



## LE&RN

# Guide to Blogs About Lymphedema and Lymphatic Diseases

**Life of an Athlete**—Maintaining an active lifestyle in the face of primary LE, and the struggle to find care.

<https://lifeofanleathlete.wordpress.com>

**L de linfa**—A lymphedema blog from Portugal; written in Portuguese.

<http://l-de-linfa.blogspot.com/p/quem-sou-e-o-que-pretendo.html>

**Loving Life With Lymphedema**—Finding stylish and comfortable pants & shoes with lower extremity lymphedema.

<https://lovinglifewithlymphedema.blogspot.com>

**Lymphedema Blog**—A very popular and information-packed blog that is regularly updated by Joachim Zuther, Lymphedema Specialist, also known as “The Lymphedema Guru.” The Lymphedema Guru can also be found on Facebook.

<http://www.lymphedemablog.com>

**Lymphedema Diary**—Written by patient and tireless advocate Britta Vander Linden.

<https://lymphedemadiary.com>

**Lymphedema Girl**—An ongoing discussion of living with lymphedema.

<http://lymphedemagirl.blogspot.com>

**Lymphedema in the News**—Good compilation of news and happenings within the lymphedema community. The writer also tweets at @bluebonnetfield.

<https://paper.li/bluebonnetfield/1313342568#>

**Lymphedema Life in Korea**—This is a wonderful blog from Korea; it hasn’t been updated in a while and we wish the author would pick up her keyboard again!

<https://lymphodemalifeinkorea.wordpress.com>

**Lymphedema Sucks**—One woman’s struggles with secondary lymphedema.

<http://www.lymphedemasucks.com>

**Lymphfantastic**—A lymphedema blog from Germany; written in German and English.

<https://lymphfantastic.com>

**The Lymphie Life**—Wonderful blog and compilation of information about lymphedema, written by a lymphedema patient who has struggled with the disease since infancy.

<https://thelymphielife.com>

**Lymphie Strong**—An insightful blog on living with lymphedema, written by a strong advocate.

<https://lymphiestrong.com>

**My Lymph Node Transplant**—An amazing chronicle of one woman’s journey with lymphedema and lymph node transplant surgery.

<https://lymphnodetransplant.wordpress.com>

