

## List of Resources

This is a large number of online resources available and these are a number of them as of 2020. Other resources can be found completing an online internet search.

Type of Information available	Background information	Link
All related lymphoedema	<b>Lymphoedema Support Network</b> - A registered charity, the UK's national patient support organisation for lymphoedema. The website includes information about lymphoedema & how to recognise signs and symptoms	<a href="#">Home - Lymphoedema Support Network - LSN</a>
	<b>British Lymphology Society – Website</b> Provides an education sections for both professionals and patients	<a href="#">BLS - website</a>
	<b>Legs Matters</b> – the website increase awareness, understanding & action on lower leg & foot conditions for the public & healthcare professional. It is under the governance of the Tissue Viability Society, a registered charity.	<a href="#">Legs Matter</a>
	<b>Compton Care</b> - This hospice has produced a short video explaining the lymphatic system, lymphoedema and how to help.	<a href="#">Compton Hospice - lymphoedema-care video</a>
	<b>NHS lymphoedema</b> - Section on Overview, Causes, Diagnosis, Treatment and prevention	<a href="#">NHS - Lymphoedema</a>
Cancer – general	<b>Macmillan Cancer Support</b> -A webpage to explain lymphoedema as a possible impact of cancer.	<a href="#">Macmillan - impacts of cancer - lymphoedema</a>
	<b>Cancer Research UK</b> - 10 sections to explore including lots of links to additional resources.	<a href="#">Cancer Research UK - lymphoedema and cancer</a>
Cancer – Breast	<b>MFT Nightingale's rehabilitation website</b> – A collaboration between Macmillan and the renowned Nightingale Centre at Wythenshawe Hospital, MFT, to improve rehabilitation in breast cancer.	<a href="#">MFT Nightingale Rehabilitation website</a>
	<b>Breast Cancer Care</b> - Covers symptoms, causes, treatment and risk reduction of lymphoedema. Includes links with information on lymphatic system, surgery and radiology. 5 videos on lymphoedema and breast cancer	<a href="#">Lymphoedema: causes, symptoms and treatment   Breast Cancer Care</a>  <a href="#">Lymphoedema - Exercise classes and reducing your risk</a>
	<b>Macmillan – Late effects of head and neck</b> - Swelling of the face or neck' – a small section describing why you may be at greater risk	<a href="#">Late effects of head and neck cancer treatment - Macmillan Cancer Support</a>
Cancer – Head Neck	<b>Macmillan – Understanding cancer of the larynx</b> (Voice box) Page101-in connection with after treatment.	<a href="#">Macmillan - understanding cancer of the larynx</a>
	<b>Hull University Teaching Hospitals</b> - Provides overview of 'what is lymphoedema' 'how to manage lymphoedema' as well as management and risk reduction factors.	<a href="#">Head and Neck Lymphoedema   Hull University Teaching Hospitals NHS Trust</a>
	<b>British Lymphology Society-</b> Lymphoedema Facts – following treatment for head and neck cancers	<a href="#">Lymphoedema Facts - Following Head and Neck Cancer</a>
	<b>Hull University Teaching Hospital</b> - Provides an overview of symptoms and prevention of lymphoedema.	<a href="#">Lymphoedema Advice Leaflet for Gynaecological Cancer Patients   Hull University Teaching Hospitals NHS Trust</a>
Cancer – Gynaecological	<b>Macmillan - Understanding womb (endometrial) cancer</b> -page69 discusses the increased risk due to pelvic radiotherapy-swelling in both legs.	<a href="#">Macmillan - understanding womb endometrial cancer</a>
	<b>Macmillan - understanding cancer of the vulva</b> Pages 92- 94- its causes, development, reducing risk, protecting skin, infection & management- compression garments, possible outcome and again signposts to 'understanding lymphoedema' and specialist clinics	<a href="#">Understanding cancer of the vulva</a>
	<b>Macmillan understanding cervical cancer</b> - Page 64 provides information	<a href="#">Macmillan - understanding cervical cancer</a>
Cancer – Sarcoma	<b>Macmillan Leaflet - Understanding soft tissue sarcomas</b> -page 85 & 86 provides information	<a href="#">Macmillan - understanding soft tissue sarcomas</a>
	<b>Sarcoma UK</b> - leaflet providing a comprehensive overview of lymphoedema and sarcoma, including where to contact if you develop symptoms, what treatment options are available	<a href="https://sarcoma.org.uk/sites/default/files/lymphoedema.pdf">https://sarcoma.org.uk/sites/default/files/lymphoedema.pdf</a>
Cancer – Urology	Lymphoedema in urological cancer – reviews of the epidemiological, surgical and scientific literature of lymphoedema in urological cancer.	<a href="#">Lymphoedema in Urological Cancer - PubMed</a>
Cancer - Skin	<b>Macmillan - Understanding Skin Cancer</b> booklet Page 46 briefly explains about swelling.	<a href="#">Macmillan - understanding Leaf skin cancer</a> <a href="#">Macmillan - understanding advanced melanoma booklet</a>

	– Understanding melanoma booklet – page 58 there is a small paragraph on reasons why could get lymphoedema.	
Pelvic Radiotherapy	Macmillan – Pelvic Radiotherapy Late Effects	<a href="#">Macmillan - pelvic radiotherapy late effects</a>
Lipoedema	Lipoedema UK – this charity provide information for symptoms of lipoedema/lipo lymphoedema for patients and healthcare professionals	<a href="#">Lipoedema UK</a>