

Jean LaMantia RD

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# LYMPHEDEMA CIRCLE OF CARE

## IT TAKES A VILLAGE TO CARE FOR LYMPHEDEMA.

You are at the center of your care for your lymphedema. There are many professionals who can help to support you.

Use this list to assess what pieces might be missing from your care team and work to fill those from trusted referral sources.

### CERTIFIED LYMPHEDEMA THERAPIST

Can support you with compression, skin care, exercise, manual lymphatic drainage, deep breathing, education and more.

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### DERMATOLOGIST

Taking care of your skin is important for lymphedema a dermatologist can help if you experience skin changes.

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### PHYSICIAN

Monitoring your health, diagnosing and referring to specialists is critical.

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### PSYCHOLOGIST

Living with a chronic disease comes with a unique set of challenges and support in coping with this is a positive step.

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### REGISTERED DIETITIAN

Can provide an individualized nutrition assessment and medical nutrition therapy.

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### SOCIAL WORKER

Lymphedema presents several financial and social concerns and a social worker can help.

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### SURGEON

Vascular surgeons, plastic surgeons or bariatric surgeons can also play an important role in lymphedema care.

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### OTHER TEAM MEMBERS

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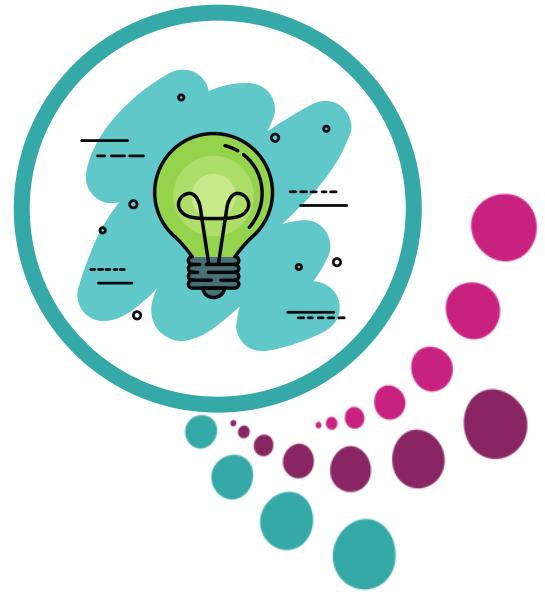


#### Additional Resources

- [www.fatdisorders.org](http://www.fatdisorders.org)
- [www.jeanlamantia.com](http://www.jeanlamantia.com)
- <https://www.lymphcareusa.com>
- <https://lymphaticnetwork.org>
- <http://www.curelipedema.org>
- <http://www.lipomadoc.org>
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# LYMPHEDEMA RESOURCES

## LYMPHEDEMA ORGANIZATIONS

**National Lymphedema Network (NLN)**  
<https://lymphnet.org>

**Lymphatic Education & Research Network (LE&RN)**  
<https://lymphaticnetwork.org>

**Brylan's Feat Foundation & Camp Watchme**  
<https://www.brylansfeat.org>

**Canadian Lymphedema Framework**  
<https://www.canadalymph.ca>

**British Lymphology Society**  
<https://www.thebls.com>

**Australasian Lymphology Association**  
<https://www.lymphoedema.org.au>

**International Lymphedema Framework**  
<https://www.lympho.org/index.php>

## BOOKS

**The Complete Lymphedema Management and Nutrition Guide** by LaMantia and DiMenna

**How to Live Better with Lymphedema** by Matt Hazledine

## LYMPHEDEMA BLOGS

[www.jeanlamantia.com](http://www.jeanlamantia.com)

[www.lymphedemablog.com](http://www.lymphedemablog.com)

[www.thelymphielife.com](http://www.thelymphielife.com)

## LOCAL RESOURCES/SUPPORT GROUPS

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## TRAINING SCHOOLS

**Academy of Lymphatic Studies**  
<https://www.acols.com>

**Casley-Smith International**  
<https://www.casley-smith-international.org>

**Dr. Vodder School International**  
<https://www.vodderschool.com>

**International Lymphedema & Wound Training Institute**  
<https://www.ilwti.com>

**Klose Training & Consulting**  
<https://klosetraining.com>

**Norton School of Lymphatic Therapy**  
<https://www.nortonschool.com>

**Lymphology Association of North America (LANA)**  
<https://www.clt-lana.org>

## PODCASTS AND VIDEO

**Live Today with Dr Shari**  
<https://www.drsherimd.com/live-today/>

**Lymphatic Yoga with Barbara Jackson**  
<https://www.youtube.com/@balancewithbabz>

## COURSES & PROGRAMS

[Just Wellness](#)