

# Ontario Lymphedema Support Groups

## Brantford

Meetings are held every second Friday of the month from 10:00-1:00 at St. Joseph's Lifecare Centre: 99 Wayne Gretzky Parkway, 4th Floor.

**Registration Only—contact Pam Monarch to register at 519-751-7096 x3414.**

## Kingston

The Breast Cancer Action Kingston Lymphedema Support Group meets periodically during the year on an “as need” basis.

One-on-one support is available. Call to connect with a facilitator.

Exercise and Yoga programs including a lymphatic yoga class are available with a paid up membership.

**For more information contact Breast Cancer Action Kingston 613-531-7912 • [admin@bcakingston.ca](mailto:admin@bcakingston.ca) • [www.bcakingston.ca](http://www.bcakingston.ca) 110-650 Dalton Ave. Kingston ON K7M 8N7 Office Hours: 12:00 - 4:00 Tues-Fri**

## Oshawa

Information, emotional and practical support for those with lymphedema, and those at risk. The group meets every third Thursday evening of the month, from 7 p.m. to 9 p.m. 86 Colborne St. West.

**For more information or to register call Hearth Place at 905-579-4833.**

## Ottawa

**Workshops** to learn about secondary lymphedema, how to self-monitor, important lifestyle recommendations, where to go for help and how to delay the onset or manage lymphedema.

**The Fit and Fab Program** is an exercise program designed for breast cancer patients to minimize and reduce the risk of lymphedema.

**To register for the lymphedema workshop or exercise programs, please call Breast Cancer Action Ottawa at 613-736-5921 or visit [www.bcaott.ca](http://www.bcaott.ca).**

## Peterborough

Please contact Bridget or Janice regarding registration for a future meeting.

**Call Bridget at 705-876-3333 or Janice at 705-876-8561 to register.**

## Waterloo Region

Meets monthly in the Victoria Room, Victoria Place, 290 Queen Street South, Kitchener on the last Tuesday of each month at 7pm.

**Call Melody Southgate at 519-749-0102.**

## Clinical Guidelines

### International Lymphoedema Framework (ILF) Best Practise Document - 2nd Edition

- Position Document: Compression Therapy (2012)
- Position Document: Surgical Intervention (2012)
- ILF Focus Document - Care of Children with Lymphoedema (2011)
- ILF Focus Document - The Management of Lymphoedema in Advanced Cancer and Oedema At the End of Life (2011)

### International Consensus Document - Best Practice for the Management of Lymphoedema - 1st Edition (2006)

- <http://www.lympho.org/resources.php>

### ACS - A Primer on the Identification and Management of Lymphedema in Oncology (2009)

- <http://onlinelibrary.wiley.com/doi/10.3322/caac.20001/abstract>

### ISL Consensus Document on the Diagnosis and Treatment of Peripheral Lymphedema (2009)

- [http://www.u.arizona.edu/~witte/2003\\_consensus.pdf](http://www.u.arizona.edu/~witte/2003_consensus.pdf)

### National Lymphedema Network (USA) Guidelines and Position Documents

- <http://www.lymphnet.org>

### A Prospective Surveillance Model for Rehabilitation for Women with Breast Cancer (2012)

- <http://www.ncbi.nlm.nih.gov/pubmed>