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Lymphedema Prevention & Proactivity

Risk Reduction ~ Managing Lymphedema



In Partnership With:



Plenary Descriptions (continued)

Inspire Health Services (3:45PM)

Dr. Judy Tang

An overview of services available for post cancer patients.

Workshop Notes

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



Lymphedema Education Day (LED) 2018 Program

Lymphedema: Prevention & Proactivity, Risk Reduction Strategies

Time	Speaker	Description		
8:15	REGISTRATION OPENS			
9:00	Christine Chandler & Sharla Walkley	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 and application of principles of therapeutic exercise.	
12:00	LUNCH + EXHIBITS			
Concurrent Sessions 1	Theatre	GYM (20)	Library	
1:15	Naomi Dolgoy - Breanna Walker Skin Care	(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)
2:10	Dr Judy Tang Inspire Health Services	Breanna Walker (Inspire Health) - Yoga/exercise Overview of services for post cancer patients	Fatima Inglis Strategies for successful maintenance with compression	Denise Drisdale Nutrition for lymphedema & post cancer
2:55	CHANGE OVER			
Return to Full Group Sessions ~ Location: Theatre				
3:00	Dr Granzow	Current Concepts in Lymphedema Surgery Goals & Limitations of Lymphedema surgery. Criteria for determining timing & surgical options / Importance of complete integrative therapy as part of the treatment therapy		
4:15	Closing - Announcements, Evaluation, Questions			
4:30	END			

2018 Lymphedema Education Day Speaker Bios

Naomi Dolgy

Naomi is a graduate student working under Dr. Margie McNichol at the University of Alberta, completing her Doctoral studies. A recent research project was working on qualitative data collection for the Lymphedema Night Compression Study (LYNC) related to participant experiences and teaching self-bandaging to help with clinical practice. 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 and graduate student at the University of Alberta under Dr. Margie McNichol with a particular focus on exercise, breast cancer, and lymphedema, specifically resistance exercises for lymphedema. Mona is at the leading edge in developing exercise programs for upper extremity 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.

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

After graduating from St.Thomas University, NB in 1995, Denise moved to BC to pursue a career in mental health. She worked for 12 years in the field of Community Living/disabilities at Spectrum Society. During that time she became interested in alternative healing practices, and enrolled in Health Science courses at UBC. Gaining experience in Acupuncture & Chinese massage which eventually led her to Massage Therapy in particular Manual Lymph Drainage (MLD) which proved beneficial for many health conditions when other modalities could not treat them. 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. Having completed the Advanced MLD training program at the Vodder School Denise became an assistant teacher and in 2012 a Certified Basic Level Teacher 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