



# LE&RN

## Resource Guide

At LE&RN, our goal is to bring you all of these resources to help improve the quality of life for people who have lymphedema (LE) or a lymphatic disease (LD). Below are ways to get educated and connected to the community.

### 1. LE&RN Video Symposia

**What it is:** A video library filled with all of LE&RN's Symposiums as well as the Harvard Lymphedema Symposiums. These presentations from world-renowned doctors and therapists range from personal care and surgery options, to cutting edge research in lymphatics.

**How it can help:** Find out about the latest research and best practices in lymphedema (LE) and lymphatic disease (LD) care.

**Where to get it:** <https://lymphaticnetwork.org/video-resources>

### 2. Ask the Experts

**What it is:** An online forum that allows you to ask a medical practitioner or therapist questions related to lymphedema (LE), lipedema (LI), and lymphatic diseases (LD).

**How it can help:** Getting expert answers to your questions is now easy and convenient.

**Where to get it:** <https://lymphaticnetwork.org/living-with-lymphedema/ask-the-experts/>

### 3. LE&RN's Virtual Expo

**What it is:** Find products and services that are exactly what you need.

**How it can help:** This expo is open 24/7/365 right from the convenience of your computer.

**Where to get it:** <https://lymphaticnetwork.org/expo>

### 4. Weekly E-Newsletter

**What it is:** Find out about events, breakthroughs, video symposiums, chapters, and personal stories.

**How it can help:** Stay connected to the community and find out how—together—we are making a difference.

**Where to get it:** Just sign up on our website at: <https://lymphaticnetwork.org>

### 5. FAQ's About Lymphatic Diseases

**What it is:** Find answers to the most commonly asked questions about lymphatic diseases.

**How it can help:** All questions are compiled here in one place and can point you toward our more in-depth resources.

**Where to get it:** <https://lymphaticnetwork.org/living-with-lymphedema/lymphedema/>



## 6. International Patient Registry and Biorepository

**What it is:** Here, people with lymphatic diseases can make a personal commitment to research by sharing their medical history and a bio-specimen.

**How it can help:** The registry and biorepository are helping scientists collaborate and work toward a cure.

**Where to get it:** <https://lymphaticnetwork.org/living-with-lymphedema/researchers-need-you/>

## 7. Your Stories

**What it is:** Read stories from people with lymphatic diseases and their loved ones who are fighting the battle alongside them.

**How it can help:** No one with a lymphatic disease should feel isolated. Read these inspiring stories and realize that you are not alone.

**Where to get it:** <https://lymphaticnetwork.org/living-with-lymphedema/your-stories/>

## 8. Medical Centers Specializing in Lymphedema and Lymphatic Diseases

**What it is:** An ever-evolving list of all of the hospitals and clinics that specialize in lymphatic diseases such as lymphedema and lipedema.

**How it can help:** Need help finding care? Search our directory.

**Where to get it:** <https://lymphaticnetwork.org/living-with-lymphedema/medical-centers/>

## 9. Related Organizations

**What it is:** A list of organizations that can offer additional resources.

**How it can help:** Battling LE and LD can be overwhelming; these organizations may be able to help.

**Where to get it:** <https://lymphaticnetwork.org/living-with-lymphedema/related-organizations/>

## 10. Blogs

**What it is:** A compilation of related blogs.

**How it can help:** Get many perspectives. There are a lot of people with experience to share.

**Where to get it:** <https://lymphaticnetwork.org/living-with-lymphedema/blogs-about-lymphedema-and-lymphatic-disease/>

## 11. Join A Chapter

**What it is:** Get involved personally with the lymphedema and lymphatic community around you.

**How it can help:** Connect with other patients, share information, and get involved!

**Where to get it:** State Chapters: <https://lymphaticnetwork.org/chapters>

International Chapters: <https://lymphaticnetwork.org/international-chapters>

