

2019 National Lymphedema Conference

Toronto, Ontario • November 1-2, 2019
Toronto Airport Marriott Hotel

EDUCATION

RESEARCH

PARTNERSHIPS

10
Years
STRONG
2009-2019

Celebrating a decade of partnerships and engagement
with the lymphedema community



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The Canadian Lymphedema Framework (CLF) is an academic and patient stakeholder collaboration that is part of an international initiative, which aims to promote research, best practices and lymphedema clinical development worldwide. The CLF is modeled on and has a partnership with the International Lymphoedema Framework, and through them, links with other national country frameworks.

Welcome to the 2019 National Lymphedema Conference

Dear colleagues and participants

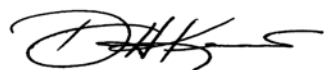
It is an honour and pleasure to welcome you to the 2019 National Lymphedema Conference, hosted by the Canadian Lymphedema Framework (CLF). Delegates from across Canada and abroad are gathered here to learn from international experts in lymphedema research, diagnosis, treatment and self-care. We will share stimulating ideas, new research and innovative solutions to the many issues faced by people who live with lymphedema as well as the health professionals who provide their care.

Lymphedema affects up to one million Canadians of all ages, yet the condition remains under-recognized, under-treated and, under-funded. Events to raise awareness and education for people living with lymphedema and the health professionals who care for them are essential to moving us closer to the advancement of lymphedema care in Canada.

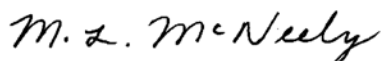
Now celebrating its 10th year, the CLF provides a national voice for research, education and advocacy. From standardized education material, including our *Pathways* magazine, to qualitative research to help us understand the landscape of lymphedema in Canada; everything we do is essential to moving us closer to the advancement of lymphedema care in Canada. Effective positive change is a continuous objective for all, particularly when peoples' health and quality of life are at stake. There is no better way to increase awareness, share knowledge and influence change than to bring together healthcare professionals from all fields relevant to lymphedema, researchers, students, government and policy advisors, industry providers, as well as patients, caregivers and community advocates.

We are proud to welcome you to Toronto, home base of the CLF office. Collaboration with academics, health professionals, industry and the provincial lymphedema associations is the pillar of our foundation as we collectively aim to make comprehension and effective treatment for lymphedema and related disorders accessible to all Canadians. Looking forward to the next 10 years, the CLF will continue to always keep patients at the heart of everything we do as we are reminded that lymphedema's impact is measured one person and one family at a time.

Thank you for participating in this year's conference. Together, we are making a difference!



Dr. David Keast
Co-Chair, Scientific Committee



Margie McNeely
Co-Chair, Scientific Committee



Anna Kennedy
Executive Director & Organizing Committee

| | |
|---|-------|
| Table of Contents | |
| Keynote Speakers..... | 4-5 |
| Conference Speakers/Facilitators..... | 6-7 |
| Oral Abstract/Poster Presentations | |
| Friday Presentations..... | 8 |
| Saturday Presentations..... | 8 |
| Poster Presentations..... | 9 |
| Conference Agenda | |
| Friday Agenda..... | 10-11 |
| Saturday Agenda..... | 12-13 |
| General Information | |
| What You Should Know..... | 14 |
| Conference Floor Plan/Exhibitors..... | 15 |
| Acknowledgements..... | 16 |



Susan Harris

Susan Harris, Professor Emerita in Physical Therapy at UBC, was an original member of the world's first Dragon Boat team comprised of breast cancer survivors.

Her research has examined safe levels of exercise for women with breast cancer and communication between cancer survivors and their healthcare team. She is lead author of the Canadian practice guidelines for management of breast cancer-related lymphedema and co-author of three articles in the ACS supplement: *A Prospective Surveillance Model for Rehabilitation for Women with Breast Cancer*. With over 160 peer-reviewed publications, Susan's research has enhanced the quality of life of women living with breast cancer.



Dr. Siba Haykal

Dr. Siba Haykal completed her residency training in Plastic and Reconstructive Surgery at the University of Toronto in 2016 where she

also completed a Doctorate of Philosophy (PhD) in tissue engineering, regenerative medicine and immunology with a focus on tracheal reconstruction. Dr. Haykal then pursued fellowship training in microsurgical reconstruction at the Albany Medical Centre in Albany New York before joining the University Health Network and the Toronto General Hospital in 2018. She is also cross-appointed to the Division of Thoracic Surgery within the University Health Network. Her clinical focus is on complex oncological reconstruction and microsurgical reconstruction of the breast, head and neck and extremity.



Dr. Machteld Huber

Machteld Huber (from the Netherlands) started out as a general practitioner. During her own experience with illness, she discovered that she could actively and

positively influence her recovery. She decided to focus more attention on "health promotion". On the one hand she became a researcher and on the other she started working with seriously damaged people. She developed a new, dynamic concept of health, which she elaborated into the broad concept of "Positive Health" with six different dimensions. Huber was named the most influential person in Dutch public healthcare in 2016. To support practical implementation of this patient-centered approach she founded the Institute for Positive Health (www.iph.nl).



Berlange Presilus

Berlange Presilus was born in Haiti where she, as the youngest sibling and only daughter, learned to fight for her rights at a very early age. She is a fashion role model, ambassador, Klippel

Trenaunay spokesmodel, entrepreneur, humanitarian and advocate. Berlange is also the creator of the B-Revealed movement and the Co-founder of ClassQueClothing. She has been featured in several commercials and advertisements for highly recognizable companies such as Toys R Us, Samsung, Mac Cosmetics, Hakim Optical, Giant Tiger, Johnny Walker, Marriott, and Jobst. She continues to dominate the runway and defy beauty standards. www.bellenge.com.



Dr Anna Towers

Dr Anna Towers is a palliative care physician with a longstanding subspecialty interest in lymphedema care. She is Associate Professor of Oncology, McGill University.

She trained in lymphedema management (Casley-Smith) and since 1995 she is Director of the Lymphedema Program at the McGill University Health Centre, Montreal, where she is privileged to work with a very dedicated and academically oriented team of therapists. She is Founding Co-Chair of the Canadian Lymphedema Framework. She divides her work time equally between lymphedema and palliative care clinical work, research and teaching.



Pierre-Yves von der Weid

Pierre von der Weid is a Professor, Department of Physiology & Pharmacology, Cumming School of Medicine, University of Calgary. Pierre-Yves is a member of the Snyder Institute for Chronic

Diseases and the Inflammation Research Network (IRN). He leads the Lymphedema Research and Education Program at University of Calgary and co-leads ALNET, an Alberta-wide network of researchers and clinicians driven to find a cure for lymphedema. His research aims at understanding how the lymphatic system works and how it is affected by inflammation, where his group demonstrated it does not work properly. This research ties into many chronic inflammatory diseases, such as lymphedema.

Mona Al Onazi, PT is a doctoral student in the Faculty Rehabilitation Medicine at the University of Alberta. Mona is a physiotherapist and certified lymphedema therapist with clinical experience in both lymphedema and breast cancer. Mona's research interests lie in the areas of breast cancer rehabilitation and lymphedema management. Her work examines the effect of exercise with compression as a strategy for lymphedema management.

Amy Beaith lives with primary bilateral lymphedema (both legs) in Edmonton, Alberta. She is the mother of two small girls and founder of PLANTiful apothecary – a plant-loving, detoxifying skincare company. Amy actively runs a lymphedema patient group in Edmonton, an opportunity to network and discuss the latest research and best practices, share resources and care connections with each other so that they can lift each other up and live a better life with the condition.

Lydia Beck, OT is an occupational therapist and clinical lead of the Cancer Rehabilitation and Survivorship Program at Princess Margaret. Lydia conducts assessments and develops treatment plans to address physical and psychosocial rehabilitation needs for individuals with cancer-related impairments. These often include concerns with fatigue, lymphedema, deconditioning, pain, difficulties with activities of daily living, anxiety/depression, brain fog, and concerns transitioning back to work or school. She is currently conducting research on returning to work after cancer.

Jill Binkley, PT is a Physical Therapist and Founder of TurningPoint Breast Cancer

Rehabilitation, a non-profit healthcare organization in Atlanta, Georgia. She has published and presented extensively and served on the American Cancer Society Steering Committee that developed the Prospective Surveillance Model of Breast Cancer Rehabilitation. As a breast cancer survivor, Jill is a passionate advocate for increased attention to the unmet physical and emotional side effects of breast cancer treatment and the role of rehabilitation and exercise in improving the quality of life of breast cancer survivors.

Naomi Dolgoy, OT is a practicing occupational therapist, lymphatic therapist, and clinical researcher currently completing her PhD at the University of Alberta. Her research explores the functional issues affecting cancer survivors, with lymphedema certainly being a focus. Naomi is progressive in her approach to lymphedema management, having clinically treated individuals with edema in various rural and urban communities, as far north as Nunavut, and as far south as Australia.

Mary Elliott, MD is a consulting psychiatrist, psychotherapist and mindfulness teacher at Princess Margaret Cancer Centre. She is an Assistant Professor in the Department of Psychiatry, Faculty of Medicine, U of Toronto and a graduate of the Education Scholars Program at U of Toronto. In addition to researching the benefits of mindfulness interventions for young adults with cancer she has collaborated on the development and study of two innovative healthcare provider wellness programs: CPR-T (Compassion, Presence and Resilience Training) and BRITE (Building Resilience within Institutions Together with Employees).

Beth Fanjoy created a yoga class specifically for lymphedema after developing the condition herself, following breast cancer treatment over 10 years ago. Recognizing a need for a safe practice that promotes health for herself as well as others with lymphedema, she received her teaching certification through the Kripalu Centre for Yoga and Health in Massachusetts and began teaching six months later. Beth has also received her teaching Yoga to seniors training through Kripalu and Bone Fit training through Osteoporosis Canada.

Tracy Gardikiotis, PT completed her CDT certification through Klose Training and is certified by the Lymphology Association of North America (LANA). Tracy works at the Pasqua Hospital as the senior lymphedema therapist. She served as a board member of the Lymphedema Association of Saskatchewan Inc. for 8 years and has recently joined the Canadian Lymphedema Framework Board. Tracy was awarded the YWCA 2012 Women of Distinction Award in Wellness, Recreation and Healthy Living and the 2014 Saskatchewan Health Care Excellence Award in Health of a Population for her work with lymphedema patients.

Pam Hammond, RMT is certified in Combined Decongestive Therapy at the Cancer Rehabilitation and Survivorship (CRS) Clinic at the Princess Margaret Cancer Centre where she provides education, support and training in lymphedema self-management skills to patients with cancer-related lymphedema. Lymphedema management skills and strategies taught at the CRS clinic follow International Lymphedema Framework Guidelines (ILF 2006). She also maintains a small private practice in Toronto.

Pam is a member of the Canadian Lymphedema Framework Education Working Group.

Marize Ibrahim, PT is a physical therapist with affirmative belief in continued education to improve patient outcomes. She is a licensed Lymphedema Therapist, Bone Fit Trained Specialist through Osteoporosis Canada and specialized training in movement system imbalance. Marize is actively involved in clinical research projects housed at the Jewish General Hospital with a focus on developing and evaluating health interventions for promoting rehabilitation for breast cancer survivors and the young adult oncology population.

David Keast, MD 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 co-chair of the 2019 National Lymphedema Conference Scientific Committee.

Anna Kennedy spent 35 years in corporate training and communications before transitioning to the charitable sector. She is Executive Director of the Canadian Lymphedema Framework, Editor of *Pathways* magazine and spent 10 years as a Board Director of the International Lymphoedema Framework. In 2012, Anna was awarded the Queen Elizabeth II Diamond Jubilee Medal in recognition of her leadership and contribution to the lives of Canadians. She has presented at numerous national and international conferences.

Jean LaMantia is a registered dietitian, cancer survivor, and co-author of the newly released book *The Complete Lymphedema Management and Nutrition Guide*, author of the best selling *Essential Cancer Treatment Guide and Cookbook* and creator of the Cancer Risk Reduction Guide. She provides diet counselling for individuals and is a regular public speaker on topics of cancer and lymphedema diet. You can find out more about her and read her blog at www.jeanlamantia.com. You can stop by to purchase a signed copy of any of Jean's books at her table in the Exhibit Hall.

Marie-Eve Letellier, PhD obtained her bachelor and master's degree in kinesiology from Sherbrooke University and subsequently completed her training in decongestive lymphatic therapy (Vodder) and in aqualymphatic therapy (Tidhar). She completed her doctoral studies in rehabilitation sciences from McGill University. Her thesis was on arm dysfunction after breast cancer and its impact on quality of life. She is in charge of the Kinesiology Clinic at the Breast Clinic (McGill University Health Centre). In addition, she also works at the MUHC Lymphedema clinic, and teaches for the Vodder school.

Catherine C. McCuaig, MD works as a pediatric dermatologist at the Sainte-Justine University Hospital Center, and a clinical professor at the University of Montreal. Her medical doctorate was obtained at Queens University, residency training at University of Toronto, dermatology at McGill, and fellowship in dermatology and laser at the University of Michigan. Her special interests include vascular, including lymphedema and genetic disorders. She is co-chair of the CLF, vice president of the Canadian Dermatology Association, and former president of the Society of Dermatology of Montreal.

Margaret McNeely, PhD is a Professor in the Department of Physical Therapy at the University of Alberta in Edmonton. 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 co-chair of the 2019 National Lymphedema Conference Scientific Committee.

Shirin Shallwani, PT is a physiotherapist and certified lymphedema therapist specialized in cancer rehabilitation. She is currently pursuing her doctoral studies at the University of Ottawa School of Rehabilitation Sciences and is involved in clinical research with the McGill University Health Centre Lymphedema Program.

Jan Weiss, PT, DHS, CLT-LANA completed her Doctor of Health Science degree from the University of Indianapolis. After working as a physical therapist in the U.S. and Germany during her husband's military career, she settled in Springfield, Missouri, where she established the Lymphedema Clinic at CoxHealth. She continues to teach for Klose Training, and at Missouri State University. Professional accomplishments include developing the Lymphedema Life Impact Scale (LLIS), a validated quality-of-life outcome measure for patients with lymphedema and authoring numerous research articles.

Abstract Session 1 – Research: Friday, November 1 (4:00pm - 5:15pm)

- ① Is decreased functional capacity linked to balance in individuals with lower leg lymphedema?
N. St-Onge
- ② A global perspective of gene dysregulation in lymphedema reveals potential therapeutic targets.
J. Kwan
- ③ Are differences in handgrip strength related to skeletal muscle thickness between healthy women and those with breast cancer-related lymphedema?
J. Whyte
- ④ Secondary leg lymphedema following coronary artery bypass grafting in a patient who had a previous history of ovarian cancer.
A. DiMenna
- ⑤ Feasibility and preliminary findings of a pilot RCT on early compression therapy and individualized exercise in women treated for gynecological cancer.
S. Shallwani

Abstract Session 2 – Advocacy and International Work: Saturday, November 2 (10:45am - 12:00pm)

- ① Creating an informed advocacy platform: An assessment of lymphedema issues and concerns in Ontario
D. Ciotti-Bowman
- ② International Lymphedema Framework Outcome Measures Project, ILF-COM. Initial Report from Canada.
D. Keast
- ③ Lymphedema Imprint and Measurement International (LIMPRINT) study: The Final Canadian Data
D. Keast
- ④ Humanitarian Mission in Tanzania: Raising Awareness in Africa
M. Ibrahim
- ⑤ Introduction of a provincial compression garment program: A collaboration between a patient association and the government
A. Joncas

Abstract Session 3 – Advancing Lymphedema Care: Saturday, November 2 (1:45pm - 3:00pm)

- ① Comprehensive and Sustainable Cancer-related Lymphedema Education and Self-Management: Description of the model of care at the Princess Margaret Cancer Centre
P. Hammond
- ② Modified decongestive lymphatic therapy to meet hospital treatment's reality
M. Letellier
- ③ The needs, the benefits and the challenges of starting a breast cancer preoperative program
M. Letellier
- ④ Retrospective report of 100 referrals to a lymphedema clinic
C. McCuaig
- ⑤ Inequalities in access to a "free" lymphedema assessment and follow-up service for Quebec patients with cancer-related lymphedema: Beyond the obvious
A. Towers

Poster Presentations

Poster presenters will be available for questions on: **Friday, November 1 from 5:15 – 5:45pm and on Saturday, November 2 from 10:15 – 10:45am.**
 Poster prizes will be awarded at Saturday's closing plenary session.

- ① To determine the best practices for the nutritional management of lymphedema
J. LaMantia
- ② Lymphedema Triggers
G. Cama, G. Chaput, ME. Letellier, M. Ibrahim, J. Harrison, T. Azlag, A. Towers
- ③ Clinical Case Study: Polycystic Ovarian Syndrome and Lymphedema
A. Dimenna
- ④ Follow-up of lymphaticovenous anastomosis and lymph node transplant surgery: a case series report
M. Ibrahim, A. Towers, M. Jutras, A. Yung, ME Letellier, G. Chaput, JR. Harrison, T. Azlag
- ⑤ An analysis of the use of Reduction Kits in treatment of leg lymphedema in high BMI patients
E. Girling, J. McNish
- ⑥ Secondary lymphedema following Coronary Artery Bypass Grafting in a patient with previous history of ovarian cancer
A. Dimenna
- ⑦ Individualized and personalized physiotherapy with pediatric lymphedema at Sainte-Justine University Health Center
C. Lapointe
- ⑧ Increase awareness of dragon boating benefits in lymphedema patients
G. Cama, ME. Letellier, M. Ibrahim, J. Harrison, G. Chaput, A. Towers
- ⑨ The importance of having an interdisciplinary team to treat lymphedema in pediatric patients
S. Ondrejchak, C. McCuaig, C. Lapointe, R. Lambert, S. Turpin, J. Dubois
- ⑩ CLF 2009-2019 A decade of making a difference
A. Kennedy
- ⑪ ILF-COM reporting from Parkwood Institute Research, Lawson Research Institute, London ON Canada
D. Keast, A. Kennedy



Friday, November 1: Morning

Pre-conference Sponsored Symposiums – Health Professionals

| Start Time | End Time | Event | Speaker | Target Audience | Room |
|------------|----------|--|---------------------------------------|----------------------|---------------------------------|
| 7:00am | 8:00am | Registration • Exhibit Hall Set-up • Poster Presentations Set-up | | | Ballroom Foyer and Exhibit Hall |
| 8:00am | 9:15am | PRE-CONFERENCE SPONSORED SYMPOSIUM <i>PARADIGM Medical – Myth Busters Regarding Pneumatic Compression Devices</i> Required pre-registration | C. Hoskins | Health Professionals | Salon E |
| 9:30am | 10:45am | PRE-CONFERENCE SPONSORED SYMPOSIUM <i>3M Canada- 2 Layers/Many Possibilities. Coban 2 Layer Compression System is Changing Practice</i> Required pre-registration | M. Reddick | Health Professionals | Salon D |
| 10:45am | 11:00am | Refreshment Break and Opening of Exhibit Hall | Registration For Afternoon Conference | | |
| 11:00am | 12:15pm | PRE-CONFERENCE SPONSORED SYMPOSIUM <i>MEDI - Managing Edema: Why Compression Matters</i> Required pre-registration | E. Brouwer | Health Professionals | Salon E |

Friday, November 1: Afternoon

2019 National Lymphedema Conference – Health Professionals and Patients

| Start Time | End Time | Event | Speaker | Target Audience | Room |
|------------|----------|---|--|--|--|
| 1:00pm | | Official Opening of Conference | | | |
| 1:00pm | 2:15pm | PLENARY SESSION – Welcome – <i>Invited Speaker: Scientific Developments in Lymphatic Research</i> – <i>Invited Speaker: Challenging the Myths of Exercise-induced Lymphedema in Cancer Survivors</i> | Conference Hosts P. Von der Weid S. Harris | All delegates | Salon A/B/C/D |
| 2:15pm | 3:30pm | CONCURRENT SESSIONS A — PLEASE SELECT ONE A1) Paediatric Lymphedema A2) Nourishing Your Well Being A3) Relaxation Therapy and Being Mindful – Practical Hands-on Session (pre-selection was required) A4) Workshop: Differential Diagnosis of Vascular Impairments and Associated Edema Management A5) Nutrition and Lymphedema Diet | C. McCuaig M. Elliott L. Beck J. Weiss J. LaMantia | Health Professionals Patients Patients Health Professionals Patients | Salon A/B/C Salon D Dixon (15 max) Forum 3 Salon E |
| 3:30pm | 4:00pm | Refreshment Break and Exhibit Hall Viewing | | | |
| 4:00pm | 5:15pm | CONCURRENT SESSIONS B — PLEASE SELECT ONE B1) Workshop: Lymphedema and Chronic Wounds B2) Skin Care Essentials B3) Resistance Exercise Workshop for Lymphedema – Arm (pre-selection was required) B4) Abstract Session: Research – <i>Is decreased functional capacity linked to balance in lower leg lymphedema?</i> – <i>A global perspective of gene dysregulation in LE reveals potential therapeutic targets</i> – <i>Are differences in hand grip strength related to skeletal muscle thickness?</i> – <i>Secondary leg LE following CABG in a patient with previous history of ovarian cancer</i> – <i>Feasibility/preliminary findings on early compression/exercise for gynecological cancer</i> B5) Aqua Lymphatic Therapy – Leg (pre-selection was required) | D. Keast C. McCuaig M. Al Onazi Moderator: A. Towers N. St. Onge J. Kwan J. Whyte A. DiMenna S. Shallwani ME. Letellier | Health Professionals Patients Patients Health Professionals Patients | Salon A/B/C Salon D Dixon (20 max) Salon E Pool (15 max) |
| 5:15pm | 5:45pm | Poster Presentations and Exhibit Hall Viewing | | | Exhibit Hall and Foyer |
| 5:45pm | 7:00pm | NETWORKING RECEPTION AND POSTER VIEWING (sign-up is required) | | | Exhibit Hall and Foyer |

Saturday, November 2

2019 National Lymphedema Conference – Health Professionals and Patients

| Start Time | End Time | Event | Speaker | Target Audience | Room |
|------------|----------|---|--|---|---|
| 7:30am | 8:30am | Registration and Exhibit Hall Viewing | | | Exhibit Hall and Foyer |
| 8:30am | 10:15am | PLENARY SESSION – <i>Welcome Address</i> – <i>CLF: 2009 - 2019 A decade of making a difference</i> KEYNOTE SPEAKER: DR. MACHTELD HUBER <i>Positive Health – A New Approach to Health</i> | Conference Hosts A. Kennedy M. Huber | All Delegates All Delegates | Salon A/B/C/D/E |
| 10:15am | 10:45am | Refreshment Break, Exhibit Hall Viewing and Poster Presentations | | | Exhibit Hall and Foyer |
| 10:45am | 12:00pm | CONCURRENT SESSIONS C — PLEASE SELECT ONE C1) Workshop: Palliative Care for the Lymphedema Patient C2) Exercise Session for Lymphedema – Leg (pre-selection was required) C3) Self-care Essentials Including Self-massage (pre-selection was required) C4) Workshop: Prospective Surveillance: Evidence and Experience C5) Abstract Session: Advocacy & International Work – <i>Creating an informed advocacy platform: An assessment of issues and concerns in Ontario</i> – <i>ILF Outcome Measures Project: Initial report from Canada</i> – <i>Lymphedema IMPact and PRrevalence INTernational (LIMPRINT): Final Canadian data</i> – <i>Humanitarian mission in Tanzania: Raising awareness in Africa</i> – <i>Provincial compression: Collaboration between a patient association and the government</i> | A. Towers N. Dolgoy P. Hammond J. Binkley Moderator: D. Keast D. Ciotti-Bowman D. Keast D. Keast M. Ibrahim A. Joncas | Health Professionals Patients Patients Health Professionals All Delegates | Salon A/B/C Dixon (20 max) Forum (15 max) Salon D Salon E |
| 12:00pm | 12:15pm | All delegates pick up their lunch from the Exhibit Hall and then proceed to one of the three options followed by Exhibit Hall Viewing | | | |
| 12:15pm | 12:45pm | OPTION 1 (Sponsored by ESSITY) GUEST SPEAKER: BERLANGE PRESILUS A Patient Perspective | B. Presilus | All Delegates | Salon D |
| 12:15pm | 1:15pm | OPTION 2 Paediatric Lymphedema Networking Session <i>An opportunity to meet other families of children or teens with paediatric lymphedema and learn from experts on how to best manage your family's situation</i> | C. McCuaig | All Delegates | Dixon |
| 12:15pm | 1:00pm | OPTION 3 "Meet and Greet" – Learn more about the Lymphedema Association of Ontario <i>Hosted by The Lymphedema Association of Ontario (LAO)</i> | LAO Hosts | All Delegates | Salon A/B/C |

| Start Time | End Time | Event | Speaker | Target Audience | Room |
|------------|----------|---|---|---|---|
| 1:30pm | 2:45pm | <p>CONCURRENT SESSIONS D — PLEASE SELECT ONE</p> <p>D1) Compression: Day and Night-time Options</p> <p>D2) Gynecological Cancer-related Lymphedema</p> <p>D3) Yoga for Lymphedema - Exercise Session (pre-selection was required)</p> <p>D4) Abstract Session: Advancing Lymphedema Care</p> <ul style="list-style-type: none"> – Modified decongestive lymphatic therapy to meet hospital treatments’ reality – The needs, benefits, and challenges of starting a breast cancer preoperative program – Retrospective report of 100 referrals to lymphedema clinic – Comprehensive & sustainable LE education and self-management: Model of care at PMH – Inequalities in access to “free” LE assessment and follow-up in Quebec <p>D5) Aqua Lymphatic Therapy – Arm (pre-selection was required)</p> <p>D6) Self-care Essentials Including Self-massage (pre-selection was required)</p> | <p>M. McNeely S. Shallwani B. Fanjoy Moderator: N. Dolgoy ME. Letellier ME. Letellier</p> <p>C. McCuaig P. Hammond</p> <p>A. Towers T. Gardikiotis P. Hammond</p> | <p>Patients Health Professionals Patients Health Professionals</p> <p>Patients Patients</p> | <p>Salon A/B/C Salon D Dixon (15 max) Salon E</p> <p>Pool (15 max) Forum 3 (15 max)</p> |
| 2:45pm | 3:15pm | Refreshment Break, Exhibit Hall Viewing and Poster Presentations | | | Exhibit Hall and Foyer |
| 3:15pm | 4:45pm | <p>PLENARY SESSION</p> <p>Surgical Interventions for Lymphedema:</p> <p>Four Different Perspectives What Do CLF Physicians say?</p> <p>Surgical Options/Patient Selection and Pre/Post Surgery Protocol</p> <p><u>Abstract Presentation:</u> Making a case for lymphedema surgery in Canada: A patient perspective</p> <p><u>Abstract Presentation:</u> Follow-up of LV and lymph node transplant surgery: A case series report</p> | <p>Moderator: A. Towers</p> <p>S. Haykal</p> <p>A. Beath</p> <p>M. Ibrahim</p> | All Delegates | Salon A/B/C/D/E |
| 4:45pm | 5:15pm | GENERAL Q&A WITH OUR PANEL OF EXPERTS | <p>Dr. Haykal Dr. Keast Dr. Towers Dr. McCuaig</p> | All Delegates | Salon A/B/C/D/E |
| 5:15pm | 5:30pm | CLOSING ADDRESS | Conference Hosts | | |

General Information

Attendance Certificate - Every delegate who has registered as a health professional has been provided with a certificate of attendance that can be submitted to your professional licensing board following the conference. The National Lymphedema Conference provides 4.25 educational hours on Friday and 6.75 hours on Saturday for a total of 11 hours if you attend both days.

Badges - For security purposes, all participants including delegates, speakers, exhibitors and volunteers must be wearing their appropriate badge to gain access to conference sessions and the Exhibit Hall.

Bell - The conference bell will ring two minutes before the start of the next session. At the sound of the bell, please make your way to your session room so we can keep the conference agenda on time.

Books for Purchase - A limited number of patient focused books on lymphedema are for sale at the CLF exhibit table, located in the Exhibit Hall. Payment can be made via credit card or cheque. Pre-reserved and pre-paid orders for "*Lets Talk Lymphoedema*" can also be picked up here.

Business Centre - There is a computer and printer available for use in the hotel lobby that can be used by any guest of the hotel upon request from the Front Desk.

Concurrent Sessions - As a courtesy to our speakers and conference organizers, delegates who signed up for any of the limited access sessions in their registration choices will be required to show proof of their confirmed pre-registration that has been provided.

Conference Office - Volunteers will be available at the registration desk and the conference office (located in front of the Hudson Bay room) to answer your questions.

Dietary Restrictions - If you indicated specific dietary restrictions in your registration, which have not already been taken into account when choosing our

lunch menu, we have arranged a special boxed lunch for you on Saturday. You can pick up it up at the conference registration desk during your designated lunchtime session.

Disclaimer - The views expressed during this conference are those of the individual speaker. It should not be inferred or assumed that the speakers are expressing the views of the CLF, any company, the Conference Scientific Committee or sponsoring organizations.

Electronic Devices - Out of courtesy to others, delegates are kindly reminded to set their mobile devices to silent or vibrate.

Evaluations - We value your feedback and encourage you to fill out the evaluation form, which can be found in your conference envelope.

Handouts - We will not be automatically printing or providing handouts for any sessions. It is up to the individual speaker if they wish to share their website or email address for follow-up and additional references.

Internet - Free Wi-Fi is available in the main conference rooms.

Internet / Wi-Fi Login - Network: Marriott_Conference
Access Code: CLF2019

Liability - The conference hosts, CLF and the Toronto Airport Marriott Hotel will not accept any liability for loss or damage to personal effects, which may arise as a result of attendance at this event.

Lunch - In addition to various refreshment breaks, a complimentary lunch is provided on Saturday only. All delegates will be directed to the Exhibit Hall to obtain their lunch and then proceed to the room of their choice for options listed in the program.

Message Board - Check the message board near the registration desk for notes from people you are trying to connect with. You can also post your business card.

Networking Reception (Friday) - If you registered for this event, you will have received one ticket for a complimentary bar beverage (wine, beer, soft drink). Additional drinks are available for purchase with cash.

Paediatric Networking (Saturday) - This session is targeted towards families of children or teens with lymphedema. It is an opportunity to meet other families dealing with paediatric lymphedema and learn from experts on how to best manage your child's lymphedema.

Pathways - Please visit the CLF exhibit table, for a complimentary copy of *Pathways*, Canada's lymphedema magazine. If you would like to continue receiving *Pathways*, we encourage you to contact your provincial lymphedema association for subscription details.

Parking - Self-parking for day guests in the hotel parking lot is \$10.00 CAD per day, inclusive of taxes. Registrants have until 11am each day to pay their ticket at one of the three machines located inside the hotel. There is no need to go back to their car. Overnight guests are required to register their vehicle plate numbers with the Front Desk.

Poster Presentation Competition - Delegates are encouraged to vote and submit their People's Choice Poster Award Card. Cards need to be submitted to volunteers at the registration desk by Saturday at 3:00pm.

Q&A Session - You will be provided with a Q&A card to jot down your questions throughout the conference. Volunteers will pick the cards up from the audience during the closing Q&A session with our panel of experts. Please note that doctors **will not** be answering any questions about personal medical situations.

Website - Within 30 days after the conference has ended, please visit the conference website, www.canadalymph.ca/ conference, to see national conference reviews and a list of questions and answers from the closing plenary session with our panel of experts.

Toronto Airport Marriott Hotel – Conference Floor Plan

Conference area

Exhibit Hall
 Exercise Sessions
 Conference Office
 Speakers Room
 Indoor Pool

Hotel location

British Columbia, Alberta, Quebec and Grand Ballroom F,G,H
 Dixon
 Hudson Bay
 Carlingview
 Located on the fitness centre and pool level

Exhibitors

3M Canada
www.3mcanada.ca

ALNET
www.lymphaticresearchlab.com

Canadian Lymphedema Framework
www.canadalymph.ca

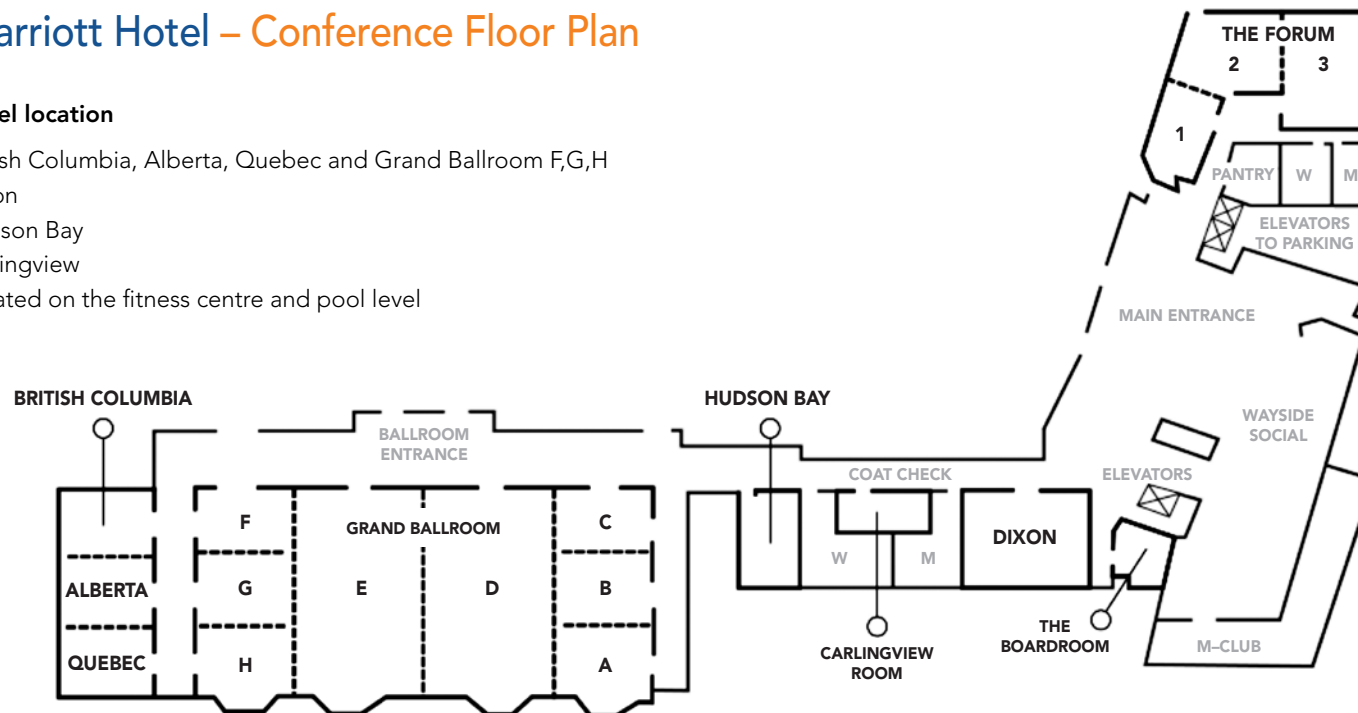
Dr. Vodder School – International
www.vodderschool.com

Durham Medical
www.durhammedical.ca

Essity
www.essity.com

Head to Foot Oasis Wellness Clinic
www.headtofootoasis.ca

InBody Canada
www.inbodycanada.ca



Juzo Canada Ltd.
www.juzo.ca

Klose Training
www.klosetraining.com

L&R Canada Inc.
www.lohmann-rauscher.com
www.venosan.ca/en

Linotrade Ltd.
www.lympholino.com

Lymphedema Association of Ontario
www.lymphontario.ca

LympheDIVAs
www.lymphedivas.com

Lymphology Association of North America
www.clt-lana.org

Mansueta Medical Garment Fitters
 email: mancie@bellnet.ca

Medi Canada Inc.
www.medicanada.ca

Mitaka USA
www.mitakausa.com

Paradigm Medical Inc.
www.paradigmmed.com

Recovery Garment Centre
www.recoverygarmentcentre.ca

Sigvaris Corp.
www.sigvaris.com

The Complete Lymphedema Management and Nutrition Guide
www.jeanlamantia.com

THUASNE
www.thuasne.com/en

Wellwise by Shoppers Drug Mart
www.wellwise.ca

Acknowledgements

The conference would not be possible without the generosity of our many supporters, who donate their money or time and who support our passion for furthering lymphedema education and awareness.

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- Dr. David Keast (Co-chair)
- Margie McNeely (Co-chair)

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- Tracy Gardikiotis
- Pamela Hammond
- Catherine McCuaig
- Shirin Shallwani

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- Anna Kennedy (Chair)
- Catherine Andrew
- Kim Avanthay
- Shannon Moore

Conference Support

- Speakers, oral and poster abstract presenters
- Sponsors and exhibitors
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- CLF Staff: Anna Kennedy, Catherine Andrew and Shannon Moore
- Shanna Cule, Toronto Airport Marriott Hotel
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