

# PATHWAYS ADDITIONAL REFERENCES NOT IN MAGAZINE: Summer 2019

## Exercise

### Exercise and physical activity

By Kevin Repato and Margie McNeely

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## Nutrition

### Canada's New Food Guide and Lymphedema

By Jean LaMantia

\* Correction: Oils high in omega-3 or saturated fats especially, coconut, palm, corn and grapeseed are considered anti-inflammatory. The printed article indicates oils that are high in omega-6 to be anti-inflammatory. This was an editorial mistake, not that of the author.

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## Ask the Expert

### Risk reduction options

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