

Lymphedema Resources in the Community

For people who need help managing their
lymphedema



**For the most up-to-date information
please visit www.rvh.on.ca**
Use the search bar at the top and type “lymphedema”.

In this booklet you will find:

Community services that can support you
while you manage your lymphedema, such as:

- Financial help
- Compression Garment Fitters
- CDT Therapists
- Other organizations

Hudson Regional
Cancer Program
North Simcoe Muskoka



Royal Victoria
Regional Health Centre

What is Lymphedema?

Lymphedema (pronounced lim-fe-DEE-ma) is a side effect that can begin during or after cancer treatment.

Lymphedema is swelling of soft tissues, which can occur in the arms, legs, chest/trunk, and pelvic/genital areas.

Related Organizations

Lymphedema Association of Ontario

416 410-2250 or
1 877 723-0033

www.lymphontario.ca

Canadian Cancer Society Information Service

1 888 939-3333

www.cancer.ca

Financial Help

Your private insurance plan may be able to help pay for lymphedema garments and/or therapist visits. You can also try contacting charitable organizations, such as:

Kelly Shires Breast Cancer Foundation

705 528-1053 or 1 877 436-6467

www.kellyshiresfoundation.org



The Government of Ontario has an Assistive Devices Program (ADP) which pays up to 75 per cent of the cost of compression garments for lymphedema. See page 4 for more details.

Compression Garment Fitters

<p>Custom Comfort 15150 Yonge St. Unit 3 & 4, Aurora, L4G 1M2 Phone: 905 841-5337 or 1 866 391-5337 Fax: 905 841-9650 customcomfort@rogers.com www.customcomfort.biz ADP vendor</p>	<p>Shoppers Drug Mart Home Health Centre 524 Bayfield St. North Barrie, L4M 5A1 Phone: 705 722-6336 Fax: 705 722-4226 For other locations, see www1.shoppersdrugmart.ca ADP vendor</p>
<p>Ortho Health 1 Quarry Ridge, Suite 105 Barrie, L4M 7G1 Phone: 705 726-1255 Fax: 705 726-2455 www.orthohealth.ca ADP vendor</p>	<p>Heather's Home Healthcare Medical Supplies & Equipment 169 Manitoba St. Bracebridge, P1L 1S3 Phone: 705 645-7572 Fax: 705 645-2652 ADP vendor</p>
<p>Changes Boutique 189 Main St. South Newmarket, L3Y 3Y9 905 853-4673 or 1 888 249-0977 ADP vendor</p>	<p>Guardian Pharmacy Huronia Medical Centre 240 Penetang Rd. Midland, L4R 4P4 Phone: 705 526-4269 Fax: 705 526 2962 NOT an ADP vendor</p>
<p>Georgian Bay Mobility Health Centre 516 Yonge St. Midland, L4R 2C5 Phone: 705 528-1515 Fax: 705 528-1468 mobilitycentre@rogers.com www.georgianbaymobility.ca/ NOT an ADP vendor</p>	<p>For a list of ADP vendors, please visit: www.ontario.ca/ page/garments-pumps-and- braces</p>

CDT Therapists & ADP Authorizers

Therapists qualified to treat lymphedema must have specialized training in **Combined Decongestive Therapy (CDT)**.

ADP authorizers are therapists who have the right to sign your application forms for the **Assistive Devices Program (ADP)**. ADP is a government program which pays up to 75 percent of the cost of compression garments for lymphedema.

For more information about ADP, please contact:

Ministry of Health and Long-Term Care
Assistive Devices Program
Toll-free 1-800-268-6021
TDD/TTY 1-800-387-5559
E-mail: adp@ontario.ca
Website: www.ontario.ca/page/assistive-devices-program/

For more CDT-trained therapists, visit the LAO website (www.lymphontario.ca) and the Yellow Pages



Image compliments of Juzo

CDT = Combined Decongestive Therapist credential

ADP = Assistive Devices Program Authorizer

BARRIE AND AREA

<p>Alison Mitchell Hawkestone, ON 705 353-0122 www.alisonmitchellrmt.com CDT, ADP</p>	<p>Barbara Robinson Body Stream 705 726-2004 www.bodystream.ca CDT, ADP</p>
<p>Faye Cronan Women In Stride (also provides home visits) 705 796-8332 www.womeninstride.ca CDT, ADP</p>	<p>Jackie Mungal Freedom Massage Clinic 705-627-3168 www.freedommassageclinic.com CDT</p>
<p>Iveta Doktor-Inglis Barrie, ON 705 791-6881 ivetaphysio@gmail.com CDT, ADP</p>	<p>Lana Boudreau Barrie, ON 705 716-0758 lana_boudreau@yahoo.ca CDT, ADP</p>
<p>Joyce Wong TLC Physio (also does home visits) 705-345-5688 www.TLCphysio.ca CDT, ADP</p>	<p>Theodora Slegers Minesing, ON 705-970-3090 slegersmassagetherapy. weebly.com CDT</p>
<p>Inna Evtoushenko Sports Medicine Huron St: 705-734-3340 Victoria Village 705-722-9981 www.sportsmedicine.on.ca CDT, ADP</p>	<p>Janet McFarland Barrie Lymphocare 705-739-0551 wellness@bconnex.net CDT, ADP</p>

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CDT Therapists & ADP Authorizers

COOKSTOWN & NEWMARKET

<p>Rebecca Wilkinson Total Health Healing Arts Centre 647-654-9257 rwmassagetherapy.ca CDT, ADP</p>	<p>Pamela Polley Cedar Valley Healing Arts Centre 416-578-5728 www.iahp.com/pamela_polley CDT, ADP</p>
<p>Shannon Brown Hands On Health Care 905-836-9505 www.handsonmassage.ca scbrown927@gmail.com CDT, ADP</p>	

OWEN SOUND, THORNBURY & CLARKSBURG

<p>Danuta Valleau Owen Sound, ON 519-534-1788, danuta@ michaelmcluhan.com CDT, ADP</p>	<p>Esther Epp-Kaethler Thornbury, ON 519 599-6597 estherkaethler@hotmail.com CDT</p>
<p>Samantha Douglas Clarksburg, ON 705-796-8293 rosiejaz@gmail.com CDT</p>	<p>Sharon Evans Owen Sound, ON 519-371-8314 CDT</p>

CDT Therapists & ADP Authorizers

CREEMORE

Laura Yates
Creemore Massage
705-466-6019
creemoremassage.com
CDT, ADP

COLLINGWOOD (NOTTAWA)

Wendy Fraser
Physiotherapy For Health
705-445-2204
www.physioforhealth.ca
CDT

ORILLIA

Anne Dockendorff
Proactive Health Care
705-327-0457
www.proactivermt.com
CDT, ADP

Kelly Spears
Mariposa Physiotherapy
Rehabilitation
705-327-0008
info@mariposaphysio.ca
CDT, ADP

HALIBURTON

Marie Pentesco
Hill Chiropractic and
Physiotherapy Clinic
705-457-9895
CDT

DORSET

Crystal Lamothe
Dorset Massage Therapy
705-783-1550
crystallamothe.rmt@gmail.com
CDT, ADP

Disclaimer

The Hudson Regional Cancer Centre created this booklet to help lymphedema patients to find treatment options and resources in the community.

We do our best to make sure that the information we provide is accurate and reliable but cannot guarantee that it is error-free or complete.

The Hudson Regional Cancer Centre is not responsible for the quality of the information or services provided by other organizations mentioned in this booklet, nor do we endorse any service, product, treatment or therapy.

Always call the provider to check if they are offering the service and if health and safety protocols need to be followed.



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Cancer Program
North Simcoe Muskoka



Royal Victoria
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