

2017 National Lymphedema Conference

Detailed Session Descriptions



Montreal • October 27-28 • Hotel Omni Mont-Royal

Scientific Committee

Dr. Anna Towers and Prof. Robert Kilgour
Conference Scientific Committee Co-Chairs

Scientific Committee members

Dr. David Keast
Dr. Catherine McCuaig
Prof. Margie McNeely, PhD
Marie-Eve Letellier, PhD
Marie-France L'Italien, PT
Julie Allard, RN

Conference Organizing Committee

Anna Kennedy
Rachel Pritzker
Pamela Hodgson
Casi Shay
Kim Avanthay

2017 Conference Exhibitors

3M Canada

Anatomi Metrix

BSN Medical

The Canadian Bandage Shoppe

Canadian Lymphedema Framework

Cedars Cancer Foundation

Coalition Priorité Cancer au Québec

Concordia PERFORM Centre

Dr. Vodder School – International

Équilibre

Fédération québécoise des massothérapeutes

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LimbO Waterproof Protectors

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Lymphedema Depot

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Medicus

Quebec Breast Cancer Foundation

Quebec Cancer Foundation

Paradigm Medical Inc.

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Slawner Ortho

Valco-Mediven

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Pre-Conference SPONSORED SYMPOSIUMS

The Friday morning pre-conference symposiums are organized and led by industry sponsors, who have paid to present their sessions. However, *pre-registration is still required* with spots available on a first-come, first-served basis. The maximum number of participants has been determined by the sponsor. These symposiums are available ONLY to health professionals.

*Please note that the optional preconference symposiums on Friday morning have limited spacing and are available to the first **75** registrants that choose this option when selecting their concurrent sessions. This selection will take place early September – and date of original registration will determine priority.*

Pre-Conference SPONSORED SYMPOSIUM: BSN Medical
Friday October 27, 8:00am – 9:30am

Session Title:

Compression Therapy Adapted to Patient's Needs

Language: **English** *with simultaneous translation to French

Target Audience: **Health Professionals**

Symposium Description

Compression therapy is indicated for lymphedema as well as venous insufficiency and venous ulcers. During this session, Dr. Farrow will provide a reminder of the clinical importance of compression therapy. He will introduce the various options including JOBST® FarrowWrap®, an adjustable short-stretch wrap, and outline some clinical cases demonstrating its effectiveness.

Presented by: Dr. Wade Farrow, M.D., CWS, FACCWS

Dr. Wade Farrow, formerly president at FarrowMed, manufacturer of the FarrowWrap® compression wraps. Dr. Farrow has extensive experience in wound care, lymphedema, and hyperbaric medicine.

Pre-Conference SPONSORED SYMPOSIUM: 3M Canada
Friday October 27, 9:40 – 11:10am

Session Title

Bandaging Solutions for the Difficult Patient - *a hands-on workshop for health professionals*

Language: **English**

Target Audience: **Health Professionals**

Symposium Description

Hands-on workshop with the Coban™ 2 compression system. Meeting the needs of the challenging patient. Lower leg, Toe boot, full leg, hands & arms, breast and challenging lobule.

Presented by: Martina Reddick

Martina Reddick is a Registered Nurse (R.N.) practicing for over 30 years. For the past 11 years she has been practicing in Lymphedema Management. Martina has spent her time practicing in St. John's, Newfoundland & Labrador, Canada where she has served as the province's Lymphedema Nurse Coordinator. In 2010 she, along with a colleague, started the province's first Lymphedema Support Group to provide support, education and raise awareness for patients and their families.

**Pre-Conference SPONSORED SYMPOSIUM: Valco-Medi
Friday October 27, 11:20- 12:50**

Session Title:

Meet the Challenge of Patient Self-Management: 3 Steps to Maintenance

Language: **English**

Target Audience: **Health Professionals**

Symposium Description

We will focus on a full treatment plan, using various compression garments in all stages of lymphedema, while encouraging patient self-management.

Presented by: Ingrid Adams

Ingrid Adams has more than 17 years of experience as a clinical specialist working with the most challenging lymphedema patients.

SPECIAL TRAINING FOR PRIMARY CARE PROVIDERS

FRIDAY October 27 – ALL DAY WORKSHOP

Session Title

Chronic Edema and Lymphedema Management for Primary Health Care Professionals

Preconference Special Workshop, 8:30am – 5:00pm Language: **French**

Target Audience: **Health Professionals - PLEASE NOTE THAT SEPARATE REGISTRATION REQUIRED**

Session Summary

A special one-day workshop will run concurrently with the conference on Friday. This module will count toward a new 5-module course planning to be offered by Dr. Vodder School International. This first module is entirely in French.

The 7-hour training class is targeted directly at family physicians and nurses in the community. Specifically, those who will benefit from this course are:

- Primary Care Physicians
- Specialist Physicians (oncologists, dermatologists, rehabilitation, palliative)
- Oncology nurses
- Community nurses
- Wound Care Nurses working in the community

Accreditation: This event is approved for up to 7 credits by the Office for Continuing Professional Development (CPD). The Office for CPD, Faculty of Medicine, McGill University is fully accredited by the Committee on Accreditation of Canadian Medical Education (CACME). This event is an Accredited Group Learning Activity as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada.

Presented by: **Dr. Anna Towers, MD** and **Robert Harris, HND, RMT**



Dr. Towers is Associate Professor of Oncology, McGill University and Director of the Lymphedema Program, McGill University Health Centre (MUHC), Montreal. She trained in lymphedema management in Australia under Drs. John and Judith Casley-Smith and has run an academic program at the MUHC that supports cancer patients with lymphedema since 1995. Current research studies are investigating new assessment methods as well as interventions to prevent lymphedema. Dr. Towers was Founding Co-Chair of the Canadian Lymphedema Framework, and is and the author of several book chapters and a number of articles on lymphedema assessment and management. She is also the co-chair of the 2017 National Lymphedema Conference Scientific Committee.



Robert is the director and senior instructor of Dr. Vodder School-International. He was first certified as an instructor in 1986 and has since introduced thousands of students to the Dr. Vodder method of MLD. He has authored and presented many papers and articles internationally. With over 32 years of clinical experience, teaching and research on the Dr. Vodder method of MLD and CDT, Robert conveys a passion and dedication for this work. His patient, empathic approach encourages students to find the best way to engage their innate skills as therapists. Robert is also a member of the Canadian Lymphedema Framework Education Working Group.

Session Title

Pediatric Lymphedema Interactive Workshop

Language: **English**

Target Audience: **Health Professionals**

Session Summary

All pediatric lymphedema specialists and health professionals with an interest in pediatric lymphedema are invited to attend this workshop.

Annually, more than 60 children and adolescents living with primary and / or secondary lymphedema are monitored at the Sainte-Justine CHU clinic. Etiology, including the genetics behind primary lymphedema, will be discussed. Diagnostic tests will also be reviewed. There is minimal literature addressing the treatment of lymphedema in children, including when and how to conduct physiotherapy, and compression garments.

Format: An interactive session reviewing case studies, exchanging different treatment protocols and sharing best practices around the world for treating pediatric lymphedema.

Presented by: Isabelle Quéré, MD, PhD and Catherine McCuaig, MD, FRCPC



Dr. Quéré is a physician, Professor of Vascular Medicine at the University of Montpellier in France where she is Head of the Vascular and Lymphology Medicine Department. Her main research areas include: venous thromboembolism (VTE) disease, lymphatic and venous post-thrombotic syndrome (PTS), and rare vascular diseases. She has published internationally. Isabelle has experience working closely with International Societies and Charities, some of which she has been a Chair or an active member of.

Since 2011, Isabelle has been the Head of the French Lymphoedema Framework, Partenariat Français du Lymphoedème – (PFL). She was the organiser and President of the last ILF Conference held in Montpellier in 2012, where she also ran a one-week camp for nine children and young adults with lymphedema from four different countries.



Dr. McCuaig is a dermatologist, Clinical Professor of Dermatology in Pediatrics at the CHU Sainte-Justine, University of Montreal, Quebec. There she is an active member of the vascular anomalies group and spearheads a pediatric lymphedema clinic. She regularly contributes to the International Society for the Study of Vascular Anomalies, and the Hemangioma Investigator Group. Dr. McCuaig is Co-Chair of the Canadian Lymphedema Framework and is a member of the 2017 Conference Scientific Committee.

Opening Plenary Session – Friday October 27 1:30 - 3:00pm

Session Title

Chronic Edema vs. Lymphedema: What's the Difference?

Language: **English** *with simultaneous translation to French

Target Audience: **Health Professionals**

Session Summary

Objective: To explore the debate surrounding chronic edema vs. lymphedema.

Internationally there is a growing debate about whether chronic edema and lymphedema should be considered to be synonymous or separate entities. David Keast and Christine Moffatt will engage in a dialogue in which they explore the arguments both for and against considering these to be synonymous. This dialogue will consider the pathophysiology of chronic edema, the clinical presentation, the implications of treatment and professional considerations. Implications for funding will also be discussed.

Presented by: **Christine Moffatt**, PhD and **Dr. David Keast**, BSc(Hon), MSc, DipEd, MD, CCFP, FCFP(LM)



Christine Moffatt is professor of Clinical Nursing Research at the University of Nottingham School of Nursing, Midwifery and Physiotherapy. She is also nurse consultant at the Royal Derby Foundation NHS Trust Lymphoedema service, in which she leads a research team as well as undertaking a clinical consultancy role. Christine is currently joint Chairperson and Director of the International Lymphoedema Framework. She has undertaken extensive research in lymphedema and wound care, running national and international clinical trials.

She was awarded a CBE in the 2006 New Year's Honors List and made a life fellow of the Royal College of Nursing that same year. She has received several life time achievement awards in recognition of her work, the most recent being presented by the World Union of Wound Healing Societies in June 2008. In December 2008, she received a Nursing Times Diamond 20 Award as one of the 20 most influential nurses in the last 60 years. She is an honorary member of the Canadian Lymphedema Framework Board of Directors.



Dr. Keast is the Medical Director of the Chronic Wound Management Clinic at the Parkwood Institute in London, Canada. He is Clinical Adjunct Professor of Family Medicine, Schulich School of Medicine and Dentistry, Western University (London). Dr. Keast is an Associate Scientist, Lawson Health Research Institute, Parkwood Institute Research. He is Co-director of the Canadian Lymphedema Framework and President of the World Alliance for Wound and Lymphedema Care. He is also a member of the 2017 National Lymphedema Conference Scientific Committee.

Session Title

The Importance of Measurement in Lymphedema Management

Language: **English** *with simultaneous translation to French

Target Audience: **Health Professionals**

Session Summary

This session will focus on the importance of clinical, regular measurements of lymphedema patients for garment ordering, success of maintenance, and exercise prescription. It will challenge the concept of minimal clinical important difference in lymphedema management.

In the workshop, there will be an introduction to the different approaches of clinical feasible measurement techniques, using the consensus documents of the International Lymphedema Framework for classification of lymphedema and algorithms¹ to decide on treatment approaches. Decision making according to standard error of measurement (SEM)² for analyzing graphs of patients, using segmental measurement will be discussed as well.

Presented by: Dorit Tidhar



Dorit Tidhar is a physiotherapist trained in lymphedema management by Prof. Judith Casley-Smith in 1999 and certified by her as a teacher in Self-Management and Exercise for Lymphedema in 2003. Dorit designed a program of Aqua Lymphatic Therapy to help people who suffer from lymphedema maintain and improve the results of conventional treatment. She is working in Maccabi healthcare services (Israel) as the national director of lymphatic therapy services and is currently a PhD candidate in the school of nursing of Missouri University, with Prof. Jane Armer as her adviser.

Session Title

Assessment Using Ultrasound Techniques

Language: **English**

Target Audience: **Health Professionals**

Session Summary

To date, no objective technique has been identified to detect changes in tissue composition in the affected arm of those with breast cancer related lymphedema (BCRL). To assess these changes with accuracy and reliability, we must select an appropriate modality and assessment techniques that allow us to gain access to tissues beneath the dermal layer. Several imaging devices are available; however, ultrasound is the most highly regarded for its ease of use, portability, safety and real-time output. There are several imaging modalities such as elastography that have been specifically developed for ultrasound to accurately measure tissue deformation and stiffness. Quantitative ultrasonography is also available to provide an accurate estimate of tissue volumes and particular anatomic structures and features of the muscle architecture that are important for optimal functioning. The objective of this session is to demonstrate the relevance and importance of assessing tissue composition in women with BCRL.

Presented by: Robert Kilgour, PhD



Dr. Robert Kilgour is a Professor in the Department of Exercise Science at Concordia University and Associate Director of the McGill Nutrition and Performance Laboratory (MNUPAL). Dr. Kilgour's research interests fall under the following categories of supportive care, assessment and rehabilitation in cancer: 1) Assessment of lymphedema using ultrasound techniques; 2) Assessment and evaluation of the functional status; 3) Identifying the predictive/ prognostic indices that affect clinical outcomes; 4) Assessment and evaluation of rehabilitation and supportive care programs. Robert is also the co-chair of the 2017 National Conference Scientific Committee.

Concurrent Sessions A - Friday October 27 2:00 - 3:15pm

Session Title

Les vêtements compressifs, pour s'y retrouver...

Language: **French**

Target Audience: **Health Professionals**

Session Summary

Les vêtements compressifs font parties intégrantes du traitement et contrôle du lymphœdème. Nous devons tenir compte de plusieurs considérations cliniques avant de recommander des produits de compression à nos patients.

Devant la multitudes des produits offerts, les niveaux de compression selon la compagnie et les différents matériaux et accessoires proposés, il devient difficile d'opter pour la meilleure solution. La capacité financière du patient, ses couvertures d'assurances privées ainsi que les programmes gouvernementaux dont il peut profiter, sont des paramètres dont il faut également tenir compte.

Je propose un atelier qui survolera les travaux déjà réalisés par des collègues et des outils disponibles afin d'ouvrir les horizons sur l'étendue des possibilités qui s'offrent à nous.

L'objectif de cet atelier est de consolider le rôle de l'équipe multidisciplinaire: orthésiste/ajusteur, médecin prescripteur, représentant de compagnie, thérapeute en lymphœdème, patient et sa famille pour une amélioration constante de la qualité de vie.

Presented by: Marie Jutras



Physiothérapeute en pédiatrie au CHU Ste-Justine pendant 35 ans. Poursuit son implication auprès des personnes atteintes de maladie chronique en compagnie du Docteur Anna Towers au Centre de soutien au lymphoedème de la Fondation du cancer du sein du Québec.

Concurrent Sessions A - Friday October 27
2:00 - 3:15pm

Session Title

Research Snapshots - #1

Language: **English**

Target Audience: **Health Professionals**

Session Summary

A series of five oral abstract presenters give a 15-minute snap shot of their research or work.

Category: Clinical/ Instructional/ Educational Report

This category may include descriptions of wound care programs, educational tools, classification systems, treatment modalities, or products.

1.1 Introducing self-bandaging in the management of lymphedema: a perspective on utilizing the therapeutics of communication to address patient-reported barriers	N. Dolgoy
1.2 Manual lymph drainage (MLD) and compression in a wound care treatment plan with patients living with lymphedema - two case studies	M. Eid
1.3 Neoprene adjustable garment for intensive therapy has an option in hospital settings	L. Henry
1.4 An Innovative alternative for compression for truncal/breast lymphedema "Born out of Frustration"	L. Radke
1.5 Efficacy of night-time compression for breast cancer related lymphedema (LYNC): A multi-centre, randomized controlled efficacy trial	M. McNeely

Session Title

Symptom Assessment and Patterns

Language: **English *with simultaneous translation to French**

Target Audience: **Health Professionals**

Session Summary

Introduction to a battery of lymphedema symptom assessment tools will be made. Research based symptom prevalence and patterns by affected region of the body (head and neck/midline, lower limb, upper limb), and type of lymphedema will be discussed, as will general symptoms. Physical and psychosocial patient symptoms will be covered, along with quality of life concerns. Implications for clinical practice, patient self-management, and future research will be offered.

Objectives:

- 1) Participants will be able to describe the two components of a symptom that require assessment if maximum information to guide clinical practice/patient-self-management is to be obtained.
- 2) Participants will be able to articulate regional specific symptoms and general symptoms that may be found in all patients with lymphedema.
- 3) Participants will be able to state possible clinical interventions that may assist in the management of lymphedema-related symptoms.

Presented by: Sheila Ridner, PhD



Dr. Ridner is the Martha Rivers Ingram Professor of Nursing at Vanderbilt University School of Nursing in Nashville, Tennessee. She has conducted funded research on lymphedema and cancer survivorship for over a decade. Dr. Ridner has numerous publications and presentations. She is well known as an international expert in lymphedema research and for her service to the lymphedema community.

Session Title

The Role of Compression in Wound Care

Language: **English**

Target Audience: **Health Professionals**

Session Summary

Objectives:

1. To discuss the pathophysiology of chronic edema and how it interferes with wound healing
2. To describe how compression therapy works
3. To explore the safe use of compression therapy

Almost all wounds are accompanied by localized tissue fluid accumulation and lymphstasis. In minor wounds, this resolves spontaneously, but chronic wounds, particularly in the lower extremity, are accompanied by chronic edema, which impairs wound healing. Compression therapy is the key intervention in managing chronic edema. Implementing compression therapy must involve a thorough assessment of the entire patient and a targeted assessment of the affected body area.

Presented by: Dr. David H. Keast BSc(Hon), MSc, DipEd, MD, CCFP, FCFP(LM)



Dr. Keast is the Medical Director of the Chronic Wound Management Clinic at the Parkwood Institute in London, Canada. He is Clinical Adjunct Professor of Family Medicine, Schulich School of Medicine and Dentistry, Western University (London). Dr. Keast is an Associate Scientist, Lawson Health Research Institute, Parkwood Institute Research. He is Co-director of the Canadian Lymphedema Framework and President of the World Alliance for Wound and Lymphedema Care. He is also a member of the 2017 National Lymphedema Conference Scientific Committee.

Concurrent Sessions B – Friday October 27 3:45-5:00pm

Session Title

Round Table Discussions – Challenging Case Studies

Language: **French**

Target Audience: **Health Professionals**

Session Summary

Case studies provide valuable teaching material, demonstrating both classical and unusual presentations, which may confront the lymphedema health professional. This session will begin with the presentation of two challenging case studies by the moderator, who is both a clinician and educator. This will be followed by open discussion and debate of treatment protocols. We hope these case studies will inform and encourage creative solutions and discussion in this safe learning environment among fellow colleagues.

Health Professionals signing up for this session are invited to submit their own challenging case study for consideration at this session *by no later than September 15*. Two or three of the most interesting or appropriate cases for this learning environment will be chosen for group discussion.

Moderated by: Michel Eid, BPE, MT



Michel Eid was trained in physical education at University du Québec and taught elementary school for three years before entering the massage therapy field. He is certified in Swedish and Sports Massage and first worked with athletes and sports teams, professionals and amateurs, before directing his attention to MLD. He completed his Combined Decongestive Therapy training in 2002 at the Dr. Vodder School in Walchsee, Austria. Since then, Michel has been working with lymphedema patients and has given lectures to many health professionals in Quebec. He has been a Vodder instructor since 2008 and has also been involved with the Lymphedema Association of Québec for more than 10 years.

Concurrent Sessions B- Friday October 27
3:45- 5:00pm

Session Title

Research Snapshots - #2

Language: **French**

Target Audience: **Health Professionals**

Session Summary

A series of five oral abstract presenters give a 15-minute snapshot of their work or research.

Category: Clinical/ Laboratory and Quantitative Research; Clinical, Instructional/Educational Report; Health Care Policy and Delivery

2.1 L'effet d'un programme d'exercice aquatique sur le volume lymphatique et la qualité de vie chez les patients avec un lymphoedème des membres inférieurs	A.Dionne
2.2 Enseignement préopératoire et lymphoedème	M. Bergeron
2.3 L'exercice c'est sûr! Mais comment?	M. Jutras
2.4 Quand les professionnels s'unissent pour faire encore mieux dans la prise en charge du lymphoedème pour les patientes atteintes d'un cancer du sein	C. Maltais
2.5 Le lymphoedème à l'heure des médias sociaux – projet de diffusion d'information sur facebook par une association de patients	A. Joncas

Networking Session and Poster Viewing- Friday October 27 5:45 - 7:00pm

Session Summary

This Friday early evening reception is hosted by the Canadian Lymphedema Framework and is open to all conference attendees. Participants will have the opportunity to view and vote on poster presentations. Appetizers plus alcoholic and nonalcoholic beverages will be served.

**Sign up is required for registrants to be given tickets for the refreshments.*

Opening Plenary Session– Saturday October 28 8:45 – 9:00am

Session Title

Lymphedema Prevalence - A growing problem in Canada

8:45 - 8:55am

Language: **English** *with simultaneous translation to French

Target Audience: **Patients and Health Professionals**

Session Summary

Objective: To discuss the recent calculation regarding the prevalence of lymphedema in Canada and to describe the characteristics of people living with lymphedema

Chronic edema/lymphedema worldwide is poorly recognized and often poorly treated. It is often considered by clinicians only to result from cancer and its treatment or to be primary. This assumes that lymphedema arises only from absence or damage to the lymphatics. If one reviews the physiology of tissue fluid management in the body, one realizes that lymphatic dysfunction will result from tissue fluid overload, regardless of its origin. It is now estimated that at least one million Canadians are living with lymphedema. Drs. Towers and Keast will review the calculations that arrived at this conclusion. Two recent studies exploring the characteristics of people with lymphedema will be discussed. By combining these two studies, a picture of Canadians with lymphedema emerges.

Presented by: Dr. Anna Towers, MD and Dr. David Keast, BSc(Hon), MSc, DipEd, MD, CCFP, FCFP(LM)



Dr. Towers is Associate Professor of Oncology, McGill University and Director of the Lymphedema Program, McGill University Health Centre (MUHC), Montreal. She trained in lymphedema management in Australia under Drs. John and Judith Casley-Smith and has run an academic program at the MUHC that supports cancer patients with lymphedema since 1995. Current research studies are investigating new assessment methods as well as interventions to prevent lymphedema. Dr. Towers was Founding Co-Chair of the Canadian Lymphedema Framework, and is and the author of several book chapters and a number of articles on lymphedema assessment and management. She is also the co-chair of the 2017 National Lymphedema Conference Scientific Committee.



Dr. Keast is the Medical Director of the Chronic Wound Management Clinic at the Parkwood Institute in London, Canada. He is Clinical Adjunct Professor of Family Medicine, Schulich School of Medicine and Dentistry, Western University (London). Dr. Keast is an Associate Scientist, Lawson Health Research Institute, Parkwood Institute Research. He is Co-director of the Canadian Lymphedema Framework and President of the World Alliance for Wound and Lymphedema Care. He is also a member of the 2017 National Lymphedema Conference Scientific Committee.

Opening Plenary Session – Saturday October 28 8:30 - 10:15am

Session Title

The LIMPRINT Story - Lymphedema Prevalence Globally

8:55 - 9:05am

Language: **English** *with simultaneous translation to **French**

Target Audience: **Patients and Health Professionals**

Session Summary

The rationale for this research project is a humanitarian one: to provide evidence of the prevalence of chronic edema and lymphedema as a massive global public health problem. Ten national frameworks and 40 sites were involved in collecting data from 13,000 patients. Many patients had not received a lymphedema diagnosis or treatment. LIMPRINT can provide some hope to the lymphedema community by extending the knowledge and facts to support the changes needed. Results may give us the ammunition required to get health policymakers to acknowledge chronic edema/ lymphedema as a public health burden.

Presented by: Christine Moffatt, PhD



Christine Moffatt is professor of Clinical Nursing Research at the University of Nottingham School of Nursing, Midwifery and Physiotherapy. She is also nurse consultant at the Royal Derby Foundation NHS Trust Lymphoedema service, in which she leads a research team as well as undertaking a clinical consultancy role. Christine is currently joint Chairperson and Director of the International Lymphoedema Framework. She has undertaken extensive research in lymphedema and wound care, running national and international clinical trials.

She was awarded a CBE in the 2006 New Year's Honors List and made a life fellow of the Royal College of Nursing that same year. She has received several life time achievement awards in recognition of her work, the most recent being presented by the World Union of Wound Healing Societies in June 2008. In December 2008, she received a Nursing Times Diamond 20 Award as one of the 20 most influential nurses in the last 60 years. She is an honorary member of the Canadian Lymphedema Framework Board of Directors.

Session Title

Obesity Related Lymphedema- Underestimated and Unpopular

9:05 - 10:15am

Language: **English *with simultaneous translation to French**

Target Audience: **Patients and Health Professionals**

Session Summary

Due to the increasing worldwide prevalence of obesity, there will soon be a dramatic increase of obese patients with lymphedema. Obesity is completely underestimated, and poorly represented at conferences and in scientific publications.

At the same time, an obese patient with lymphedema is also a very unpopular patient. They are unpopular in medical practices, clinics, and among lymphedema therapists. This is surely due to the well known resentment many health professionals feel towards severely obese people, as well as the helplessness we feel as medical professionals as we stand facing these patients.

The purpose of this lecture is to share scientific facts about obesity related lymphedema, a topic that will have an increasing importance for health professionals in the next few years.

Presented by: Dr. Tobias Bertsch, MD, PhD



Dr. Tobias Bertsch has been a senior consultant at the Foeldi Clinic in Hinterzarten, Germany since 2005, specializing in lymphology and bariatric medicine. He also serves as Secretary General of the German Society of Lymphology. Dr. Bertsch is one of only two physicians in Germany consulting in an outpatient setting approved by the health insurance commission, with patients who have lymphedema and lipedema. Dr. Bertsch and his team consult with approximately 4000 patients per year.

In 2012, Dr. Bertsch earned a Specialist Certification of Obesity Professional Education (SCOPE), the only internationally-recognized certification in obesity management for health care professionals. He lectures extensively throughout Germany, as well as other European countries and the United States.

Session Title

Vivre avec le Lymphœdème : Les soins cutanés

Language: **French** *with simultaneous translation to English

Target Audience: **Patients and Health Professionals**

Session Summary

Vivre avec le Lymphœdème est loin d'être chose facile. C'est un combat constant qui est rempli d'obstacles et de contraintes. Le but de cette conférence est de discuter de l'importance des soins cutanés reliés au Lymphœdème car la prévention est très importante pour éviter les complications. Le Dre Nicole Paquette dermatologue et Mélanie Poitras infirmière, vous donnerons des outils et des astuces pour mieux vivre avec votre Lymphœdème et améliorer votre barrière cutanée.

Presented by: Dr. Nicole Paquette, MD and Mélanie Poitras



Dre. Nicole Paquette est dermatologue à Pointe-Aux-Trembles depuis plus de 27 ans. Son intérêt pour le lymphœdème vient du fait que dans sa pratique quotidienne un grand nombre de ses patients sont référés pour des complications reliées au lymphœdème. Pour essayer de remédier à la situation, Dre paquette offre mensuellement une clinique spécialisée en Lymphœdème. Son expertise et ses connaissances, sur le sujet, sont très appréciés autant des professionnels de la santé

Mélanie Poitras a gradué en soins infirmiers en 2006 du Collège Bois-de-Boulogne. Passionnée par son métier d'infirmière et ayant plusieurs années d'expériences parmi plusieurs spécialités, elle a développé un intérêt grandissant pour la dermatologie. Elle travaille maintenant en étroite collaboration avec le Dre. Nicole Paquette dermatologue qui tient une clinique spécialisée dans le suivi de la clientèle avec lymphœdème.

Concurrent Sessions C– Saturday October 28 10:45am-12:00pm

Session Title

Remedial Exercise

Language: **English**

Target Audience: **Health Professionals**

Session Summary

Despite the scientific evidence supporting the benefits of exercise, prescribing exercise for an individual with lymphedema may be easier said than done. This session will introduce the theoretical basis and application of decongestive exercise principles, progressive resistance exercise training and enhanced compression therapy prescription for the treatment of lymphedema. A brief overview of the research evidence for exercise will be presented with a focus on cancer-related lymphedema. The session will also provide practical guidance on protocols for exercise for individuals with lymphedema.

Objectives:

1. To describe the theory and application of exercise principles used to develop a decongestive resistance exercise prescription for individuals with lymphedema.
2. To present an overview of the research evidence supporting exercise as an intervention to help in the long-term management of lymphedema.
3. To provide guidelines to facilitate the development of evidence-based therapeutic exercise training programs for cancer survivors with lymphedema.

Presented by: Margaret McNeely, PT, PhD, and Mona Al Onazi, PT, BSc



Margaret (Margie) McNeely is an Associate Professor in the Department of Physical Therapy at the University of Alberta in Edmonton, Canada. She currently holds a joint appointment in the Department of Oncology and performs clinical research in the Rehabilitation Medicine Department at the Cross-Cancer Institute. Dr. McNeely's research interests are in the area of cancer rehabilitation and exercise. Her research to date has focused on upper limb dysfunction and cancer-related symptoms of pain, fatigue and lymphedema. Margie is also a member of the 2017 National Lymphedema Conference Scientific Committee.



Mona M. Al Onazi is a graduate student in Faculty Rehabilitation Medicine at the University of Alberta. She is a physical therapist and certified lymphedema therapist with clinical experience working with breast cancer survivors. Her research interests lie in the area of breast cancer rehabilitation and lymphedema management.

Session Title

Pediatric Lymphedema

Language: **English**

Target Audience: **Patients and Health Professionals**

Session Summary

Understanding pediatric lymphedema better: diagnosis, assessment and treatment challenges

Presented by: Isabelle Quéré MD, PhD



Isabelle is a physician, Professor of Vascular Medicine at the University of Montpellier in France where she is Head of the Vascular and Lymphology Medicine Department. Her main research areas include: venous thromboembolism (VTE) disease, lymphatic and venous post-thrombotic syndrome (PTS), and rare vascular diseases. She has published internationally. Isabelle has experience working closely with International Societies and Charities, some of which she has been a Chair or an active member of.

Since 2011, Isabelle has been the Head of the French Lymphoedema Framework, Partenariat Français du Lymphoedème – (PFL). She was the organiser and President of the last ILF Conference held in Montpellier in 2012, where she also ran a one-week camp for nine children and young adults with lymphedema from four different countries.

**Concurrent Sessions C– Saturday October 28
10:45am-12:00pm**

Session Title

Gentle Yoga- Practical Session

Language: **French**

Target Audience: **Patients ONLY – suitable for both upper and lower lymphedema**

Participants are required to wear comfortable yoga appropriate clothing and will be barefoot. Wearing daytime compression garments during the yoga class is recommended. Yoga mats will be provided.

Session Summary

Several studies indicate that yoga can be both beneficial and safe for lymphedema patients and provide a positive effect on quality of life. A 15-minute introductory session will explain these benefits. The instructor will go through the adaptations for both the pace and specific poses so that anyone can do yoga, despite some physical challenges, including shoulder or knee injuries. A 60-minute yoga class will follow.

Presented by: Valérie Pedneault



Valerie has worked as a massage therapist in a physiotherapy clinic since 2008 and specialized as a certified lymphedema therapist in 2010. She works with a variety of patients, providing Decongestive Lymphedema Therapy (DLT) both in prevention and treatment. She became a yoga teacher in 2014 and started teaching gentle hatha yoga, for people who have disabilities, including lymphedema and are restricted from participating in a regular yoga practice.

Concurrent Sessions C- Saturday October 28
10:45am – 12:00pm

Session Title

Research Snapshots - #3

Language: **English**

Target Audience: **Health Professionals**

Session Summary

A series of five oral abstract presenters give a 15-minute snapshot of their work or research.

Category: Clinical/ Laboratory and Quantitative Research

1.1 Effectiveness of compression bandaging education for wound care nurses	D. Tidhar
1.2 Development and testing of the lymphedema symptom intensity and distress survey—lower-limb	S. Ridner
1.3 Clinical use of DXA measurements in lymphedema assessment and treatment – a pilot investigation	A. Towers
1.4 The use of quantitative ultrasonography to assess tissue properties of stage 2 breast cancer-related lymphedema.	S. Fallone
1.5 Effects of aerobic training and dietary intervention on arm volume and composition in breast cancer-related lymphedema	R. Kilgour

Lunch – Saturday October 28
12:00 – 12:45pm

Session Title

Patient Perspective- A Mother and Son Journey

12:00- 12:45pm

Language: **English**

Target Audience: **Patients and Health Professionals**

Guest Speakers courtesy of 3M Canada

**Delegates will be asked to select ONE lunch option. The other half of the lunch period will be spent in the exhibit hall. Delegates cannot attend both lunch presentations.*

Session Summary

This session presents a personal account of primary lymphedema from a patients' perspective, and from his mother's unique perspective as a nurse, mother, and a certified lymphedema therapist They will discuss some of the risks James has faced, as well as the various treatments and management practices he has used. Bev and James will highlight some of the very real challenges and barriers to self-care that not only James has experienced, but that are faced by many who are afflicted with lymphedema.

Presented by: Bev and James Lanning



Bev Lanning is a graduate of the General Hospital School of Nursing (1984) and holds a Bachelor of Nursing from Memorial University of Newfoundland and Labrador. She completed her lymphedema training through Norton School of Lymphatic Therapy in 2008 and Lymphology Association of North America certification in 2011. Bev works as the Regional Lymphedema Nurse for Central Health (NL) providing treatment and management to persons affected by lymphedema. Bev is the mother of James Lanning.

James Lanning graduated with a Bachelor of Commerce in 2014. He recently completed his Chartered Professional Accountant (CPA) designation in 2016 and now works as an assistant controller for a group of companies in St. John's, NL. James lives with primary lymphedema.

Lunch – Saturday October 28
12:45- 1:30pm

Session Title

Patient Perspective- A Positive Outlook

12:45- 1:30pm

Language: **French**

Target Audience: **Patients and Health Professionals**

Guest Speaker courtesy of Valco-Medi

**Delegates will be asked to select ONE lunch option. The other half of the lunch period will be spent in the exhibit hall. Delegates cannot attend both lunch presentations.*

Session Summary

I will talk about how I grew up with primary lymphedema without even having heard of lymphedema until I was 16 years old. I will discuss my journey with body acceptance, being confident in public with such an apparent disease, my struggles with finding someone to relate to, and more. I will also share my experience with going viral on the internet and all over the world and how that has changed my view about lymphedema and rare diseases.

Presented by: Isa-Bella Leclair



Isa-Bella Leclair is 21 years old and from a small town in northern New Brunswick called Campbellton. At birth, she was diagnosed with a rare genetic disease called Parkes Weber Syndrome. The handicap presents itself with many side effects including heart defects and primary lymphedema. She is amazed with life and that has everything to do with having a congenital illness. Among other things, Isa-Bella is: a twin, a book lover, a musical enthusiast, a defender of animal rights and a student at the University of Ottawa studying Civil Engineering.

Lunch– Saturday October 28
12:00- 1:30pm

Session Title

Special Round Table Discussions: Hospital Based Clinics

12:00- 1:30pm

Language: **Bilingual**

Target Audience: **Health Professionals**

**Delegates will be asked to select ONE lunch option.*

Session Summary

This interactive session is for lymphedema therapists who are hospital or institution-based, as well as interested health care professionals and policymakers. The aim is to share information and discuss the advantages and challenges of existing lymphedema programs. How were the programs founded? Which clients are served and what are the therapist resources? What is working well and what is working less well? How is data collected? How might involved therapists become organized to share expertise and develop practice guidelines across sites and, eventually, at a provincial level? Attendees are encouraged to come prepared to discuss their situation after due reflection on these questions.

Presented by: Dr. Anna Towers, MD and Marie-Eve Letellier, PhD



Dr. Towers is Associate Professor of Oncology, McGill University and Director of the Lymphedema Program, McGill University Health Centre (MUHC), Montreal. She trained in lymphedema management in Australia under Drs. John and Judith Casley-Smith and has run an academic program at the MUHC that supports cancer patients with lymphedema since 1995. Current research studies are investigating new assessment methods as well as interventions to prevent lymphedema. Dr. Towers was Founding Co-Chair of the Canadian Lymphedema Framework, and is and the author of several book chapters and a number of articles on lymphedema assessment and management. She is also the co-chair of the 2017 National Lymphedema Conference Scientific Committee.



Marie-Eve Letellier completed an undergraduate degree in kinesiology and then obtained a PhD from McGill University in rehabilitation sciences. Since 2004, Marie-Eve's professional interests have been directed towards breast cancer and arm dysfunction related to cancer treatment, with a major interest in lymphedema. Being a lymphedema therapist (Vodder trained and aqua lymphatic therapy), she is combining her clinical work and research at the Breast Clinic, Royal Victoria Hospital. She also works in a private clinic. Marie-Eve is a member of the 2017 National Lymphedema Conference Scientific Committee.

Lunch– Saturday October 28
12:00- 1:30pm

Session Title

Special Networking Session for Families of Children with Lymphedema

12:00- 1:30pm

Language: **Bilingual**

Target Audience: **Families of children with lymphedema**

**Delegates will be asked to select ONE lunch option.*

Session Summary

Parents of children with lymphedema as well as teens are invited to this workshop and networking opportunity. Presentation by Johanne Gagné (social worker at Sainte-Justine Hospital) on “Adapting to a Chronic Disease”. Discussion and networking opportunity to follow with parents as well as teens.

Presented by: **Isabelle Quéré** MD, PhD and **Chantal LaPointe**, BSc, PT, CTL(CS), ALT



Dr. Quéré is a physician, Professor of Vascular Medicine at the University of Montpellier in France where she is Head of the Vascular and Lymphology Medicine Department. Her main research areas include: venous thromboembolism (VTE) disease, lymphatic and venous post-thrombotic syndrome (PTS), and rare vascular diseases. She has published internationally. Isabelle has experience working closely with International Societies and Charities, some of which she has been a Chair or an active member of.

Since 2011, Isabelle has been the Head of the French Lymphoedema Framework, Partenariat Français du Lymphoedème – (PFL). She was the organiser and President of the last ILF Conference held in Montpellier in 2012, where she also ran a one-week camp for nine children and young adults with lymphedema from four different countries.



Chantal LaPointe works at the University Hospital Centre Sainte-Justine with pediatric clientele in different settings: neurology, orthopedics, trauma, burn unit, oncology, rheumatology and lymphedema. In 2016, she graduated from the University of Sherbrook with a master’s focused on pediatric lymphedema.

Concurrent Sessions D– Saturday October 28 1:45-3:00pm

Session Title

I have questions, but how do I know if I have the right answer?

Language: **French**

Target Audience: **Patients and Health Professionals**

Session Summary

With immediate access to the internet, it is now quite easy to find an answer to almost everything we are looking for. Who has never said the phrase “Google it”? The predominance of social media makes it easy to get lost in this vast ocean of information! “In the old days”, doctors were the main source of information and recommendations. Nowadays, it is not uncommon to “inform your doctor of your self-diagnosis” as Google, confirmed by Facebook, told you what you had!

This workshop will propose:

- 1) a better understanding of scientific language (e.g. evidence, systematic review, etc.)
- 2) to recognize the value of the information taken from the internet and/or in a book (is the information correct and valid)
- 3) to know where to look for good information.

In addition, we will take the time to answer key questions about risk reduction and lymphedema management (e.g. Can I take a spa? Can I carry more than 10 pounds? Can I take blood pressure on my affected arm?).

To take part in this workshop, there is no need to know the scientific jargon. You just need to have a bit of curiosity!

Presented by: Marie-Eve Letellier, PhD



Marie-Eve Letellier completed an undergraduate degree in kinesiology and then obtained a PhD from McGill University in rehabilitation sciences. Since 2004, Marie-Eve’s professional interests have been directed towards breast cancer and arm dysfunction related to cancer treatment, with a major interest in lymphedema. Being a lymphedema therapist (Vodder trained and aqua lymphatic therapy), she is combining her clinical work and research at the Breast Clinic, Royal Victoria Hospital. She also works in a private clinic. Marie-Eve is a member of the 2017 National Lymphedema Conference Scientific Committee.

**Concurrent Sessions D– Saturday October 28
1:45-3:00pm**

Session Title

Resilience: Learning Strategies to Cope with Lymphedema

Language: **English *with simultaneous translation to French**

Target Audience: **Patients and Health Professionals**

Session Summary

Psychological sequelae of coping with breast cancer are well documented. However, less is known about how persons cope with stressors related to living with lymphedema. The limited studies available suggest that patients with lymphedema experience specific psychological stressors (i.e., time demands) and reactions (i.e., anxiety), which merit further exploration. The following session will address some of the common issues patients with lymphedema face and the psychological strategies that might be helpful to improve their coping and overall resiliency.

Presented by: Marc Hamel, PhD



Dr. Hamel graduated from Concordia University, Montreal with a Ph.D. in Psychology in 2001. His interest in Health Psychology began in the late 1980s when he began working with persons living with HIV and AIDS. Dr. Hamel joined the McGill University's Health Center's (MUHC) Palliative Care team in 2001. In January 2008, Dr. Hamel was appointed Clinical Director of the MUHC Psychosocial Oncology program, which offers professional counselling to persons living with cancer and their family members. Dr. Hamel has sat on national and provincial committees including the Canadian Partnership Against Cancer's National Advisory Group on Psychosocial Standards and Guidelines and the Quebec Psychosocial Committee.

Concurrent Sessions D– Saturday October 28 1:45-3:00pm

Session Title

Lipedema- Facts and Fiction

Language: **English**

Target Audience: **Patients and Health Professionals**

Session Summary

There are many statements frequently made about lipedema. These claims, which we all hear from experts and lipedema patients, are often completely different from what I, and my colleagues in the Foeldi Clinic, experience in our clinical practise with lipedema patients. We have to ask whether these claims are fact or fiction. This lecture will focus on the scientific evidence of some popular statements.

Presented by: Dr. Tobias Bertsch, MD, PhD



Dr. Tobias Bertsch has been a senior consultant at the Foeldi Clinic in Hinterzarten, Germany since 2005, specializing in lymphology and bariatric medicine. He also serves as Secretary General of the German Society of Lymphology. Dr. Bertsch is one of only two physicians in Germany consulting in an outpatient setting approved by the health insurance commission, with patients who have lymphedema and lipedema. Dr. Bertsch and his team consult with approximately 4000 patients per year.

In 2012, Dr. Bertsch earned a Specialist Certification of Obesity Professional Education (SCOPE), the only internationally-recognized certification in obesity management for health care professionals. He lectures extensively throughout Germany, as well as other European countries and the United States.

**Concurrent Sessions D– Saturday October 28
1:45-3:00pm**

Session Title

Exploration of Integral Tai Chi Practice as Excellent Exercise for Lymphedema Patients- A Practical Session

Language: **Bilingual**

Target Audience: **Patients and Health Professionals**

Yoga mats will be provided.

Session Summary

We will guide participants through some of the exercises and explain why they're good for the lymphatic system.

Presented by: Kim Chi, Pamela Mercer-Walsh, RN, BsN, and Chantal Turgeon MT, CDT, ALT



Kim Chi has been a Certified Integral Tai Chi instructor since 2007. She has since taught several Tai Chi classes, which are offered freely to the Montreal community by the Compassionate Service Society, of which she is a member. Kim has also taught Tai Chi as a volunteer at the JGH Hope and Cope Wellness Center since 2010, as well as at the Notre-Dame-De-Grace YMCA. She has collaborated with the Lymphedema Association of Quebec several times for their workshops.



Pamela first came to the practice of Integral Tai Chi (ITC) in 2008. She has been teaching ITC since 2010. Pamela has been a nurse for 21 years, and recently began teaching Nursing at Dawson College in Montreal. She believes that health promotion and prevention are central in restoring health and wellness to people with varying degrees of strength.



Chantal Turgeon is Certified as a lymphedema therapist of Dr. Vodder School-International. Chantal currently works at the kinesiology clinic of the Breast cancer clinic of the Royal Victoria hospital in Montreal. She first came to practice Integral Tai Chi in 2014.

**Concurrent Sessions D– Saturday October 28
1:45-3:00pm**

Session Title

Research Snapshots - #4

Language: **English**

Target Audience: **Health Professionals**

Session Summary

A series of five oral abstract presenters give a 15-minute snapshot of their work or research.

Category: Health Care Policy and Delivery, Qualitative Research or Case Study

4.1 Understanding obesity and exploring the relationships between weight, lymphedema and cellulitis in a clinic population with lymphedema of different etiologies	S. Shallwani
4.2 Preventing chronic lower leg wounds: what can health care teams and patients do together?	L. Demanins
4.3 The importance of having an interdisciplinary team to treat lymphedema pediatric patients	S. Ondrejchak
4.4 Parents raising children with primary lymphedema: preliminary study results	E. Radina
4.5 Minimal clinical important difference: Measures of limb volume change in persons at risk for and living with lymphedema: A reliability study	D. Tidhar

Closing Plenary Session Saturday October 28 3:30 – 5:30pm

Session Title

Surgical Interventions and Quality of Life After Surgery

Language: **English** *with simultaneous translation to **French**

Target Audience: **Patients and Health Professionals**

Session Summary

In the last decade, there has been a resurgence of surgical techniques used to treat lymphedema, due to improved awareness, better surgical skills and patient selection. Improvement in quality of life is now seen as an important outcome measurement when looking at treatment options. This session will discuss current surgical techniques for lymphedema, such as lymphatico-venous anastomosis, lymphatic grafting, lymph node transfer and more. In addition, the effects of these techniques on patient's quality of life will be analysed, using the results from validated questionnaires covering physical, practical and psychological aspects of quality of life.

Presented by: Dr. Alex Munnoch, MD



Alex Munnoch has been a consultant plastic surgeon at Ninewells Hospital, Dundee, Scotland for the past 13 years. A graduate of Dundee University, he is also a Fellow of the Royal College of Surgeons of Edinburgh. He has been providing a surgical treatment option for lymphedema patients for 12 years, and has presented his results at numerous national and international conferences. He helped develop the surgical lymphedema service at Macquarrie University Hospital in Sydney, where he holds the position of honorary professor. He is a former chair of the British Lymphology Society and is currently a member of the executive committee of the International Society of Lymphology. He is a medical adviser to the LSN & Lipedema UK and is currently Patron of TalkLipoedema. His areas of interest are breast reconstruction, microsurgery, vascular malformations, lymphedema and lipedema.

Closing Plenary Session Saturday October 28
3:30 – 5:30pm

Session Title

Q & A with Panel of Experts

Language: **English** *with simultaneous translation to French

Target Audience: **Patients and Health Professionals**

Session Summary

A panel of lymphedema experts will answer questions from the audience on a wide range of lymphedema-related topics. This is a unique opportunity for conference delegates to spark discussion amongst a well-renowned group of international experts.

Conference delegates are invited to submit written questions directed to the various members of the Panel of Experts. Volunteers will be monitoring the aisles for raised hands who wish to submit their Q cards. Be sure to note on your card: both the question and the particular doctor you wish to address.

Patients are reminded that the panel of experts will NOT be able to address questions related to personal clinical cases.

Panel of Experts: Dr. Tobias Bertsch, Dr. David Keast, Dr. Isabelle Quéré, Dr. Catherine McCuaig, Prof. Christine Moffatt, Dr. Alex Munnoch, Dr. Nicole Paquette and Dr. Anna Towers