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Lymphedema Prevention & Proactivity

Risk Reduction ~ Managing Lymphedema



In Partnership With:



Plenary Descriptions

Main Theatre

Risk Reduction (9:15AM)

Naomi Dolgoy

Addressing risk reduction, wellness, health, and self-management of lymphedema. The focus of this keynote will be on person-centred care, wherein life fits with the management of lymph.

Title: Exercises for Lymphedema (11AM)

Mona Al Onazi

This session will provide an introduction to the theoretical basis and application of exercise principles and therapeutic exercise prescription in the treatment of lymphedema. Mona will also provide a brief overview of the research evidence for exercise for individuals with lymphedema as well as providing practical guidance for patients on how and when they can safely incorporate exercise into a long-term self-management regime after developing lymphedema. Challenges associated with starting and /or resuming exercise after developing lymphedema and how exercise programs may differ for the individual with or at risk of developing lymphedema will also be discussed.

Current Concepts in Lymphedema Surgery (3PM)

Dr. Granzow

1. Goals of lymphedema Surgery
2. Limitations of lymphedema Surgery
3. Importance of the use of a complete and integrated lymphedema treatment system for best results,
4. Lymphedema therapy is a critical part of any lymphedema treatment system,
5. The progression of the lymphedema disease process; fluid predominant at first, solid predominant later. How the above affects type of lymphedema surgery needed,
6. The importance of proper patient selection for lymphedema surgery
7. Types of lymphedema surgery and when best used

2018 Lymphedema Education Day Speaker Bios

Dr. Judy Tang, MD, CCFP

Dr. Judy Tang is a graduate of the University of British Columbia, where she received a Bachelor of Social Work in 1996 and a Doctorate of Medicine in 2010. Her interest in the psychosocial aspects of health and well-being evolved during her seven years as a social worker for disadvantaged older adults in Los Angeles, California. She is deeply passionate about her work as a physician at Inspire Health, providing multidisciplinary supportive programs and services for people living with cancer.

Workshop Notes

2018 Lymphedema Education Day Speaker Bios

Breanne Walker

Breanne is a registered Kinesiologist and Yoga Teacher with a passion for evidence-based, wisdom-centred healthcare. In her role as an Exercise Therapist at 'Inspire Health Supportive Cancer Care,' she coaches patients in safely incorporating physical activity, yoga and meditation into their recovery program. Breanna believes in prioritizing self-care and inspiring others to do the same.

Denise Drisdale

Denise graduated from St. Thomas University, NB in 1995, and moved to BC and pursued a career in mental health at the Spectrum Society for 12 years dealing with community living / disabilities. Later she enrolled in Health Science courses at UBC. Gaining experience in Acupuncture & Chinese massage eventually led her to Massage Therapy, in particular Manual Lymph Drainage (MLD). Since 2008 Denise has been working with Inspire Health as an associate practitioner involved in staff education and monthly member presentations on how to manage Lymphedema. Denise completed advanced MLD training in 2012 a Certified Basic Level Teacher certification with the Vodder International School.

Fatima Inglis

Fatima is a physiotherapist with more than 20 years experience in the management of lymphedema, both primary and acquired. Fatima worked at Holy Family Hospital rehabilitation hospital for people over 55 seeing Lymphedema patients within the public health care system. "My focus has been to develop a practical compression system, in consultation with the patient, to promote self-management, adherence and success." Her wrapping demonstration will address techniques to adapt compression wrapping to achieve reduction of edema/fibrosis and discuss maintenance strategies



Lymphedema Education Day (LED) 2018 Program

Lymphedema: Prevention & Proactivity, Risk Reduction Strategies

Time	Speaker	Description
8:15	REGISTRATION OPENS	
9:00	Christine Chandler & Sharla Walkey	Introduction & Housekeeping
9:15	Naomi Dolgoy	Risk Reduction Addressing risk reduction, wellness, health, and self-management of lymphedema. The focus of this keynote will be on person-centred care, wherein life fits with the management of lymphedema.
10:30	BREAK	
11:00	Mona Al Onazi	Exercise for Lymphedema This session will provide an introduction to the theoretical basis
12:00	LUNCH ~ EXHIBITS ~ BC CANCER LIBRARY LOAD DISPLAY	
	Concurrent Sessions 1	Theatre GYM (20) Library
1:15	Naomi Dolgoy Skin Care	Breanna Walker (Inspire Health) - Yoga/exercise Fatima Inglis Strategies for successful maintenance with compression
2:00	CHANGE OVER	
	Concurrent Sessions 2	Theatre GYM (20) Library Board room (20) Lunch Room
2:10	Dr Judy Tang Inspire Health Services for post cancer patients	Breanna Walker (Inspire Health) - Yoga/exercise Fatima Inglis Strategies for successful maintenance with compression Denise Drisdale Nutrition for lymphedema & post cancer Mona Al Onazi Yoga
2:55	CHANGE OVER	
	Return to Full Group Sessions ~ Location: Theatre	
3:00	Dr Granzow	Current Concepts in Lymphedema Surgery
3:45	Dr. Granzow & Others	Question Period
4:15	Closing Remarks & Evaluation	
4:30	END	

Naomi Dolgoy

Naomi is a doctoral (PhD) candidate working under Dr. Margie McNeely at the University of Alberta as well as a practicing occupational therapist (M.OT) and certified lymphatic therapist (CLT). Recent research projects include working on qualitative data collection for the Lymphedema Night Compression Study (LYNC) related to participant experiences and teaching self-bandaging. Naomi has presented her research at the National Lymphedema Conference in Montreal in Oct 2017 and at the International Lymphedema Conference in Rotterdam June 2018.

Mona Al Onazi

Mona is a physiotherapist, a certified lymphatic therapist (CLT) as well as a PhD student at the University of Alberta under Dr. Margie McNeely. Mona is at the leading edge in developing exercise programs for upper extremity lymphedema with a particular focus on resistance exercises, for breast cancer and lymphedema.

Dr. Jay Granzow

Dr. Granzow is an internationally respected lymphedema surgeon. He serves as Professor of Surgery in the Division of Plastic Surgery at the UCLA David Geffen School of Medicine, and Assistant Chief of Plastic Surgery at Harbor-UCLA Medical Center. He is Board Certified both in Plastic Surgery and Head and Neck Surgery. A pioneer in lymphedema surgery, Dr. Granzow successfully integrated lymphedema therapy with three types of lymphedema surgery including vascularized lymph node transfer (VLNT), lymphaticovenous anastomosis (LVA) and suction assisted protein lipectomy (SAPL). He has published major scientific articles on lymphedema surgery in leading medical journals. Dr. Granzow is a frequent lecturer at U.S. and international conferences, educating patients, therapists and physicians on the latest advances in lymphedema surgery. Dr. Granzow provides lymphedema treatment for patients in his private medical practice located in the Los Angeles area.