

Patient Resource – Lymphoedema

What is lymphoedema?

Australasian Lymphology Association (ALA)	www.lymphoedema.org.au/about-lymphoedema/what-is-lymphoedema/
ALA - YouTube channel	www.youtube.com/user/AustLymphologyAssoc
ALA video: Lymphoedema arm	https://www.youtube.com/watch?v=fB79z1rQKA4&t=46s
ALA video: Lymphoedema leg	https://www.youtube.com/watch?v=Cx2-3PCY0Kw

Cancer-related lymphoedema:

Cancer Australia: Lymphoedema – What You Need to Know	https://canceraustralia.gov.au/publications-and-resources/cancer-australia-publications/lymphoedema-what-you-need-know
Counterpart Navigator app/website	https://counterpart.org.au/navigators/ Download the app: www.counterpart.org.au/information/navigators/
Counterpart webinar: Helen Eason talks about cancer-related lymphoedema	https://counterpart.org.au/information/past-webinars/#lymphoedema2017
Counterpart lymphoedema resources:	https://counterpart.org.au/navigators/breast/lymphoedema https://counterpart.org.au/navigators/ovarian/after-treatment/long-term-effects/
Cancer Council Victoria	www.cancervic.org.au/living-with-cancer/common-side-effects/lymphoedema
Westmead Breast Cancer Institute	www.bci.org.au/breast-cancer-information/fact-sheets/lymphoedema/
Breast Cancer Network Australia (BCNA)	https://www.bcna.org.au/health-wellbeing/physical-wellbeing/lymphoedema/
BCNA Lymphoedema Factsheet	https://www.bcna.org.au/media/6868/bcna-fact-sheet-lymphoedema-jul-2018.pdf
Macmillan Cancer Support	www.macmillan.org.uk/information-and-support/coping/side-effects-and-symptoms/lymphoedema
Australian Cancer Survivorship Centre resources	www.petermac.org/services/support-services/australian-cancer-survivorship-centre/survivors-and-carers/resources

Information on exercise and diet:

Physical activity guidelines	www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-phys-act-guidelines
Australian Guide for Healthy Eating	www.eatforhealth.gov.au
Tips for eating well	www.eatforhealth.gov.au/eating-well/tips-eating-well
Cancer Council Victoria - managing daily life including exercise and nutrition	www.cancervic.org.au/living-with-cancer
BCNA – health & wellbeing	www.bcna.org.au/health-wellbeing/
BCNA Healthy Eating	www.bcna.org.au/media/5614/healthy-eating-and-breast-cancer.pdf
Cancer Council NSW – self-care for lymphoedema	www.cancercouncil.com.au/cancer-information/managing-cancer-side-effects/lymphoedema/self-care/

Information on compression garments:

<p>Lymphoedema Compression Garment Program – State-wide Equipment Program (SWEP)</p>	<p>https://swep.bhs.org.au/lymphoedema-compression-garment-program.php</p> <p>Tel: 1300 747 937</p> <p>Requirements to get 40-60% off cost of compression garment:</p> <ul style="list-style-type: none"> • Permanent resident of Victoria • Diagnosed with lymphoedema • Currently receiving a Centrelink pension or assessed as being a low or medium income earner • Limit of 6 garments in a 12 month period • Your lymphoedema practitioner will submit the paperwork to SWEP • You will need to pay for the garment – ask about the cost at your appointment <p>Check the status of your application: https://swep.bhs.org.au/application-status.php</p>
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Further information/support:

Lymphoedema Association of Victoria	<p>www.lav.org.au Phone - 1300 852 850</p> <p>Locations in Ballarat, Bendigo, Hamilton, Mansfield, Eastern Vic, Geelong, San Remo, Goulburn Valley, Western Suburbs, Peninsula and Warrnambool</p>
Cancer Council Victoria	<p>Phone: 13 11 20 https://www.cancervic.org.au/contact-cancer-nurse/ askanurse@cancervic.org.au</p> <p>Support groups (local/online/phone): https://www.cancervic.org.au/get-support/connect-and-learn/support-groups</p> <p>Wellness Life After Cancer Program: https://www.cancervic.org.au/living-with-cancer/life-after-treatment/wellness-and-life-after-cancer Held at local hospitals</p> <p>Healthy living after cancer program: Personalised diet and exercise program over the phone https://www.cancervic.org.au/living-with-cancer/life-after-treatment/healthy-living-after-cancer</p>
Cancer Australia	<p>www.canceraustralia.gov.au 1800 624 973</p>
Counterpart	<p>https://counterpart.org.au/ P: 1300 781 500 E: info@counterpart.org.au Exercise Exercise programs, peer support, information sessions: https://counterpart.org.au/event-category/info-sessions</p>
Breast Cancer Network Australia	<p>www.bcna.org.au Tel: 1800 500 258</p>
ONTrac at Peter Mac: Adolescents and Young Adults	<p>www.petermac.org/services/treatment/ontrac-peter-mac-adolescents-and-young-adults Young people and their families can contact the ONTrac at Peter Mac team directly on Ph: 8559 6880</p>

Find an Accredited Practitioner:

Lymphoedema Practitioner	www.lymphoedema.org.au/the-register-updated/find-an-ala-accredited-practitioner/
Dietitian	https://daa.asn.au/find-an-apd
Exercise Physiologist	www.essa.org.au
Physiotherapist	www.physiotherapy.asn.au
General Practitioner (GP)	https://humanservicesdirectory.vic.gov.au/Search.aspx www.healthdirect.gov.au/australian-health-services