition. But that has changed, and the guide to good help is right here, in your hands.

This fully updated second edition describes the latest scientific and medical advances in treatment and care and includes expanded nutrition and exercise sections. The book also

emphasizes active self-help and explains in detail how a woman can prevent lymphedema, reduce lymphedema with, exercise and self-massage, reduce lymphedema through professional therapy, talk with her doctors, select and use Kinesio Taping and compression garments, eat right and manage daily life with lymphedema, find emotional support, locate resources for additional help.

Complete with more than 50 illustrations, *Lymphedema: A Breast Cancer Patient's Guide to Prevention and Healing* includes the encouraging stories of women who are successfully managing their lymphedema and have regained control over their lives.



### **Living Well with Lymphedema**

Author Information: Ann B Ehrlich, Elizabeth J. McMahon, Alma Vinji-Harrewijn

#### Product Details

Pub. Date: May 2005

Publisher: Lymph Notes

Format: Hardcover , 284pp

ISBN-13: 9780976480600

ISBN: 0976480603

#### Editorial Review from the Publisher:

*Living Well with Lymphedema* is a comprehensive resource for those with, or at risk of developing, lymphedema. This easy-to-read, generously illustrated, 280 page book contains the information necessary to understand what lymphedema is, what causes it, how it is treated, self-management steps to control your condition, practical suggestions for mastering the emotional challenges of living with a chronic condition, plus an illustrated guide to understanding the lymphatic system.

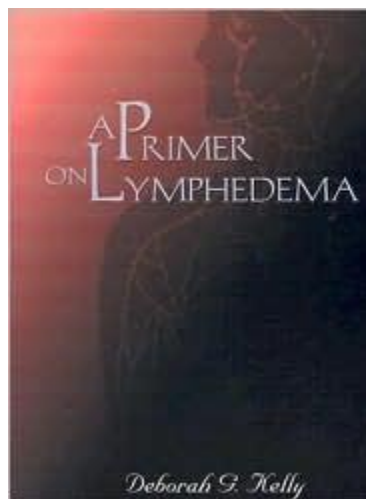
Lymphedema is swelling caused by the abnormal accumulation of lymphatic fluid in the skin. Lymphedema can be:

Caused by burns, injury, surgery, radiation therapy, or cancer treatment. Cancer survivors have, or risk developing, lymphedema, especially those with breast- or prostate-cancer. Hereditary and can appear, without warning, at any time of life. Related to obesity, circulatory problems, or other conditions.

If not treated, lymphedema can be painful and lead to life-threatening infections. If you have lymphedema, or are at risk of developing it, you need to know the warning signs of a lymphedema emergency as explained in Chapter 6. Although there is no cure for lymphedema, there are effective treatments, see Chapters 3 and 4.

This book will help you live well with lymphedema through treatment, self-massage, exercise, self-management, tips for daily living, and ideas for having fun. It will help you understand how the lymphatic system works, how lymphedema is diagnosed, how to cope with the emotional challenges of lymphedema, how to find treatment, and how to deal with insurance issues.

Living Well With Lymphedema is for those with, or at risk for, developing lymphedema, and the healthcare professionals friends, and family who care for them.



**A Primer on Lymphedema**  
Author Information: Deborah G. Kelly

#### Product Details

Pub. Date: October 2001

Publisher: Pearson Education

ISBN-13: 9780130224101

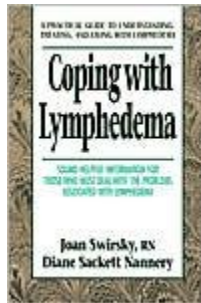
ISBN: 0130224103

#### Editorial Review from the Publisher:

Enticing, readable, and visually informative, *A Primer on Lymphedema* is the first North American text on lymphedema. A comprehensive resource for both novice and experienced clinicians alike, its broad scope of coverage provides relevant information that encompasses all health care fields. Readers will not only develop in-depth knowledge of the essential roles of the

lymphatic system and the management of the symptoms of the abnormal lymphatic system, but also sharpen clinical decision making skills. Detailed discussions provide ample preparation for effective in-service presentations, provider relations meetings, communications with referral sources, intervention plans, and clinical specialization. Additional features include:

An engaging, concise, and logical writing style with extensive illustrations. Clinical implications and case studies throughout that provide real-life examples. Case studies from clinics around the United States. Provocative quotes from worldwide experts in the field. Graphs and information boxes that highlight difficult concepts. Extensive current reference lists at the end of each chapter.



**Coping with Lymphedema**  
Author Information:Nannery, Swirsky

**Product Details**

Pub. Date: April 1998

Publisher: Penguin Group (USA)

Format: Paperback , 304pp

Editorial Review from the Publisher:

A side effect of cancer surgery, radiation treatments, or traumatic accident, lymphedema causes the extreme swelling of a limb or other part of the body. The resulting pain, immobility, disfigurement, and susceptibility to infection, often leaves sufferers self-conscious and depressed.

This book provides comprehensive, current information on this condition and its treatment, including diet and exercise, lifestyle modifications, and finding qualified therapists.