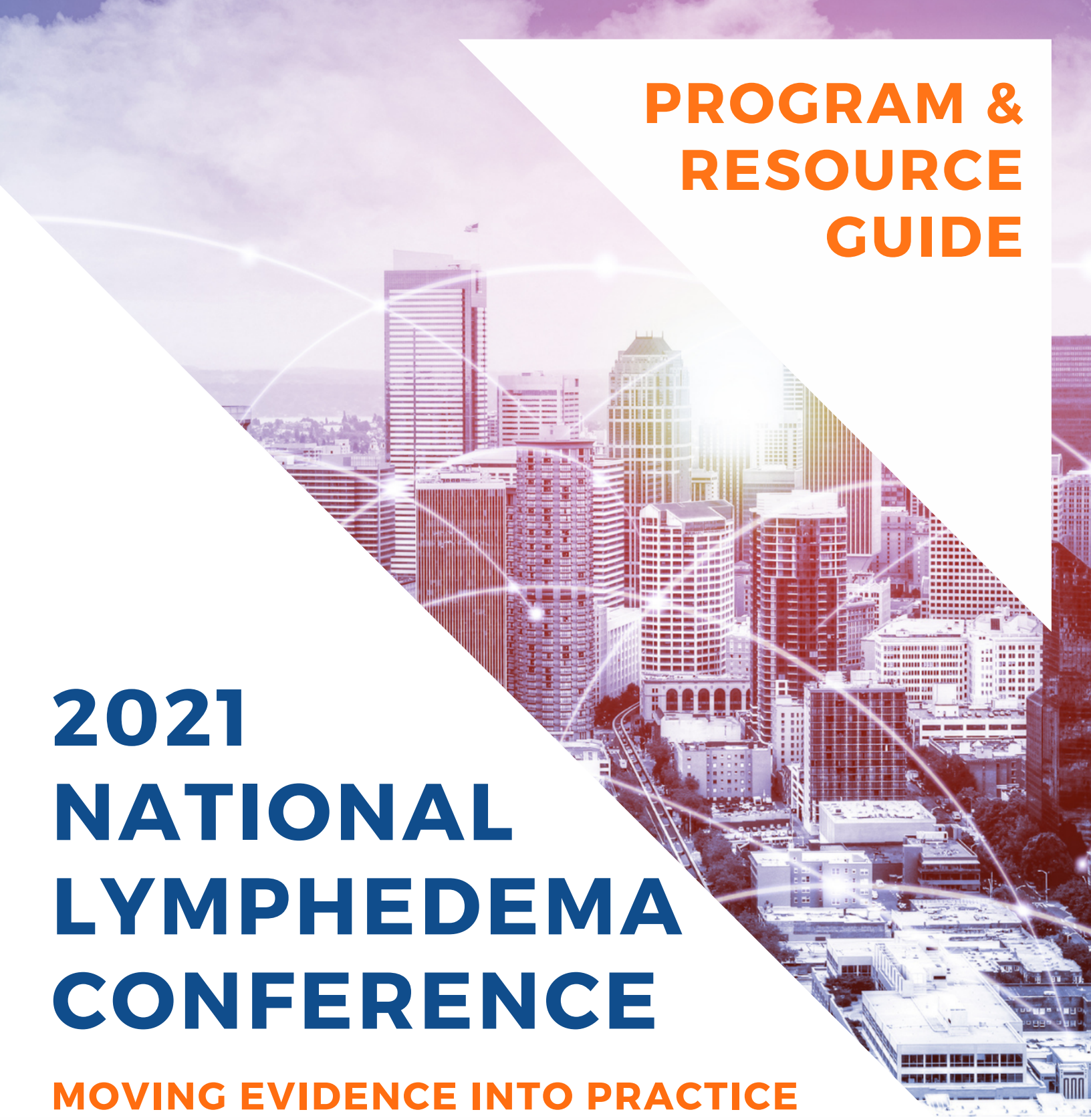
PROGRAM & RESOURCE GUIDE



2021 NATIONAL LYMPHEDEMA CONFERENCE

MOVING EVIDENCE INTO PRACTICE

CLF CANADIAN LYMPHEDEMA FRAMEWORK

PCL PARTENARIAT CANADIEN DU LYMPHOEDÈME

in collaboration with

WoundsCANADA.ca
PlaiesCANADA

WELCOME

WELCOME TO THE 2021 NATIONAL LYMPHEDEMA CONFERENCE

It is an honour and pleasure to welcome you to the 2021 National Lymphedema Conference, hosted by the Canadian Lymphedema Framework (CLF) in partnership with Wounds Canada. We are proud to welcome you to our first virtual event. Although we would have preferred to see you all again in person, we believe this virtual platform will provide a great conference experience. 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.

There is growing recognition that up to one third of persons internationally living with chronic edema/lymphedema also suffer from chronic skin breakdown. Therefore it is appropriate that we partner with an organization like Wounds Canada to help promote learning of how lymphedema and wounds are interrelated.

“Moving Evidence into Practice” is the theme of this conference and in the midst of uncertain times, the CLF has taken on two other bold knowledge translation initiatives. Through a partnership with the University of Alberta, and a MITACS Accelerate Grant, a postdoctoral fellow is supporting 1) Development of an online course titled: Lymphedema and Chronic Edema Management and 2) a national initiative to update the 2002 Canadian Clinical Practice Guidelines relative to the Diagnosis, Assessment and Management of Breast Cancer Related Lymphedema. These initiatives are essential to moving us closer to the advancement of lymphedema care in Canada.

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.



David Keast
Co-Chair,
Scientific Committee



Margaret McNeely
Co-Chair,
Scientific Committee

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1. Moffat C et al (2012) 'A preliminary randomized controlled study to determine the application frequency of a new lymphoedema bandaging system.' British Journal of Dermatology 166.3: 624-632.
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WELCOME

Wounds Canada is thrilled to partner with the Canadian Lymphedema Framework in presenting the Moving Evidence into Practice virtual conference. This interactive collaborative event gives our organizations the opportunity to highlight the association between lymphatic dysfunction and the increased risk of wound formation—and help both organizations increase the awareness of health professionals, policy makers and the general public about this important but not widely known link. Through this partnership, we can reach more people than ever and be part of the largest wound-related event in Canada in 2021.

By working together, our organizations can present a stimulating, engaging conference that will increase clinician knowledge, present new research and strengthen both the Canadian and international communities of patients and practitioners.

Specifically, this collaboration will help to emphasize the importance of improving the health of patients living with lymphedema, highlight their risk of developing chronic lower limb wounds and provide strategies and solutions to reduce the incidence of wound development, as well as manage wounds when they do occur. The results will be improved quality of life for patients and more effective use of health-care resources in all regions of Canada.

Wounds Canada wishes the Canadian Lymphedema Framework a successful virtual event as their first foray into the digital conference realm.



Mariam Botros

CEO of Wounds Canada

ABOUT US

CLF CANADIAN LYMPHEDEMA FRAMEWORK PCL PARTENARIAT CANADIEN DU LYMPHOEDÈME

Now in its 12th year, the Canadian Lymphedema Framework (CLF) provides a national voice for lymphedema research education and advocacy. It is an academic and patient stakeholder collaboration, which is part of an international initiative to promote research, best practices and lymphedema clinical development worldwide.

The CLF collaborates with the International Lymphoedema Framework, national frameworks around the world, and provincial associations across Canada, to advocate for lymphedema research and educate Canadian patients and their health care providers.
Our mission is to improve the management of lymphedema and related disorders and we work hard toward our vision that comprehensive treatment for lymphedema and related disorders will be accessible to all persons across Canada.

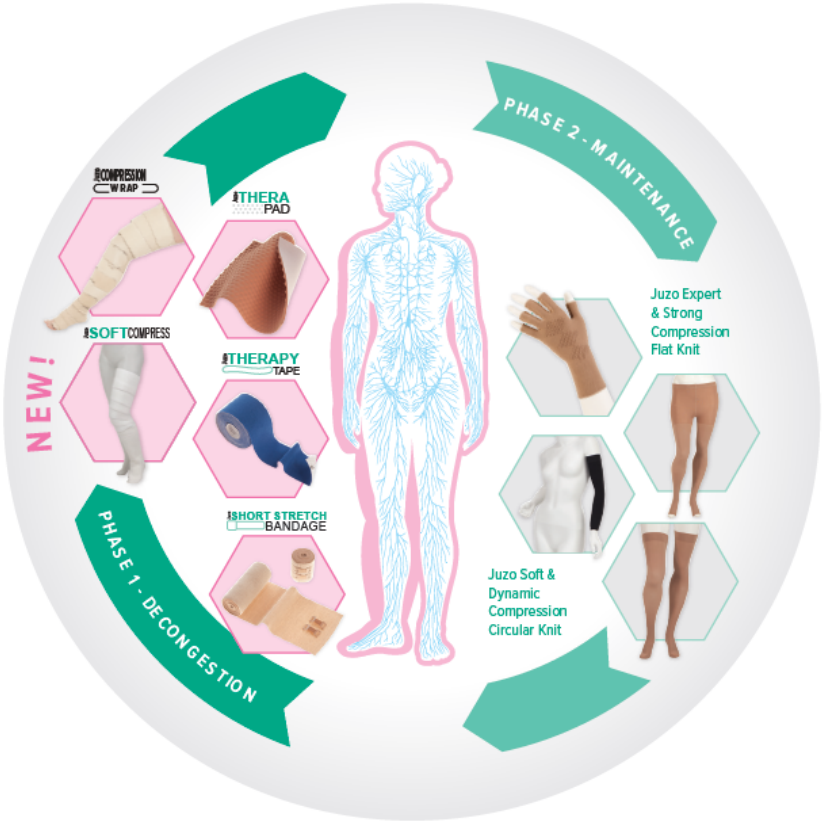
OUR CONFERENCE PRESENTING PARTNER

WoundsCANADA.ca
PlaiesCANADA

Wounds Canada is the voice for Canadians at risk of or living with wounds and their providers. Our vision is a Canada where preventable wounds do not occur and persons living with wounds receive the best possible care.

Established in 1995, Wounds Canada is a charitable organization dedicated to the advancement of wound prevention and management for all Canadians. We advocate for a population health approach that promotes best practices to support persons at risk for or living with wounds and their care givers, health decision makers and frontline clinicians. In addition, we support wound-related research to further advance a holistic risk-based approach to foster innovation in wound prevention and management.

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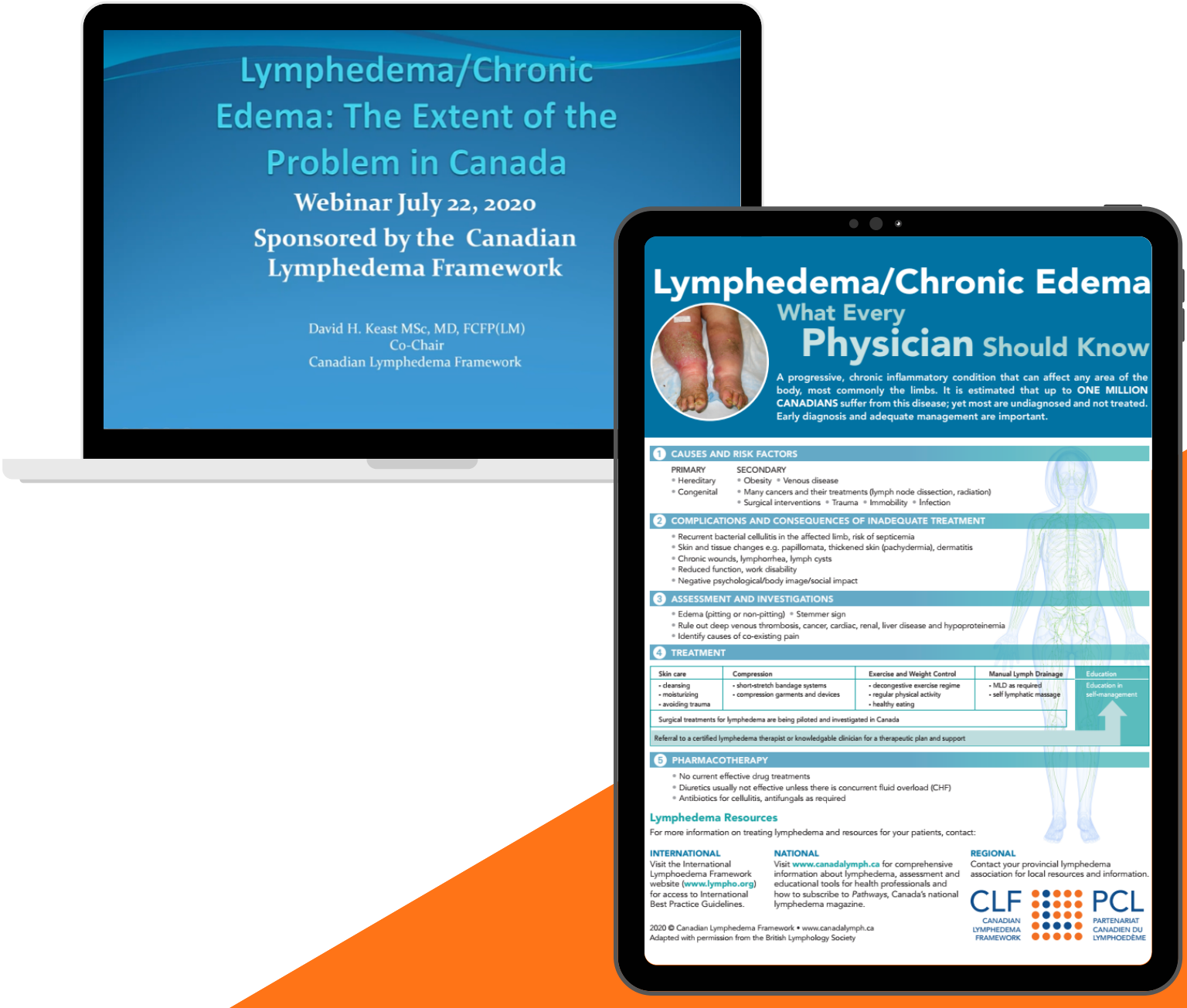
- Welcome Messages
- Friday Agenda
- Friday Sessions and Presenter Biographies
- Saturday Agenda
- Saturday Sessions and Presenter Biographies
- Sponsors
- Exhibitors
- Acknowledgments
- Thank you

Medical presentations provided at this conference are an information resource only, and are not to be substituted for any professional diagnostic or treatment purposes. The views and opinions of the speakers and presenters are not an endorsement or reflection of the views of the CLF Board or the Conference Scientific Committee.

HP TOOLKIT

Resources for Health Professionals

canadalymph.ca/hp-toolkit



FRIDAY DECEMBER 3 2021

AGENDA

AND SESSIONS INFORMATION



2021 National Lymphedema Conference

Moving Evidence into Practice | Dec 3 - 4, 2021 Virtual Event

CLF CANADIAN LYMPHEDEMA FRAMEWORK PCL PARTENARIAT CANADIEN DU LYMPHOEDÈME

HEALTH PROFESSIONALS FOCUS

Agenda Day 1: Friday, December 3

ALL TIMES IN NORTH AMERICAN EST

START	END	SESSION DESCRIPTION	SPEAKER/PRESENTER
8:30 AM		EXHIBIT HALL AND POSTER HALL OPEN	
9:30 AM	10:35 AM	OFFICIAL OPENING: WELCOME AND KEYNOTE SESSION	
		Welcome from the Canadian Lymphedema Framework and Presenting Partner, Wounds Canada	David Keast (CLF Co-Chair) Mariam Botros (Wounds Canada CEO)
		WOUNDS AND LYMPHEDEMA KEYNOTE BY PRESENTING PARTNER: WOUNDS CANADA	
		Clinical challenges in chronic edema and wounds	Christine Moffatt
		How Wounds and Lymphedema are Interrelated	David Keast
		Wounds: Less complex healing process with more complex assessment	Maryse Beaumier
10:40 AM	11:20 AM	MEASUREMENT AND EVALUATION	
		Prospective surveillance for cancer-related lymphedema	Bolette Rafn
		How to make reliable decisions in lymphedema process of care?	Dorit Tidhar
11:25 AM	11:40 AM	MEDI CANADA SILVER SPONSORED INDUSTRY SESSION	INDUSTRY PRESENTER
		medi vision© - can we take measurements for flat-knit garments digitally? Yes, we (s)can!	Anne-Kathrin Gutmann
11:40 AM	12:25 PM	REFRESHMENT BREAK - VISIT THE EXHIBIT HALL AND POSTER HALL	
12:25 PM	1:20 PM	ADVANCES IN LYMPHATIC SURGERY AND CARE	ABSTRACT PRESENTERS
		Vascular lymph node transfers: A systematic review	Yehuda Chocron
		LVA and VLNT - a single centre case series	Elisabeth Lorange
		The Utility of the Omentum as a VLNT donor site	Yehuda Chocron
		Public perspectives on lymphedema surgery	Yasser Almadani
		Primary Care provider barriers to cancer-related lymphedema care	Nicola Smith
1:30 PM	2:25 PM	3M PLATINUM SPONSORED INDUSTRY SESSION	INDUSTRY PRESENTER
		Improving Lymphedema Outcomes: A Focus on 2-Layer Compression Systems	Martina Reddick
2:25 PM	2:55 PM	REFRESHMENT BREAK - VISIT THE EXHIBIT HALL AND POSTER HALL	

2021 National Lymphedema Conference

Moving Evidence into Practice | Dec 3 - 4, 2021 Virtual Event

CLF CANADIAN LYMPHEDEMA FRAMEWORK PCL PARTENARIAT CANADIEN DU LYMPHOEDÈME

HEALTH PROFESSIONALS FOCUS

Agenda Day 1: Friday, December 3

ALL TIMES IN NORTH AMERICAN EST

START	END	SESSION DESCRIPTION	SPEAKER/PRESENTER
2:55 PM	3:40 PM	**CHRONIC VENOUS INSUFFICIENCY**	
		The Relationship of CVI and Lymphedema	David Keast
		Chronic Venous Insufficiency Optimal Treatment	Tonny Karlsmark
3:45 PM	4:00 PM	**L&R CAN INC. SILVER SPONSORED INDUSTRY SESSION**	INDUSTRY PRESENTER
		Compression Solutions in Practice	Lindsay Ryback
4:00 PM	4:30 PM	REFRESHMENT BREAK - VISIT THE EXHIBIT HALL AND POSTER HALL	
4:30 PM	5:35 PM	**COMPLEX AND CHALLENGING LYMPHEDEMA**	
		Practical Solutions for the Client with Complex Lower Extremity Lymphedema	Heather Watt
		Genital Lymphedema Creative Management Solutions	Shelley DiCecco
		ORAL ABSTRACTS	ABSTRACT PRESENTERS
		Management of head and neck cancer related lymphedema	Marize Ibrahim
		Deep central lymphatic dysfunction	Kelly Bell
		Obsessive compulsive disorder and body dysmorphic syndrome in lymphedema practice	Anna Towers
5:40 PM	6:25 PM	**PROSPECTIVE SURVEILLANCE, EARLY IDENTIFICATION AND INTERVENTION**	
		Screening for breast cancer-related lymphedema: What is the evidence for early intervention?	Cheryl Brunelle
		Risk reduction/lessons learned	Alphonse Taghian
6:25 PM	6:30 PM	**CLOSING REMARKS**	
		Conference Day 1 Closing Remarks	Margie McNeely
6:30 PM	7:00 PM	REFRESHMENT BREAK - VISIT THE EXHIBIT HALL AND POSTER HALL	
7:00 PM	7:45 PM	**SOCIAL EVENT**	
		Screening of "Let's Talk Lymphedema" Play Courtesy of Lymphedema Education & Research Network	Find Program in Your Swag Bag or www.tinyURL.com/LTL-Program

Lymphatic Education & Research Network

Recorded sessions available on the conference platform by December 10.
Entire conference available for on-demand viewing until Jan 31, 2022.

FRIDAY: December 3, 2021

OPENING SESSION: Wounds and Lymphedema
FRIDAY: 9:30 - 10:35am

MODERATOR: David Keast MSc MD, FCFP(LM)

OBJECTIVES

Understanding the link between wounds and lymphedema and how to focus on helping wounds heal more quickly in your lymphedema patient.

Clinical Challenges In Chronic Edema And Wounds

Background: Wounds and chronic edema are common disorders, but are rarely studied together.

Objectives: To study the point-prevalence and risk factors of wounds in chronic leg edema, including lymphedema.

Methods: A cross-sectional study (LIMPRINT), 40 sites in nine countries, 2014-2017. Adults with clinically proven chronic leg edema, enduring over 3 months, were included. The main outcome was point-prevalence and risk factors, including acute and chronic wounds.

Results: Of 7077 patients with chronic leg edema, 1270% had wounds. Independent risk factors were: peripheral arterial disease (OR 487, CI 95% 363-652), cellulitis within the past 12 months (OR 269, CI 95% 225-321), secondary lymphedema (OR 264, CI 95% 193-360), being male (OR 208, CI 95% 178-244), being over 85 years of age (OR 180, CI 95% 123-262), underweight (OR 179, CI 95% 114-279), bed bound (OR 179, CI 95% 101-316), chair bound (OR 152, CI 95% 118-197), diabetes (OR 147, CI 95% 123-177) and walking with aid (OR 141, CI 95% 117-169). 4322% of those with wounds had clinically defined well-controlled edema, associated with a significantly lower risk of wounds, (OR 050, CI 95% 042-058, P<0001). Hard/fibrotic tissue (OR 171, CI 95% 119-248) and a positive Stemmers sign (oedema/fibrosis of the toes) (OR 157, CI 95% 105-235) were associated with wounds.
Conclusions: The study supports a strong association between chronic leg edema and wounds. It reinforces the importance of measures to control edema. Controlled swelling was associated with a 50% lower risk of wounds.



Presented by: Professor Christine Moffatt CBE PhD MA RGN (Nottingham, England) is Professor of Clinical Nursing in Skin Integrity at Nottingham University Hospital and was made Emeritus Professor of Nursing at the University of Nottingham, School of Health Sciences, UK, in June 2018. She has been involved in wound healing research and practice for 30 years and lymphedema for 20 years. She has undertaken extensive research in this field using mixed research methods including running national and international clinical trials. She currently heads the International Lymphoedema Framework, an international charity, whose mission is to develop effective lymphedema care throughout the world. Her areas of research include compression therapy; service development and evaluation; psychosocial impact of disease; chronic wounds and lymphedema. She edited the EWMA position document series and the International Lymphoedema Framework Best Practice Document (2006) and is a member of international editorial boards, NICE boards on leg ulcer management and advisory panels.

She has received six life-time achievement awards between 2006 and 2015 in recognition of her work. She has recently led the LIMPRINT study, an international epidemiology study with 9 countries that has defined the size and impact of the condition on health services.

How Wounds And Lymphedema Are Interrelated

Approximately one third of all patients living with chronic edema/lymphedema also suffer from chronic skin breakdown especially in the lower extremity. This session will examine the mechanisms of tissue fluid handing in the lower extremity. An approach to assessment will be discussed.

Objectives: By the conclusion of this season the participants will be able to:

1. Appraise the relationship between the vascular and lymphatic systems
2. Discuss the factors that may lead to edema accumulation
3. Describe the key components of a lower limb assessment for persons with wounds and chronic edema.



Presented by: David Keast MSc, MD, FCFP(LM) (London, Canada) graduated from Western University with a Masters Degree in Chemistry and taught high school for 11 years before entering Queen's University (Canada) to study medicine, graduating in 1985. He is a Fellow of the College of Family Physicians of Canada and practised Family Medicine for 25 years before focusing his practice on chronic wound and lymphoedema management. He is currently the Medical Director of the Outpatient Chronic Wound and Lymphedema Consultation Clinic at the Parkwood Institute, London. Dr. Keast is Clinical Adjunct Professor of Family Medicine, Schulich School of Medicine and Dentistry and Associate Scientist in the Parkwood Research Institute, part of the Lawson Health Research Institute. He has research interests in wound assessment tools, and the nature and characteristics of people living with lymphoedema. He has participated in multiple clinical trials.

Dr. Keast is a founding board member and Past President of the Canadian Association of Wound Care (now Wounds Canada), the founding co-chair of the Canadian Lymphedema Framework and a member of the Board of the International Lymphedema Framework. He is one of the founding members of the World Alliance for Wound and Lymphedema Care. Dr. Keast is an internationally recognized educator and has published over 100 papers and eleven book chapters.

Less Complex Healing Process Of A Wound On Lymphedema With More Complex Assessment

Lymphedema is one of the complications of the vascular aspect of the lower limbs, but alongside it, venous insufficiency and arterial insufficiency coexist with all the medical patient's history. Two goals of care can be targeted in wound care: 1) healing the wound when it is curable and otherwise, 2) limiting infection when it is incurable. Initially, it is the quality of the blood supply that will dictate the interventions for the healing of the curable wound on a limb with lymphedema then, the characteristics of this one must be taken into consideration for the choice of the best dressing, appropriate compression, and the role of health care providers in the treatment of the wound on a limb suffering from lymphedema. This will present a better understanding of the overall vascular assessment of the lower limb before deciding on the optimal wound treatment plan to provide the best quality of life to the patient.



Presented by: Maryse Beaumier RN, MScN, PhD (Lévis, Québec) Maryse Beaumier RN, MScN, PhD biomedical sciences - Department of Nursing at the University of Quebec at Trois-Rivières (UQTR) in the, province of Quebec. She completed her Bachelor of Nursing Science at the University of Montreal, her Master's in nursing science at UQTR. She has completed a PhD in biomedical sciences at the University of Montreal (May 2016-January 2019) after an involuntary uncompleted PhD in Community Health at Laval University (2010-2015). She has been involved in

the development of wound care for almost 20 years Director of the Board at the Canadian Association of Wound Care 2009-2012, member of the editorial board of Wound Care Canada since 2011, government advisor at the RQSP 2012-2015 and now member of the Groupe international de la francophonie en soins des plaies of the Société Française et francophone des plaies et cicatrisations (SFFPC) in France. Researcher for the RRISIQ and Associate Researcher at the CISSS Chaudière-Appalaches Research Center.

SESSION: Measurement and Evaluation
FRIDAY: 10:40 – 11:20am

MODERATOR: Naomi Dolgoy M.OT, CLT, PhD

OBJECTIVES

Reinforce the role of measurement within lymphedema management and support the health professional with practical tools for tracking and monitoring their patients.

Prospective Surveillance for Cancer-related Lymphedema

Dr. Rafn will outline the evidence on prospective surveillance for cancer-related lymphedema along with the tools and criteria used in research for defining sub-clinical and chronic lymphedema. Further, the approach of self-measurement will be introduced to facilitate self-managed surveillance.



Presented by: Bolette Skjødt Rafn BSc, PT, PhD (Copenhagen, Denmark) is a licensed physical therapist and a postdoctoral fellow at the Copenhagen University Hospital Rigshospitalet in Copenhagen, Denmark. She completed her PhD at the Department of Physical Therapy at the University of British Columbia, Vancouver, Canada. Her research examines the health service needs of vulnerable, high-risk survivors of breast cancer with the overall aim to enhance the accessibility and quality of health services and improve patient-reported and clinical outcomes. She has developed novel clinical resources and outcome measurements to facilitate self-managed rehabilitation and detection of cancer-related late-effects. Her postdoctoral project is a multi-center randomized controlled trial that will test if self-managed prospective surveillance and early management can prevent the development of chronic lymphedema among women with breast cancer.

How to Make Reliable Decisions in Lymphedema Process of Care?

In this presentation, a few issues will be discussed:

- What is the purpose of lymphedema treatment? Volume reduction? No infection? Better QOL?
- What is a true change for each purpose?
- How will you know if a change happened?
- Using MCID (minimal clinical important difference) brings clarity – learn how to find it.



Presented by: Dorit Tidhar PscPT, PhD (Maccabi, Israel) is a physiotherapist who was trained in lymphedema management by Prof. Judith Casley-Smith in 1999 and was 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 as the national director of research and development and finished her PhD in the school of nursing of Missouri University with Prof Jane Armer as her adviser. She is now teaching the course of lymphedema management by the Casley-Smith method.

SESSION: MEDI Canada Inc. Sponsored Session
FRIDAY: 11:25am – 11:40am

AUDIENCE: Health Professionals; This session is dedicated to Doctors, Specialists, Therapists, Fitters and Retailers

medi Vision - Can We Take Measurements for Flat-knit Garments Digitally? Yes, We (s)Can!



A scientifically and practically orientated session that will cover current trends and needs in the treatment of lymph- and lipedema. We will discuss the new opportunities technology brings retailers and fitters and cover various aspects of successful lymph- and lipedema treatment in 2021, thanks to state of the art options developed by the industry leader in compressive solutions.

Presented by: Anne-Kathrin Gutmann is a clinical nurse and the National Product Education Manager for medi Canada. She was Lipoedema and Lymphoedema treatment Specialist / Compression garments at the world-known Földiklinik, Germany (2013-2017) and medi Germany's Star Certified Trainer Award in Lymphology/Phlebology (2017-2019).

Agenda

- **Part 1** – mediven flat-knit garments : great user comfort, better fit and new improved features
- **Part 2** – Self-Management with medi : what's new in CircAid
- **Part 3** – medi Vision - can we take measurements for flat-knit garments digitally? Yes, we (s)can!

SESSION: Advances in Lymphatic Surgery and Care
FRIDAY: 12:25 – 1:20pm

MODERATOR: Anna Towers MDCM, FCFP

OBJECTIVES

This session will showcase the research and work being done by surgeons, clinicians and researchers across Canada and abroad, advancing lymphatic surgery and care.
A series of five oral abstract presentations.
Full abstracts can be viewed within the Abstract Booklet.

ORAL ABSTRACT: Vascular Lymph Node Transfers: a Systematic Review
Presented by: Yehuda Chocron MD

ORAL ABSTRACT: LVA and VLNT – a Single Centre Case Series
Presented by: Elisabeth Lorange MD

ORAL ABSTRACT: The Omentium as a VLNT Donor Site
Presented by: Yehuda Chocron MD

ORAL ABSTRACT: Public Perspectives on Lymphedema Surgery
Presented by: Yasser Almadani MD

ORAL ABSTRACT: Primary Care Provider Barriers to Cancer-related Lymphedema Care
Presented by: Nicola Smith MD, CM, CCFP

SESSION: 3M Sponsored Session
FRIDAY: 1:30 – 2:25pm
AUDIENCE: Health Professionals

Improving Lymphedema Outcomes: A Focus on 2-Layer Compression Systems

Session Objectives

- Identify the pathophysiology of lymphedema
- Explore clinical decision-making prior to implementing compression to manage edema across the spectrum
- Examine the science and clinical application of 2-layer compression therapy
- Review self bandaging strategies
- Live Q&A



Presented by: Martina Reddick is a Registered Nurse for 36 years, specialized in CDT (Complete Decongestive Therapy) for management of lymphedema/chronic edema. She has spent her time practicing in St. John's, NL where she developed the first lymphedema program in Cancer Care in 2004 and worked as the lymphedema coordinator for 10 years.

Martina is a founding member of the Atlantic Clinical Lymphedema Network (ACLN) and the Lymphedema Association of NL (LANL). She also sat on the Advisory Board for the Canadian Lymphedema Framework. Martina provides education for 3M(TM) healthcare as a consultant for Coban(TM) 2 compression bandaging techniques to Lymphedema Specialists, RN's, RNA's OT's and PT's. How to use- Everything Lymphedema. Martina helps LE specialists especially when having to wrap difficult, misshapen limbs.

SESSION: Chronic Venous Insufficiency
FRIDAY: 2:55 – 3:40pm
MODERATOR: Shirin Shallwani PT, PhD(c)

OBJECTIVES

Venous Insufficiency is the number #1 underlying condition of lymphedema in Canada, with surgery and obesity, number 2 and 3. This session will describe the relationship between CVI and lymphedema and include a brief outline of the prevention of wounds in chronic venous insufficiency and how we might change the situation in Canada.

The relationship of CVI and lymphedema

The Canadian Lymphedema Framework estimates that over one million Canadians live with lymphedema. In a review of 326 lymphedema patients primarily with lower extremity chronic edema, three quarters had a history of chronic venous insufficiency (CVI). Canada wide CVI is the leading underlying cause of lymphedema. In an international review of over 20,000 lymphedema patients, 32.7% also had chronic wounds. This session will examine the interconnected roles of the venous and lymphatic systems in managing tissue fluid, the relationship to chronic wounds and strategies to prevent and manage this problem.

Objectives: By the conclusion of this session the participants will be able to:

1. Appraise the prevalence of chronic venous insufficiency in association with lymphedema and chronic wounds
2. Describe the pathophysiology of chronic lower extremity edema
3. Discuss the key strategies to prevent and manage wounds related to chronic edema.



Presented by: David Keast MSc, MD, FCFP(LM) (London, Canada) graduated from Western University with a Masters Degree in Chemistry and taught high school for 11 years before entering Queen's University (Canada) to study medicine, graduating in 1985. He is a Fellow of the College of Family Physicians of Canada. He practised Family Medicine for 25 years before focusing his practice on chronic wound and lymphoedema management. He is currently the Medical Director of the Outpatient Chronic Wound and Lymphedema Consultation Clinic at the Parkwood Institute, London. Dr. Keast is Clinical Adjunct Professor of Family Medicine, Schulich School of Medicine and Dentistry and Associate Scientist in the Parkwood Research Institute, part of the Lawson Health Research Institute. He has research interests in wound assessment tools, and the nature and characteristics of people living with lymphoedema. He has participated in multiple clinical trials. Dr. Keast is a founding board member and Past President of the Canadian Association of Wound Care (now Wounds Canada), the founding co-chair of the Canadian Lymphedema Framework and a member of the Board of the International Lymphedema Framework. He is one of the founding members of the World Alliance for Wound and Lymphedema Care. Dr. Keast is an internationally recognized educator and has published over 100 papers and eleven book chapters.

Chronic Venous Insufficiency Optimal Treatment

Prevention of wounds in chronic venous insufficiency includes an optimal compression in order to remove the edema and to lower the hypertension in the venous system. An optimal treatment includes treatment of the ulcer and the surrounding skin. Exercise and physio are also important factors in the holistic treatment.



Presented by: Tonny Karlsmark MD, MDSc, Assoc. Professor (Copenhagen, Sweden) is consultant and associate professor in Dermato-venereology working at Bispebjerg Hospital, University of Copenhagen. As former head of the department for 15 years, he has experience as well as a diploma in National Health Service Management. He has held Honorary positions such as chairman of the Danish Dermatological Society 2003-2005 and chairman of the Danish Lymphoedema Framework (DLF) from 2010.

His main research areas include wound healing and treatment of chronic oedema. In 1990 he defended his thesis about "Electrically induced dermal changes" – a morphologic study of porcine skin after transfer of low-moderate amount of electrically energy. He has published more than 125 articles in international journals and acts as advisor for more than 10 Ph.D. degrees and made opposition (acting as critic) for 1 doctoral thesis and 9 Ph.D. degrees.

SESSION: L&R Sponsored Session
FRIDAY: 3:45pm – 4:00pm

L&R CAN: Compression Solutions in Practice

L&R CAN INC. is proud to be a supplier of an extensive range of bandaging and the Solaris Collection of garments and wraps. Join us to learn about the latest compression solutions to support patients and therapists. During this session, we will introduce the latest innovations available to you, provide live product demonstrations and share real patient case examples to create an in-person experience - virtually.



Presented by: Lindsay Ryback is the L&R USA Senior Product Manager – Compression (Milwaukee, WI USA). She has been with L&R for 7+ years, and is an active member in the lymphedema community - including holding a board role for the Lymphedema Advocacy Group to support the Lymphedema Treatment Act in the USA. Lindsay is passionate about supporting patients, medical professionals and suppliers with product solutions to help improve patients' quality of life and treatment outcomes.

SESSION: Complex and Challenging Lymphedema
FRIDAY: 4:30pm - 5:35pm

MODERATOR: Moderator: Mona Al Onazi PT, CLT, PhD(c)

OBJECTIVES

Provide practical (compression) solutions and suggestions for therapists who manage lymphedema patients with complex situations.

Practical Solutions for the Client with Complex Lower Extremity Lymphedema

- Discuss barriers and special considerations when treating clients with complex lower extremity lymphedema
- Provide practical solutions for the management of complex lower extremity lymphedema
- Encourage clinicians to think outside the box when managing these clients to help improve compliance and success.



Presented by: Heather Watt OT, CLT (Edmonton, Alberta) graduated from the University of Alberta in 2000 as an Occupational Therapist. She has worked in various community settings as an OT. Heather has been an integral part of the development of an outpatient lymphedema clinic since 2010. This clinic focuses on treatment of primary and secondary lymphedema excluding cancer related lymphedema. Heather became a Certified Lymphedema Therapist with the Norton School of Lymphatic Therapy in 2013. Her passion and dedication for treatment of clients with lymphedema continues to grow.

Genital Lymphedema Creative Management Solutions

This presentation will provide a brief overview of key elements for evaluating and treating both male and female genital lymphedema. Included in this presentation will be key objective testing, day and night compression suggestions, and manual lymphatic drainage pearls. The overall goal of the presentation is to reduce a practitioner's anxiety with this patient population.

Objectives

1. Attendees will be able to identify key objective testing for genital lymphedema
2. Attendees will be able to key compression components for treating genital lymphedema
3. Attendees will be able to key MLD components for treating genital lymphedema



Presented by: Shelley Smith DiCecco PT, PhD, CLT-LANA, CI-CS (Atlanta, Georgia) completed her Master of Physical Therapy Degree from the University of St. Augustine in 2000. She became a Woman's Health Specialist for Pelvic Floor Disorders in 2000 and a Certified Lymphedema Therapist (Casley-Smith Method) in 2001. She received her PhD from Texas Woman's University in the Philosophy of Physical Therapy in 2012. Her research and dissertation were on treatment techniques for females with genital lymphedema. Dr. DiCecco completed her LANA Certification in 2013 and her training as a Casley-Smith International Certified Instructor in 2016. Dr. DiCecco assisted with or led several continuing education courses, conferences, and seminars, as well as presented both nationally and internationally on lymphedema, pelvic floor disorders, and other orthopedic conditions. Dr. DiCecco developed the lymphedema and pelvic floor service lines for the Sports Rehabilitation Center in Atlanta, Georgia. She currently is Director of the two programs and treats patients several hours a week. Dr. DiCecco is also full-time faculty as an Assistant Professor at the Georgia's Campus for the Philadelphia College of Osteopathic Medicine in the Physical Therapy Department. Dr. DiCecco is the lead Grant Writer and board member of the Lighthouse Lymphedema Network. Dr. DiCecco founded LymphEd in 2017.

ORAL ABSTRACT: Management of Head and Neck Cancer Related Lymphedema

Presented by: Marize Ibrahim MSc, PT, CLT-LANA

ORAL ABSTRACT: Deep Central Lymphatic Dysfunction

Presented by: Kelly Bell

ORAL ABSTRACT: Obsessive Compulsive Disorder and Body Dysmorphic Syndrome in Lymphedema Practice

Presented by: Anna Towers MDCM, FCFP

SESSION: Prospective Surveillance, Early Identification and Intervention
FRIDAY: 5:40 - 6:25pm

MODERATOR: Margie McNeely PT, MSc, PhD

OBJECTIVES

Provide a summary of the work and publications over the last 12 years

Screening for Breast Cancer-related Lymphedema: What is the Evidence for Early Intervention?

Preliminary data suggests early intervention for low-volume swelling may prevent progression to breast cancer-related lymphedema. Although movement has been toward early treatment by certified lymphedema therapists (CLTs), clinical resources are scarce and treatment threshold has not been well-supported in the literature. The current evidence base for early intervention will be summarized, including study strengths and limitations. Data analyzing the effect of early intervention on progression to lymphedema will be presented for a cohort of 42 women treated for breast cancer and prospectively screened for BCRL at the Massachusetts General Hospital. In this cohort, early intervention prevented progression to BCRL in 74% of patients, corresponding to a 27% reduction based on recent data. Based on the current literature base, future directions will be discussed, including the need for universal diagnostic criteria and a randomized controlled early intervention trial. Such a trial should occur from within a prospective surveillance program, which is a recommendation of several national and international lymphedema organizations. Components of a feasible and sustainable screening program, incorporating measurements, symptoms and clinical exam, will be presented.



Presented by: Cheryl Brunelle PT, MS, CCS, CLT (Boston, USA) is the associate director of the Lymphedema Research Program and a Physical Therapy Clinical Specialist at the Massachusetts General Hospital in Boston. Cheryl earned her physical therapy degree at the University of Toronto, Canada. She completed her lymphedema certification with Drs. Albert and Olivier Leduc in London, England, and with Klose Training, in Boston, USA. Cheryl's clinical focus is on the evaluation and treatment of patients during and after breast cancer treatment, for issues such as surveillance and early intervention for lymphedema, shoulder morbidity, and deconditioning resulting from breast cancer and its treatment. Cheryl's main research interests include risk factors, prospective surveillance, symptoms, early intervention and diagnostic criteria for breast cancer-related lymphedema.

The MGH Breast Cancer-Related Lymphedema Research and Screening Program website: https://breastcancer-lymphedema.mgh.harvard.edu Twitter feed: @LymphedemaMGH

Risk Factors for Breast Cancer Related Lymphedema

This talk will present the risk factors associated with breast cancer-related lymphedema. Data on the impact of axillary surgery, lymph nodes radiation, chemotherapy and other risk factors will be presented. The data was collected prospectively from a screening program which includes around 6,000 patients. Patients had perometer measurements prospectively and the assessment of lymphedema used the relative volume change taking in consideration the baseline volume of both arms.

A general review from the literature will also be discussed.



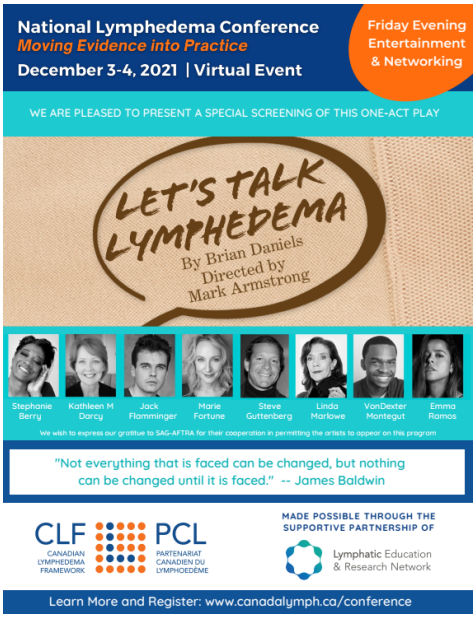
Presented by: Alphonse Taghian MD, PHD, FASTRO (Boston, USA) is Professor of Radiation Oncology, Harvard Medical School Breast Radiation Oncology, Massachusetts General Hospital, Director, Lymphedema Research Program. Dr Alphonse Taghian, Professor of Radiation Oncology at Harvard Medical School, earned his Medical Degree from Alexandria University in Egypt. He completed his residency in Radiation Oncology in France, after which he pursued clinical and research fellowships at Gustave-Roussy Institut, Paris. After obtaining his PhD in Radiobiology from Paris XI University, Dr Taghian was appointed as staff in the Department of Radiation Oncology at Massachusetts General Hospital. He is now the Director of Lymphedema Research Program and Co-Director of the Breast Cancer Research Program at Massachusetts General Hospital.
An internationally recognized leader in breast radiation oncology, in particular in the field of Accelerated Partial Breast Irradiation (APBI), Dr Taghian has published more than 180 peer reviewed articles, general reviews and chapters. He has edited 2 books, one of them on the multidisciplinary approach in the treatment of breast cancer. He was awarded several NIH grants totaling around $2.7 Million for research in breast cancer related lymphedema. His main interests include screening and early intervention for lymphedema, methods to minimize cardiac exposure to radiation, accelerated partial breast irradiation and indications for post-mastectomy radiation.

SESSION: Closing Remarks
FRIDAY: 6:25pm

BY: Margie McNeely, Conference Scientific Committee Co-Chair

SESSION: Screening of "*Let's Talk Lymphedema*"
FRIDAY: 7:00 – 7:45pm

HOSTED BY: Anna Kennedy, Conference Organizing Chair and Bonnie Baker, Conference Event Manager



Lymphatic Education & Research Network

LE&RN PRESENTS A REBROADCAST OF THE ONE-ACT PLAY

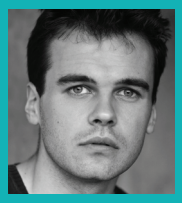
LET'S TALK LYMPHEDEMA

By Brian Daniels
Directed by
Mark Armstrong

CAST


Stephanie Berry


Kathleen M. Darcy


Jack Flammiger


Marie Fortune


Steve Guttenberg


Linda Marlowe


VonDexter Montegut


Emma Ramos

We wish to express our gratitude to SAG-AFTRA for their cooperation in permitting the artists to appear on this program.

Introduction by LE&RN President & CEO, William Repicci and National Spokesperson, Kathy Bates, with a post-play panel led by director Mark Armstrong and the cast.

"Not everything that is faced can be changed, but nothing can be changed until it is faced."—James Baldwin

Rebroadcast made possible thanks to a grant from Fondation Ipsen, under the aegis of Fondation de France

Premiere production March 6, 2021 sponsored by Juzo

Let's Talk Lymphedema

By Brian Daniels • Directed by Mark Armstrong

Cast:

OLIVIA ..... Marie Fortune
MARGARET ..... Kathleen M. Darcy
MAUREEN ..... Linda Marlowe
PROFESSOR PETER PEMBERTON..... Steve Guttenberg
JACK.....Jack Flammiger
ADAM.....VonDexter Montegut
DOROTHY ..... Stephanie Berry
VANESSA..... Emma Ramos



Brian Daniels is an established and award winning playwright with 18 plays to his credit including *The Good and the True,* NYC off-Broadway, Prague, and London. His recent commissioned writing centres on contemporary health and social issues including early onset dementia, historic child abuse and the Holocaust. Between 1997 and 2011 Brian was Artistic Director of the New End Theatre, Hampstead, London where he produced over 200 new plays and musicals. He has also worked with Elaine Stritch, Eartha Kitt, Dionne Warwick, Chita Rivera and Michael Feinstein in producing their London concerts. https://dontleavemenow.com/about-brian-daniels/



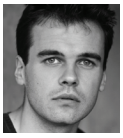
Mark Armstrong is the Artistic Director of The 24 Hour Plays, which brings together creative communities to produce plays and musicals that are written, rehearsed, and performed in 24 hours. Highlights from his tenure include annual productions of The 24 Hour Plays on Broadway, the Broadway and Los Angeles debuts of The 24 Hour Musicals, the growth of The 24 Hour Plays National Fellows program and The 24 Hour Plays: Viral Monologues. He has developed and directed plays by Emily Mann, Dan O'Brien, Christopher Shinn, Stephen Adly Guirgis, Jason Kim, Liz Meriwether, Qui Nguyen, Max Posner, Laura Jacqmin and many others in theaters including The Public Theater, Williamstown Theater Festival, Ensemble Studio Theatre, Keen Company and more.



Stephanie Berry During the Covid-19 pandemic, Stephanie has been blessed to continue creating and bringing the arts to our communities at large with virtual readings. She was just seen in *Romeo N Juliet* with Pittsburgh Public Theatre and *For Which it Stands* with New York Theatre Workshop. Other virtual projects: 24 Hour Plays Viral Monologues: Fist Up; Compassion When Warranted with Evolve—The Red Door Project, *Having Our Say* and *Poetry When the Quarantine Got 2B2 Much* with New Jersey City Theater. In response to the pandemic, she co-produced 4 storytelling shows for families running on YouTube. She appears in Episode 4 of *Storytime From the Village of Harlem* called Trust Yours Friends.



Kathleen M. Darcy has been a part of the LE&RN community since 2015 and an actor for over 30 years. Some favorite roles are Gloria in *Sons of the Prophet* (regional premiere, Theatre Squared), Fern in *In the Car with Blossom and Len* (Centenary Stage), Mammy in *Brendan* (Theatre Banshee) and Katherine in *The Perfect Ganesh* (Coachella Valley Rep). TV credits include *Glee, Grey's Anatomy, Castle* and *True Blood*. Having stepped away from acting due to her Lymphedema diagnosis, she comes to you from Wilmington, Delaware, honored to be a part of this international production to support lymphatic diseases. https://www.imdb.com/name/nm0201049/



Jack Flammiger is a UK based actor and recent graduate of the Royal Academy of Dramatic Art in London. In his short professional career he has performed in London theatres and has made a brief appearance on BBC radio. He is also currently appearing in Jury Games' *The Inquest*, an interactive murder mystery show over Zoom.



Marie Fortune is an award winning actor, puppeteer, director and Artistic Director of Foan & Fortune. She trained at Arts Ed & NYT in the UK and works nationally and internationally in theatre and film. Her credits include: *#Hello My Name Is* and *Where's Your Momma Gone?* (Pluto Productions), Juliet in *Romeo & Juliet* (Shakespeare 400—British Library), Agnes in *Henslowe's Diary* (Sam Wanamaker Playhouse), Sebastian/Maria in *Twelfth Night* (Oxford Shakespeare Company), Gratiano in *The Merchant of Venice* (ETA Hoffman Theatre), Guildenstern in *Hamlet* (Park Theatre), Elizabeth lead in *Caspero* (feature film) and *Jo Brand on Kissing* (BBC). @mariefortune, www.mariefortune.com



Steve Guttenberg started his professional career in 1976, acting in *The Boys From Brazil* and the cult favorite *Can't Stop The Music*. He went on to star in *Diner, The Bedroom Window, Short Circuit,* and *Cocoon*. He gained international recognition for *Police Academy* and the number one film of 1987, *Three Men and a Baby*. He has performed on Broadway in *Prelude to a Kiss* and *Relatively Speaking*. He received a star on the Hollywood Walk of Fame in 2010 and is appreciative of participating in *Let's Talk Lymphoedema*. Steve believes in LE&RN and knows it will find a cure .



Linda Marlowe Theatre work over six decades includes leading roles in plays written and directed by Steven Berkoff in the West End and touring internationally. Two Seasons at The Old Vic Theatre. Two seasons with The RSC, Stratford and London. *Dance of Death* by Strindberg, GateTheatre. *Bar in a Tokyo Hotel* (Tennessee Williams) and *Harold and Maude*, Charing CrossTheatre. Eight Solo Shows, performed in Edinburgh, London and Internationally. Founder member and performer of The Sadista Sisters, 70's pre-punk, feminist rock group. Many Film and TV roles working with actors such as Richard Burton, Peter O'Toole, Ava Gardner, Albert Finney, Gillian Anderson, Gary Oldman and Adrien Brody.



VonDexter Montegut II is honored to have another opportunity to collaborate with 24 Hour Plays. Currently based in Los Angeles, he received his bachelor's degree at Temple University in Philadelphia and his master's degree at the Royal Birmingham Conservatoire in the United Kingdom. When not performing, he enjoys having spirited conversations, passionately singing karaoke, and dancing freely. He sends love and light to his family in Washington, DC. Keep up with him on social media: @vondexterm https://www.vondexterm.com/



Emma Ramos is a bi-lingual Mexican actress, comedian, and sketch comedy artist. She won the CenturyFox/Disney Women of Color TV Pilot Incubator as well as the Warner Media 150 Award at the 2020 Sundance Film Festival. Her sketch series *B.U.T.S.* won Best Comedy at NBC Universal Short Film Festival, and was nominated twice for the Imagen Awards. Emma's TV credits include a recurring role in *New Amsterdam, Law & Order: SVU, Unforgettable,* and *Valentina*. She was a semi-Finalist for Sundance's "New Voices". Her theater credits include Ivo Van Hove's *Scenes From a Marriage, Water by the Spoonful* by Quiara Alegría Hudes, Pablo Neruda's *R&J* for the Public Theater's Mobile Unit and *Frontiers Sans Frontiers* ("Ramos should win a prize for this."—*Time Out*). emmaramos.com

Lymphatic Education & Research Network

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SATURDAY DECEMBER 4 2021

AGENDA

AND SESSIONS INFORMATION



2021 National Lymphedema Conference

Moving Evidence into Practice | Dec 3 - 4, 2021 Virtual Event

CLF CANADIAN LYMPHEDEMA FRAMEWORK PCL PARTENARIAT CANADIEN DU LYMPHOEDÈME

PATIENTS + HEALTH PROFESSIONALS FOCUS

Agenda Day 2: Saturday, December 4

ALL TIMES IN NORTH AMERICAN EST

SIMULTANEOUS TRANSLATION

START	END	SESSION DESCRIPTION	SPEAKER/PRESENTER
9:00 AM	10:00 AM	EXHIBIT HALL AND POSTER HALL OPEN	
9:00 AM	9:45 AM	PATIENT PRE-OPENING SESSION BROUGHT TO YOU BY PLATINUM SPONSOR 3M	
		An overview of lymphedema - Its diagnosis, treatment, and self-management	Neil Piller
10:00 AM	10:30 AM	OFFICIAL OPENING: WELCOME AND KEYNOTE ADDRESS	
		Welcome from the Canadian Lymphedema Framework	David Keast Anna Kennedy
		KEYNOTE ADDRESS - COURTESY OF LE&RN	
		Motivational Speaker: LE&RN Spokesperson and Academy Award Winner	Kathy Bates
10:35 AM	11:15 AM	DIAGNOSTICS	
		Imagery and Lymphedema Clinical Care	Jean-Paul Belgrado (FR)
11:20 AM	12:00 PM	JUZO GOLD SPONSORED INDUSTRY SESSION	INDUSTRY PRESENTER
		Creative Treatment Solutions from Juzo	John Jordi Kim Gladman
12:00 PM	12:25 PM	REFRESHMENT BREAK - VISIT THE EXHIBIT HALL AND POSTER HALL	
12:25 PM	1:45 PM	SURGICAL PANEL OF LYMPHATIC SURGEONS	
		Current surgical options in the treatment of lymphedema	Jay Granzow
		Modern debulking techniques for lymphedema and lipedema	Håkan Brorson
		DD-LVA - Preventive Lymphatic Surgery	Wei Chen
		Lymphedema Surgery as Part of an Integrated Lymphedema Treatment System	Jay Granzow
1:45 PM	2:15 PM	REFRESHMENT BREAK - VISIT THE EXHIBIT HALL AND POSTER HALL	
2:15 PM	2:55 PM	LIPEDEMA	
		International Consensus on Lipoedema - why we needed this paradigm shift	Tobias Bertsch

2021 National Lymphedema Conference

Moving Evidence into Practice | Dec 3 - 4, 2021 Virtual Event

CLF CANADIAN LYMPHEDEMA FRAMEWORK | PCL PARTENARIAT CANADIEN DU LYMPHOEDÈME

PATIENTS + HEALTH PROFESSIONALS FOCUS

Agenda Day 2: Saturday, December 4

ALL TIMES IN NORTH AMERICAN EST

SIMULTANEOUS TRANSLATION

START	END	SESSION DESCRIPTION	SPEAKER/PRESENTER
3:00 PM	3:30 PM	**CELLULITIS**	
		Risk factors for cellulitis	Catherine McCuaig (FR)
3:35 PM	3:50 PM	**SIGVARIS SILVER SPONSORED INDUSTRY SESSION**	INDUSTRY PRESENTER
		Sigvaris Makes Your Life Easier	Craig Miller
3:50 PM	4:05 PM	REFRESHMENT BREAK - VISIT THE EXHIBIT HALL AND POSTER HALL	
4:05 PM	5:00 PM	**EXERCISE PRACTICALITIES**	
		The role of exercise in the prevention and management of lymphedema	Sandi Hayes
		ORAL ABSTRACTS	ABSTRACT PRESENTERS
		Therapeutic Exercise for Lymphedema	Naomi Dolgoy
		Debunking the myths around resistance and strength training exercise in cancer-related lymphedema	Mona Al Onazi
5:00 PM	5:20 PM	REFRESHMENT BREAK - VISIT THE EXHIBIT HALL AND POSTER HALL	
5:20 PM	6:10 PM	**ADVANCES IN OUTCOME MEASUREMENT & PREVALENCE**	ABSTRACT PRESENTERS
		Lymphedema, BMI and socioeconomic status	David Keast
		Lymph-Q upper extremity module	Manraj Kaur
		Axillary Web Syndrome scoring system	Marie-Eve Letellier
		A virtual arm self-measurement protocol	Kendra Zadravec
		Using photo-elicitation in self-managing BCRL	Elizabeth Anderson
6:15 PM	6:50 PM	**OBESITY-RELATED LYMPHEDEMA**	
		Pathophysiology of lymphedema and its relation to obesity	Raghu Kataru
		Where do we go from here? Panel discussion	Anna Towers Marie-Eve Letellier David Keast
6:50 PM	7:00 PM	**CLOSING REMARKS**	
		Leaderboard Standings and Prizes Awarded Conference Closing Remarks	CLF Scientific Committee & Conference Planning Committee Members

Recorded sessions available on the conference platform by December 10.
Entire conference available for on-demand viewing until Jan 31, 2022.

SATURDAY: December 4, 2021

SESSION: S1. PATIENT Pre-conference Session
SATURDAY: 9:00am – 9:45am

AUDIENCE: Patients
MODERATOR: Pamela Hammond RMT, CDT

An Overview of Lymphedema - Its Diagnosis, Treatment, and Self-management

OBJECTIVES

You are about to embark on an exciting learning experience about our lymphatic system, its roles in keeping our cells and tissues (and our holistic self) in good condition, and about the range of tools and techniques to gain information about when it's working well (and when it's not). This information helps our health professionals to determine your optimal treatment and you will be better able to manage your condition.

This introductory session will set the scene for what you are about to hear and see at the conference. I will cover:

- a little of the lymphatic system anatomy, physiology and pathophysiology
- how a differential diagnosis can be made to better know the type of swelling you have (with our focus on lymphedemas of course)
- some of the risk factors (like being overweight, having multiple infections or being inactive)
- and show you some of the new directions in treatments of compression such as wraps and materials and other treatment modalities.

I'm doing this so when you listen to the rest of the presentations today, you will have a stronger knowledge base to understand more of what is on offer, what the alternatives are and have the confidence to ask the right questions so you and your therapist can together gain control over your condition.



Presented by: Neil Brenton Piller BSc(hons), PhD, FACP (Adelaide, Australia) is a lymphologist and Director, Lymphoedema Clinical Research Unit, Department of Surgery, College of Medicine and Public Health, Adelaide, South Australia. He was Vice-Chair and Board Member of the International Lymphoedema Framework until 2019, the International Society for Lymphology and the Australian College of Phlebology until 2020. He is an advisory committee member of ENCORE and a board member of the SA Health Compression Garment Scheme and a member of the Australasian Lymphoedema Association Research Committee.

Neil is Clinical Sciences Editor (Journal of Lymphoedema), Australasian Editor (Lymphatic Research/Biology) and an Editorial Board member of Lymphology. He is Director of the Lymphoedema Clinical Research Unit at Flinders Centre for Innovation in Cancer. He supervises PhD/MD students. He and his group are running a current trial on LYT-100 for the treatment of BCRL along with two other sites in Australia.

Neil and team members have a wide range of interests including determining the accuracy of applied pressure profiles during lower leg bandaging using a fibre-optic sensing tape and examining the effect of vibration on normal and lymphedematous legs. Neil is committed to improving the outcomes for lymphedema patients by ensuring treatment strategies are targeted/sequenced. Most important are the strategies to improve outcomes by helping clinicians deliver what is optimal and which meet patient functional and personal needs with a holistic multidisciplinary approach.

SESSION: OPENING SESSION
SATURDAY: 10:00am – 10:30am
MODERATOR: David Keast and Anna Kennedy

Lymphatic Education & Research Network

Keynote Address

The dedication and hard work of the Canadian Lymphedema Framework has fueled the activism that has united our communities across North America. In her keynote address, Ms. Bates reflects on Canada's success while she looks back on her personal journey of living with lymphedema and her decision to become the Global Spokesperson for the Lymphatic Education & Research Network.



Kathy Bates is an American actress and director. She has been the recipient of numerous accolades, including an Academy Award, two Primetime Emmy Awards, and two Golden Globe Awards. She garnered a Tony Award nomination for Best Lead Actress in a Play in 1983 for her performance in 'night, Mother, and won an Obie Award in 1988 for her performance in Frankie and Johnny in the Clair de Lune. Bates' performance as Annie Wilkes in the tense psychological thriller Misery (1990) marked her Hollywood breakthrough, winning her the Academy Award for Best Actress. Further acclaim came for her starring role in Dolores Claiborne, The Waterboy, Fried Green Tomatoes, and Titanic. Bates received subsequent Oscar nominations for Best Supporting Actress for Primary Colors, About Schmidt, and Richard Jewell.

Bates' television work has resulted in 14 Emmy Award nominations, including two for her leading role on the NBC series Harry's Law. She won the Primetime Emmy Award for Outstanding Guest Actress in a Comedy Series for her appearance on the ninth season of Two and a Half Men and the Primetime Emmy Award for Outstanding Supporting Actress in a Miniseries or Movie for her portrayal of Delphine LaLaurie on the third season of American Horror Story.

Bates is a two-time cancer survivor. She developed lymphedema after a double mastectomy. Since that time, she has dedicated herself to being the Global Spokesperson for the Lymphatic Education & Research Network (LE&RN). LE&RN fights lymphatic diseases such as lymphedema through education, research, and advocacy.

SESSION: DIAGNOSTICS - Imagery and Lymphedema Clinical Care
SATURDAY: 10:35 – 11:15am
MODERATOR: Marie-Eve Letellier PhD, CDT

Imagery and Lymphedema Care in Clinical Practice



The use of fluorescent dyes and cameras are shown to be an effective examination tool for visualizing the lymphatic system. ICG Fluoroscopy provides us the ability to visualize the lymphatic system in real time. Through the use of a specific camera equipped with infrared diodes and adapted filters, the lymphatic architecture and propulsion can be seen. In addition the pathway of the drainage of the lymph or failings of the system can also be recognized. This technique complements the collection of lymphatic imaging tools to study lymphedema and the superficial lymphatic system.

Presented by: Jean-Paul Belgrado Professor, MSc, PhD, has clinical experience in the treatment of lymphedema as a physiotherapist. He is also Professor in Lymphology at the Faculty of Human Motility at the Université Libre de Bruxelles, and Head of the Lymphology Research Unit. He co-founded the Brussels Lymphology Clinic in the UMC Saint-Peter where he is Scientific Advisor.

SESSION: JUZO Sponsored Session
SATURDAY: 11:20am – 12:00pm

Creative Treatment Solutions from Juzo

Learn how to effectively treat your patients through a unique experience of joining Juzo's John Jordi and Kim Gladman: *therapists talking to therapists.*



Presented by: John Jordi BS, PTA, CLT-LANA, CI, ASTYM, received training as a Physical Therapist Assistant from St. Catherine University, Minneapolis, Minnesota, in 1993. In 2007, he earned a B.S. in Business Administration (summa cum laude) from Bryan College, Dayton, Tennessee.

John has been a therapist for 28 years. His early background includes treatment of strokes, brain injuries, and wound care. For the past 22 years he has specialized in lymphedema treatment and research in both inpatient and outpatient settings. Most recently he served as Clinic Director of a physical therapy clinic specializing in lymphedema, venous disease, and custom garment fittings.

Currently he is the Clinical Manager for Juzo USA, in addition to treating lymphedema and CVI at The Vein Institute in Chattanooga. John is also an adjunct instructor for the University of Tennessee at Chattanooga where he teaches the lymphedema portion of the doctorate program. He is a senior instructor for Academy of Lymphatic Studies (ACOLS) and has been with them since 2008. John has been a speaker at Klose training, NLN and AVLS.

John has been published 4 times and provides the clinical expertise for the research publications with Vanderbilt University and Western Carolina University. These articles have appeared in Radiology, Journal of Lymphoedema, and Lymphatic Research and Biology. John also consults with other universities and businesses in continued research related to lymphedema.



Presented by: Kim Gladman, Territory Manager, Medical Education Liaison at Juzo. Since 2005, Kim has been helping patients with lymphedema through the administration of Manual Lymph Drainage (MLD) and Combined Decongestive Therapy (CDT). After graduating in 1999 from the Canadian College of Massage and Hydrotherapy, Kim began her career at St. John's Rehab Hospital treating patients recovering from severe burns, amputations, strokes, hip and knee replacements and a variety of orthopedic injuries. Here she pioneered an essential massage therapy program, the first of its kind in an Ontario hospital setting.

Moving to Halton in 2010, she established her own practice working closely with her community and other healthcare professionals focusing only lymphedema care. It was here Kim realized that there was an opportunity to help influence and educate her patients and peers on the identification and treatment options for patients suffering from lymphedema. Her expertise combined with the passion for promoting the benefits of compression garments established her as a leader in this field. She has published many articles, facilitated seminars for both patients and clinicians and continues to be an active spokesperson and champion for lymphedema awareness. Kim's extensive knowledge and dealer experiences as a therapist and certified fitter are a perfect complement to support Juzo's mission as a market leader in the development and distribution of industry leading lymphedema products.

SESSION: Surgery Panel
SATURDAY: Dec 4 12:25pm – 1:45pm

MODERATOR: Jay Granzow MD, MPH, and Tracy Gardikiotis

OBJECTIVES

Provide a comprehensive and balanced view of the different options for lymphatic surgical treatments and the appropriate protocols necessary for successful patient outcomes. A panel discussion follows.

Current Surgical Options in the Treatment of Lymphoedema

Surgical treatment for lymphedema has continued to increase in popularity. Many surgical options exist, each of which have advantages and limitations. Multiple variations of techniques add to the complexity faced by patients and therapists. This presentation will provide a brief overview of the lymphedema disease progression and where lymphedema surgery fits in the treatment process.



Presented by: Dr. Jay Granzow MD, MPH (Jacksonville, Florida) is an internationally respected lipedema and lymphedema surgeon. He is Board Certified both in Plastic Surgery and Head and Neck Surgery. Dr. Granzow speaks at many national and international conferences and has published numerous scientific articles in leading medical journals.

Dr. Granzow uses an integrated treatment system consisting of lymphatic-sparing surgery for lipedema combined with specialized therapy to achieve maximum results in his patients. A pioneer in lymphedema surgery, Dr. Granzow successfully integrated lymphedema therapy with three types of lymphedema surgery including vascularized lymph node transfer (VLNT), lymphaticovenous and suction assisted protein lipectomy (SAPL). In 2008, he founded the Lymphedema and Lipedema Center, focusing on a holistic approach to lymphedema care.

From 2005 to 2020, Dr. Granzow served as Clinical Professor of Surgery, in the Division of Plastic Surgery at the University of California Los Angeles School of Medicine. Since then, Dr. Granzow is focusing on establishing a new treatment center in Florida.

Modern Debulking Techniques for Lymphedema and Lipedema

The presentation describes the pathophysiology behind adipose tissue deposition in lymphedema and how liposuction can completely reduce the excess.



Presented by: Professor Håkan Brorson, MD, PhD (Lund, Sweden) is Senior Consultant Plastic Surgeon, Director Lymphedema Center, Plastic and Reconstructive Surgery, Skåne University Hospital, Malmö; Department of Clinical Sciences, Lund University, Sweden. He received his Medical Degree and PhD at Lund University. Specialist in orthopedic and plastic surgery. He is Professor of plastic surgery at Lund university, Lund, Sweden and Professor at Esculera de Graduados, Asociación Médica Argentina (EGAMA), Buenos Aires, Argentina.

American National Board Exam 1983. Consultant plastic surgeon/licensed Surgeon to Children's Hospital, Little Rock, Arkansas, 2003. Board certified in Medicine, MA and Faculty License, Beth Israel Deaconess Medical Center, Harvard Medical School, Boston, 2005-2006.

His research is focused on the formation and distribution of adipose tissue in lymphedema using CT, MR Imaging/Spectroscopy and Dual Energy X-ray Absorptiometry for gross anatomy; microarray and RT-PCR for genetic studies; metabolomics and lipidomics; incidence of erysipelas after liposuction; long-term results after liposuction of arm and leg lymphedema. He has trained 42 teams around the world to treat lymphedema with liposuction, a treatment that he developed over 30 years ago.

DD-LVA - Preventive Lymphatic Surgery

Delayed distally-based prophylactic LVA is an adapted LYMPHA preventative supermicrosurgical procedure that improves functionality, feasibility and oncologic safety. The outcome of this approach is extremely favorable and recommended universally to all patients at the Cleveland CLinic who are undergoing a lymph node dissection and radiation.



Presented by: Wei Chen MD, FACS is a professor of plastic surgery at Cleveland Clinic and serves as the head of microsurgery and super microsurgery and co-director of Cleveland Clinic's multidisciplinary lymphedema center. He is internationally renowned for his expertise in lymphatic super microsurgery, pioneering several procedures, which have now become the mainstays for lymphedema reconstruction at many major academic medical centers.

Lymphedema Surgery as Part of an Integrated Lymphedema Treatment System

Lymphedema surgeries can be extremely effective in improving the quality of life for patients if they are properly diagnosed and selected as part of a comprehensive and integrated treatment process. With more than 15 years of expertise in treating lymphedema patients, Dr. Granzow will review how consistent and long-term positive outcomes can be achieved, and what lymphedema surgeries can and cannot be expected to accomplish. The importance of lymphedema therapy as an integral part of the treatment process will be reviewed.



Presented by: Dr. Jay Granzow MD, MPH (Jacksonville, Florida) is an internationally respected lipedema and lymphedema surgeon. He is Board Certified both in Plastic Surgery and Head and Neck Surgery. Dr. Granzow speaks at many national and international conferences and has published numerous scientific articles in leading medical journals.

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From 2005 to 2020, Dr. Granzow served as Clinical Professor of Surgery, in the Division of Plastic Surgery at the University of California Los Angeles School of Medicine. Since then, Dr. Granzow has been focusing on establishing a new treatment center in Florida.

SESSION: Lipedema
SATURDAY: 2:15 – 2:55pm
MODERATOR: Sandra MacDonald

OBJECTIVES

Present best practises according to the new European consensus document – dispelling the myths.

International Consensus on Lipoedema - Why We Needed This Paradigm Shift

Lipedema is associated with numerous myths that found their way into scientific publications decades ago, and which have been accepted and repeated since then without criticism. These myths have become widely accepted facts among health professionals and also among lipedema patients.

Many of these myths have been debunked in recent years. For instance, we now know that lipedema is not an "edema disease". We also know that pure lipedema is not a disease of the lymphatic vessels. This paradigm shift also has consequences for the treatment of patients. If no edema can be detected in lipedema, decongestion also makes no sense. Instead, we should focus on the actual suffering of our patients.

Patients diagnosed with lipedema mainly suffer from pain in the adipose tissue. However, the perception of pain depends heavily on the psychological situation of the women. Many patients suffer from psychological stress and mental disorders, which already existed before the onset of lipedema and which in turn increase the sensation of pain. The vast majority of patients also suffer from weight gain, which is certainly not caused by lipedema but by obesity. And finally, women diagnosed with lipedema suffer from a lack of self-acceptance - not least due to the current ideal of beauty.

This paradigm shift led to an ‘International Consensus on Lipedema’, which was drawn up by renowned experts from seven European countries and published in 2020. This consensus is now supported and disseminated by opinion leaders from 14 European countries and well-known experts from the USA, Canada and Australia. The therapy concept recommended in the International Consensus Document affects all aspects described and is presented in the lecture together with the scientific principles.



Presented by: Tobias Bertsch MD, (Hinterzarten, Germany) is the Senior Consultant at the Foeldi Clinic in Germany, European Centre of Lymphology. From 2016-2019 Dr. Bertsch served as a Secretary General of the German Society of Lymphology. In 2019 he was the Congress President of the German Congress of Lymphology. He is the founder of the European Lipoedema Forum, an international network of renowned health care professionals from 14 European countries as well as from well-known experts from Canada, the US and Australia.

Dr. Bertsch is the leading author of the article series "Lipoedema - myths and facts". These articles have spread worldwide and contribute to an essential amount to the paradigm shift we currently see in diagnoses as well as in treatment of lipoedema. The European Lipoedema Forum created a Consensus and Best Practice Document on Lipoedema which has been published in February 2020. Together with the renowned psychologist Gabriele Erbacher Dr. Bertsch also is lead author of the International Consensus Document on Lipoedema which was published in October 2020.

Dr. Bertsch developed a unique, multi-disciplinary therapy program at the Foeldi Clinic for patients suffering from morbid obesity, obesity-associated lymphedema and lipedema. He has earned Specialist Certification of Obesity Professional Education (SCOPE), the only internationally-recognized certification in obesity management for healthcare professionals. He and his team consult with approximately 4,000 patients per year.

SESSION: Cellulitis
SATURDAY: 3:00 – 3:30pm

MODERATOR: Anne-Marie Joncas

OBJECTIVES

Skin care basics etc. Compression as prevention.

Risk Factors for Cellulitis

Cellulitis is a serious complication of lymphedema. Addressing the key risk factors is the key to reduce the recurrence of cellulitis and prevent it in the first place.



Presented by: Catherine McCuaig MD, FRCPC (Montreal, Canada) loves the practice of dermatology. Her special interests include neonates, vascular anomalies (Hemangioma Investigator Group and the International Society for the Study of Vascular Anomalies), lymphedema, epidermolysis bullosa, laser and teaching. Dr. McCuaig has authored over one hundred peer reviewed articles and 10 dermatology textbook chapters. She is co-chair of the Canadian Lymphedema Framework.

SESSION: S8. SIGVARIS Sponsored Session
SATURDAY: 3:35 - 3:50pm

Sigvaris Makes Your Life Easier

A demonstration and information about Sigvaris' inelastic compression wraps, Compreflex, Coolflex & Medaform Arm.



Presented by: Craig Miller, General Manager at Sigvaris Canada is a well-rounded, bilingual senior executive and organizational leader with 20+ years of experience driving revenue, business performance, client loyalty, strategic relationships, and brand value.He has been a member of the Sigvaris North American Management Group since 2008 and is a member of the board of the Canadian Assistive Devices Association.

SESSION: Exercise Practicalities
SATURDAY: 4:05pm – 5:00pm

MODERATOR: Naomi Dolgoy M.OT, CLT, PhD

OBJECTIVES

Understanding the role of exercise in the prevention and management of lymphedema. Provide practical solutions and suggestions for patients to include movement and exercise in their daily lives.

The Role of Exercise in the Prevention and Management of Lymphedema

The role of exercise in the prevention and management of lymphedema In 2019, the American College of Sports Medicine concluded that a supervised, progressive resistance exercise program was safe for those with or at risk of developing breast cancer-related lymphedema, but that there was insufficient evidence to draw safety conclusions for unsupervised exercise, aerobic exercise or for those at risk of developing cancer-related lymphedema (CRL) other than breast cancer-related lymphedema. However, since the late 1990's, there has been an exponential increase in the number of studies evaluating the role of exercise, including beyond resistance-based exercise alone, in the prevention and treatment of lymphedema.

Findings from this review lend support for the application of physical activity and exercise guidelines for the wider cancer population to those with or at risk of CRL. This includes promotion of aerobic and resistance exercise, and not just resistance exercise alone, as well as unsupervised exercise guided by symptom response. The findings, strengths and limitations, and translational importance of this review will be covered during the presentation.



Presented by: Professor Sandi Hayes PhD (Brisbane, Australia) leads the ihop cancer survivorship program of research at Griffith University, Queensland Australia. Her research seeks to describe the prevalence and impact of concerns experienced as a consequence of cancer and its associated treatment, and evaluates the role of exercise post-cancer. She has conducted prospective, cohort studies in breast and gynaecological cancer, involving more than 4000 women, and 24 clinical trials in exercise oncology, involving more than 2700 people with a range of cancers including breast, blood, brain and gynaecological. Within this broader program of research, Dr Hayes has a particular interest in cancer-related lymphedema.

Therapeutic Exercise for Lymphedema: Upper and Lower limb

SESSION OBJECTIVES: The aim of this patient-centered workshop is to share current research findings and translate their importance into everyday patient outcomes. Individuals living with or at risk of developing cancer related lymphedema will learn about resistance exercises, FITT principles (frequency, intensity, time, and type) of exercise, and ways to add resistance into activities. Targeted to individuals living with or at risk of developing cancer related lymphedema...

Debunking the myths around resistance and strength training exercise in cancer related lymphedema.

BACKGROUND: Growing research on the effectiveness of resistance and strength training exercise for cancer related lymphedema supports the benefit of resistance exercise for improving muscle strength, functional engagement, and quality of life, without exacerbating symptoms of lymphedema. Despite the evidence, some clinical and media information still encourage individuals living with cancer related lymphedema to avoid lifting weight or taking part in resistance exercise. As post-surgical precautions, avoidance of certain activities is important for healing. However, there is no positive outcome associated with long term avoidance of resistance activities for a lymphatic limb. In fact, there are negative consequences that can arise from ongoing limited limb use.

OBJECTIVE: The aim of this patient-centred workshop is to share current research findings about resistance and strength training exercise, and to introduce upper and lower limb lymphedema targeted exercises. GOAL: Individuals living with or at risk of developing cancer related lymphedema will learn about resistance exercises, FITT principles (frequency, intensity, time, and type) of exercise, and ways to add resistance into activities.



Presented by: Mona Al Onazi PT, CLT, PhD(c) is a doctoral candidate at the University of Alberta. She is also a certified lymphatic therapist with clinical experience working with breast cancer survivors. Mona's current research interests involve cancer-related impairments, and she is currently developing lymphedema-specific resistance exercise programming.



Presented by: Naomi Dolgoy M.OT, CLT, PhD is a MITACS Accelerate Postdoctoral Fellow (University of Alberta and Canadian Lymphedema Framework). She is also an Occupational Therapist (M.OT(c)), Certified Lymphatic Therapist (CLT), and research scientist (PhD). Naomi's work focuses on functional outcomes in cancer survivorship.

SESSION: Advances in Outcome Measurement and Prevalence
SATURDAY: 5:20 - 6:10pm

MODERATOR: Marie-Eve Letellier PhD, CDT

OBJECTIVES

To showcase the research and work being done by clinicians and researchers across Canada and abroad regarding Outcome Measurement and Prevalence. A collection of five oral abstract presenters.

Full abstracts can be viewed within the Abstract Booklet.

ORAL ABSTRACT: Lymphedema, BMI and Socioeconomic Status
Presented by: David Keast MSc, MD, FCFP(LM)

ORAL ABSTRACT: Lymph-W Upper Extremity Module
Presented by: Manraj Kaur PT, PhD

ORAL ABSTRACT: Axillary Web Syndrome Scoring System Q
Presented by: Marie-Eve Letellier PhD, CDT

ORAL ABSTRACT: A Virtual Arm Self-measurement Protocol
Presented by: Kendra Zadravec PhD student

ORAL ABSTRACT: Photo-elicitation in Self-managing BCRL
Presented by: Elizabeth Anderson PhD, RN, CLT

SESSION: Obesity and Lymphedema
SATURDAY: 6:15 - 6:50pm

MODERATOR: Anna Towers MDCM, FCFP

OBJECTIVES

Obesity is one of the biggest risk factors for lymphedema in North America. This session will help participants understand the link from a physiology perspective, outline how big the problem is in Canada, and discuss solutions for managing this risk.

Pathophysiology of Secondary Lymphedema

Secondary lymphedema (LE) in the western world mostly results from lymphatic insufficiency due to surgical damage to the lymphatic system leading to a progressive inflammatory process that ultimately manifests as tissue swelling, discomfort, recurrent infections. LE affects up to 1 in 6 patients who undergo treatment for a solid tumor in the United States. Its prevalence has increased as more effective oncologic therapies have improved patient survival, but there remains no definitive cure. Although there have been recent advances in microsurgical interventions, a conservative palliative approach remains the mainstay of treatment for this disabling disease. However, recent research from our lab and others has elucidated new details in the pathogenesis of the disease and has demonstrated that it is fundamentally an immunologic progress that ultimately results in inflammation, fibroadipose deposition, impaired lymphangiogenesis, and dysfunctional lymphatic pumping. The purpose of this presentation is to provide an overview of the ongoing research, current understanding of the inflammatory pathophysiology of LE and its close association with Obesity and related potential therapeutic intervention strategies.



Presented by: Raghu Kataru PhD (New York, USA) works as an Assistant Lab Member, Dept. of Surgery, Plastic surgery service, Memorial Sloan Kettering Cancer Center (MSKCC), New York, USA. He has 16 years of research experience in the field of lymphatic biology and acquired his PhD in vascular biology from KAIST, South Korea. In collaboration with Dr. Babak Mehrara, his research focus is inflammatory regulation of lymphatic vessels growth and function in different pathologies like secondary lymphedema, chronic obesity and cancer. Using transgenic mouse models and human biopsy samples his research deals with lymphatic remodeling, function and interaction with immune cells and tissue microenvironment in above mentioned chronic pathologies. We try to understand how lymphatics respond to pathologies like lymphedema and how these responses in turn affect the disease pathology in a feed forward manner.

Obesity-related Lymphedema in Canada: Where Do We Go From Here?

Lymphedema related to obesity often co-exists with chronic venous insufficiency as a contributing factor. Combined, these are the most common causes of lymphedema in Canada. Complications such as cellulitis, sepsis, chronic wounds and functional issues are common in this population and yet these patients remain under diagnosed and under treated. What can be done in our own communities to increase awareness and facilitate prevention and early treatment? This session will be followed by an interactive discussion of possible strategies to try to address this important problem.



Presented by: Dr. Anna Towers MDCM, FCFP (Montreal, Canada) is a palliative care physician with a longstanding subspecialty interest in lymphedema care, to which she has dedicated a substantial part of her 45-year medical career. She is Associate Professor of Oncology and Family Medicine, McGill University, and past Director of Palliative Care McGill. She is Founding Co-Chair of the Canadian Lymphedema Framework. Since 1996 she is Director of the Lymphedema Program at the McGill University Health Centre (MUHC) where she has been working with a dedicated, academically oriented team of lymphedema therapists. The team is actively involved in research and in teaching, nationally and internationally. The MUHC Program and its associated Quebec partners have recently been designated a Network of Excellence by the Lymphedema Education and Research Network (LE&RN).

Interactive Panel Discussion



Presented by: Marie-Eve Letellier PhD, CDT obtained her bachelor and master's degree in kinesiology from Sherbrooke University. After graduating, she completed her training in combined decongestive therapy in 2005 with the Dr. Vodder School-International and in aqualymphatic therapy (Tidhar method). In order to improve her knowledge in both clinical and research work, she completed doctoral studies in 2016 in rehabilitation sciences from McGill University. Her thesis was on arm dysfunction after breast cancer and its impact on quality of life. She combines research and clinical work at the MUHC Lymphedema clinic. She also has a private practice. She is a theory lymphedema instructor for the Vodder School International.



Presented by: Dr. David Keast MSc, MD, FCFP(LM) (London, Canada) graduated from Western University with a Masters Degree in Chemistry and taught high school for 11 years before entering Queen's University (Canada) to study medicine, graduating in 1985. He is a Fellow of the College of Family Physicians of Canada. He practised Family Medicine for 25 years before focusing his practice on chronic wound and lymphoedema management. He is currently the Medical Director of the Outpatient Chronic Wound and Lymphedema Consultation Clinic at the Parkwood Institute, London. Dr. Keast is Clinical Adjunct Professor of Family Medicine, Schulich School of Medicine and Dentistry and Associate Scientist in the Parkwood Research Institute, part of the Lawson Health Research Institute. He has research interests in wound assessment tools, and the nature and characteristics of people living with lymphedema.

SESSION: Closing Remarks
SATURDAY: 6:50pm

BY: Canadian Lymphedema Framework Team



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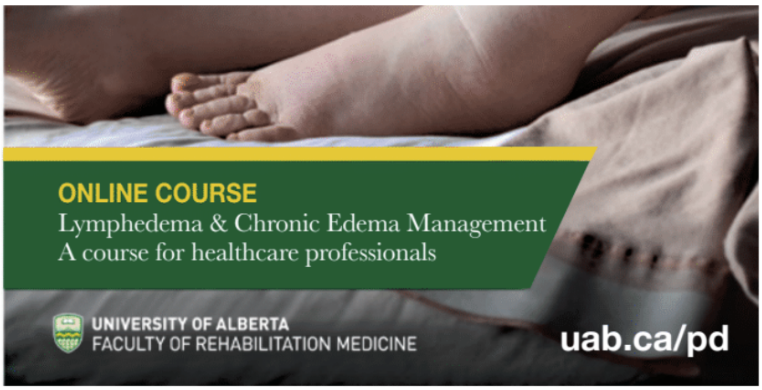
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An introduction for any generalist healthcare clinicians who may see individuals experiencing lymphedema or chronic edema in Canada or abroad.

GUEST LECTURES:
Well-known experts including Dr. Stanley Rockson, Dr. Melissa Aldrich, Dr. David Keast, Dr. Anna Towers, Dr. Catherine McCuaig, Dr. Vaughan Keeley, Dr. Siba Haykal, Dr. Elizabeth Dylke, Ms. Heather Watt, and Ms. Mona Al Onazi.



WINTER SEMESTER: MARCH 7–15, 2022

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