



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 living with lymphatic diseases (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 Symposia as well as the Harvard Lymphedema Symposia. 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 lymphatic disease 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 lymphatic diseases.

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 Centers of Excellence (COE)

What it is: A geographically diverse network of local and/or regional clinical centers providing the best possible multi-disciplinary clinical care and services for individuals affected by lymphatic diseases and their families.

How it can help: Need help finding care? Search the list of Centers.

Where to get it: <https://lymphaticnetwork.org/centers-of-excellence>

4. LE&RN's Virtual Expo

What it is: Find products and services for people living with a lymphatic disease.

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>

5. Weekly E-Newsletter

What it is: Find out about events, breakthroughs, video symposia, 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/subscribe>

6. 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/>

7. 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/>

8. 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/>

9. Related Organizations

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

How it can help: Living with lymphatic diseases can be overwhelming; these organizations may be able to help.

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

10. World Lymphedema Day, March 6

What it is: WLD is an annual advocate-driven celebration to educate the world. It was established in 2016 by the United States Senate in response to a bill written by LE&RN.

How it can help: Connect with local advocates or start an event that welcomes others with lymphatic diseases.

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

11. Join A Chapter

What it is: Get involved personally with the lymphatic disease community close to you.

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

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

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

