

# 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](http://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

Simcoe Muskoka  
Regional Cancer Program



Royal Victoria  
Regional Health Centre

A Cancer Care Ontario Partner

## 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](http://www.lymphontario.ca)

### Canadian Cancer Society Information Service

1 888 939-3333

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

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

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# CDT Therapists & ADP Authorizers

## COOKSTOWN & NEWMARKET

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

## OWEN SOUND, THORNBURY & CLARKSBURG

<p><b>Danuta Valleau</b> Owen Sound, ON 519-534-1788, danuta@ michaelmcluhan.com <b>CDT, ADP</b></p>	<p><b>Esther Epp-Kaethler</b> Thornbury, ON 519 599-6597 estherkaethler@hotmail.com <b>CDT</b></p>
<p><b>Samantha Douglas</b> Clarksburg, ON 705-796-8293 rosiejaz@gmail.com <b>CDT</b></p>	<p><b>Sharon Evans</b> Owen Sound, ON 519-371-8314 <b>CDT</b></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 Simcoe Muskoka 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 Simcoe Muskoka 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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[www.rvh.on.ca](http://www.rvh.on.ca)

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