



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 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 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 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 (LD) and their families.

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

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

4. 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>

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>

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: 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. 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 LE/LD.

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

11. 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/guest-blog-posts/>

12. 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>

