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Editorial

Robert Harris, HND, RMT, CLT-LANA

The New Year has brought some changes to the Dr. Vodder School with our new name: Dr. Vodder School – International. We train therapists in many different countries around the world; in Australia, Singapore, Japan, USA, Canada, Ireland and more. We felt that our name should better reflect the stu-

dents and therapist we have trained as well as the countries we train in and in cooperation with the Dr. Vodder Schule – Austria, we are in the process of rebranding our School. The logo has been changed slightly and soon you will see changes to our printed media, certificates and website. §

Breast Lymphoedema – A Case Study

By Nerida Hamilton RN MT

Mrs. A was 23 years old when she was diagnosed with right-sided breast cancer. A Right Lumpectomy and Axillary Node Clearance (ANC) was followed by 4 months of chemotherapy and 7 weeks of radiotherapy to the right chest wall. She made a good recovery.

She became pregnant in 2002, aged 34 years and her son, Riley was born. It was only as she was attempting to breast feed in hospital that the full extent of her breast cancer was realised.

There was no milk produced in the right breast and as the milk “came in” the left breast became swollen, red, warm and painful. She was treated for mastitis.



Mastitis in left breast

Quadruple doses of intravenous antibiotics did little to ease the condition of her left breast, and due to the high doses of antibiotics her veins collapsed easily. Only being able to cannulate her left arm (due to her right breast cancer and ANC), Mrs. A also found holding Riley to feed him increasingly difficult which led to a sore, cracked nipple on the left side. She was becoming increasingly frustrated with her attempt at breast-feeding.

It was decided to insert a Central Venous Catheter (CVC) to the right side to deliver the antibiotics. However, within a short period of time her right arm went “blue”. Her physician-oncologist, Dr J.H. was called in to review Mrs. A and his advice was to cease the CVC, and send Mrs. A home on oral antibiotics. Her breast-feeding attempt had lasted 17 days and had been a stressful ordeal. Her left breast took 3 months to resolve.

In December 2005, Dr J.H. referred Mrs. A to me. She was 17 weeks pregnant and her one desire was to breast feed for as long as possible. Once again her right breast didn't change during her pregnancy but her left breast was growing normally.

I saw her monthly and performed a routine lymphoe-



Changes in breast

dema treatment for right sided breast cancer but spent more time clearing her left axilla and left breast. From a L/O point of view her right arm was well under control.

On May 22nd 2006, Hayley was born. From day 2 I visited Mrs. A in hospital and spent half an hour clearing her left axilla and left breast. Her breast-feeding was progressing normally and Hayley was settling well between feeds. Mrs. A was discharged home on Day 7. Twelve weeks later she was delighted by the fact that she was still breast-feeding and as she said, “The only difference between the two breast feeding events has been the massage”.

As Dr J.H. suspected, 3 ½ years ago Mrs. A actually had left breast L/O caused by the radiotherapy 16 years ago, affecting the left Parasternal Lymph Nodes. My massage appears to have resolved the L/O to the left breast whilst she was breast-feeding, especially in the initial stages. She remains eternally grateful for the fact that she can decide when to cease breast-feeding.

Nerida can be contacted at:
nerida.hamilton@westvic.com.au §



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4th Joint Lymphology Congress, Vienna, September 2006

By Robert Harris

The German Dr. Vodder Society of MLD and the German Society of Lymphology held their joint congress in Vienna, Austria. This is the first time it has been held outside Germany. Approximately 500 delegates from European countries attended, with the top names in lymphology presenting.



*Dr. Christine Heim & Dr. Angela Shetty-Lee
(Dr. Vodder Clinic physicians) in Vienna,
2006*

“Lymphangiomas
that are not
connected to the
lymph system are
best treated
surgically, otherwise
CDT is beneficial”

The first day was devoted to workshops on topics such as genital edema, self bandaging, technique review, compression therapy and Kinesio taping. The other two days were lecture presentations with the main sections on lymphedema and autonomic influence, trauma and elective surgery, breast-related edema, plastic surgery,



*Prof. Hildegard Wittlinger giving tribute to
Prof. Hutzschenreuter*

chylus reflux, diagnosis and co-morbidities. Prof. Hildegard Wittlinger gave a moving tribute to the life of Prof. Hutzschenreuter.

Some of the highlights were (presenter's surname underlined and italicized):

Partsch: Pressure in the leg under a short-stretch bandage is approximately 50 mm/Hg at rest and 80 mm/Hg standing. Pressure under a long-stretch bandage is approximately 50 mm/Hg at rest but only 59 mm/Hg standing.

Gallowitsch: Stress causes an increased contraction of the lymph vessels.

Schad: Only sympathetic fibers innervate lymph vessels, not parasympathetic fibers.

Netopil: breast conserving procedures during cancer treatment have tripled in the past 10 years in Germany (accounting now for 60% of breast cancer surgeries). Consequently much more breast edema is now seen.

Baumeister: Long term results (7 years) of microsurgical lymph vessel transplantation around damaged areas show promising results.

Schmeller: Liposuction using fine cannula tumescence techniques showing no damage to lymph vessels, using immuno histological investigation of the aspirate.

Foldi: 20 year follow-up results of CDT for children with primary lymphedema show freedom from lymphedema in 65% cases, improvement in 24% while 11% of patients died during that period.

Schuchhardt: Lymphangiomas that are not connected to the rest of the lymph system are best treated surgically, otherwise CDT is beneficial.

Hauser: Lymphoceles can be treated by injecting a sclerosing agent (ethanol).

Brauer: Functional lymphoscintigraphy results need to be corrected for depth of the assayed lymph nodes and body mass index plays a role in interpretation of the results.

Amman-Vesti: Fluorescence – micro-lymphography is a new tool that can be used to assess morphology and function of initial lymph vessels as well as differential diagnosis of edema. It has also been used to show the effectiveness of CDT in reducing lymph capillary pressure.

Pritschow: Their group has attained 75% success rate in 174 cases, treating the “Lymphatic Child” syndrome.

Vollmer: Lipedema can be managed using compression class II or III flat knit stockings, often using a combination of 2 garments, a stocking and Bermuda or Capri style.



*Uli Pramel, the Vodder Schule
Administrator*

Toepel: Differentiating cardiac edema from venous insufficiency edema using a combination of echo cardiogram and central venous vs. pulmonary arterial pressure measurements. Importance in determining correct treatment. §

National Lymphedema Network Conference

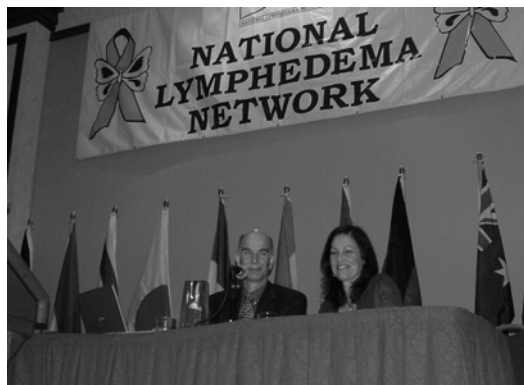
November 2-5, 2006, Nashville, TN



Koby, Robert & GayLee manning the Dr. Vodder booth at the NLN conference

The seventh NLN conference was attended by over 500 delegates from around the world. The Dr. Vodder School had a strong presence both in numbers of participants, presenters and the Dr. Vodder School exhibit, manned by Koby Blanchfield, Gay Lee Gulbrandson and Robert Harris. There were pre-conference workshops including one on patients with morbid obesity and lymphedema, given by Vodder therapists Kathryn Thrift and Shelly Ryan. Another Vodder therapist, Denise Baylor also instructed in a workshop on wound care for the practicing lymphedema therapist. The first day focused on incidence, diagnosis and management with speakers such as Prof. Neil Piller who spoke on subjective edema (does it exist?) and Prof. Waldemar Olszewski who spoke on the lymphatic system in wound healing. The second day offered several concurrent workshop

sessions on topics ranging from truncal and genital edema, insurance and legislative issues, head and neck lymphedema, pediatric and adolescent challenges, and much more. Vodder therapists were involved with this including Ruth Coopee on Kinesio Taping. The third day was lecture style again, focusing more on treatment and research. Jan Douglass (Basic & Therapy I Vodder instructor from Adelaide) gave a report on mild electrical muscle stimulation of lymphedematous legs. The keynote address was given by Prof. Piller on strategies to validate treatment and Kathryn Thrift gave a presentation on NAVALT. The last morning was devoted to case studies. Nashville proved to be a



Prof. Neil Piller and Jan Douglass at the NLN conference

popular location with many music events occurring. LANA hosted an evening at the Grand Old Opry.

The next NLN conference will be held in San Diego, CA, August 27 – 31, 2008.§

Lymphedema treatment in Alberta.

By Diane Martin, President of Alberta Lymphedema Association

On November 7, 2006, the Alberta Cancer Board reached an agreement with the Calgary Lymphedema Rehabilitation Services to provide treatment without fee to cancer patients with lymphedema in Southern Alberta. CDT will be provided along with bandages and padding.

There is no limit on the number of treatments to patients who meet the medical criteria. Patients will need a referral from their oncologist or surgeon to access treatment. Those people who do not have access to either physician should consult their family doctors.

Under contract, the clinic provides patients with a briefing on lymphedema and an initial assessment that includes a physical exam, treatment recommendations,

education, and follow-up with the referring physicians. The expanded agreement is in effect until December 31, 2007. The Alberta Cancer Board expects to have a long term solution in place at that time. Kirsten Hausmann RMT, trained by the Dr. Vodder School, will be providing this service as part of the team at the Calgary Lymphedema Rehabilitation. Kirsten's knowledge of lymphedema is extensive and she has been treating people with lymphedema for many years. There are not many people in the medical field that do not know of her and the good work that she does for people living with lymphedema.

Contact Kirsten Hausmann: ki_hausmann@hotmail.com§



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See page 8 for
upcoming
Conferences and
Reviews



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“Dr. Vodder School therapists excel in research and the community.”

British Columbia Lymphedema Association

By Catherine DiCecca RMT

There has been an obvious need for many years and finally there is a lymphedema patient advocacy group in B.C. With gatherings that started in March 2006, we received the word from Victoria between Christmas and New Year's Day that the British Columbia Lymphedema Association was granted society status. Three people that I have treated asked me to organise a dinner so that they could meet each other and discuss issues and provide feedback. This was our first “semi-official” meeting. From there we gathered momentum. We have had tremendous help from Diane Martin, the president of the Alberta Lymphedema Association, who has answered so many questions about this process and supplied numerous references. One of the next

big steps is applying for Charity status.

The purpose of this association is to become an education resource for patients who have lymphedema, to educate the medical community about lymphedema, and increase awareness in the public about this condition all within this province. We will have a web site up and running in the near future with our information available.

Thanking you in advance for your future support, Catherine DiCecca RMT (DVS instructor and therapist).

Contact Catherine at cathyd13@telus.net

Efficacy of complete decongestive therapy and manual lymphatic drainage on treatment-related lymphedema in breast cancer.

Int J Radiat Oncol Biol Phys. 2006 Dec 14

Koul R, Dufan T, Russell C, Guenther W, Nugent Z, Sun X, Cooke AL. Department of Radiation Oncology, Cancer Care Manitoba, Winnipeg, MB, Canada.

OBJECTIVE: To evaluate the results of combined decongestive therapy (CDT) and manual lymphatic drainage (MLD) in patients with breast cancer-related lymphedema.

METHODS AND MATERIALS: The data from 250 patients were reviewed. The pre- and post treatment volumetric measurements were compared, and the correlation with age, body mass index, and type of surgery, chemotherapy, and radiotherapy was determined. The Spearman correlation coefficients and Wilcoxon two - sample tests were used for statistical analysis.

RESULTS: Of the 250 patients, 138 were included in the final analysis. The mean age at presentation was

54.3 years. Patients were stratified on the basis of the treatment modality used for breast cancer management. Lymphedema was managed with CDT in 55%, MLD alone in 32%, and the home program in 13%. The mean pretreatment volume of the affected and normal arms was 2929 and 2531 mL. At the end of 1 year, the post treatment volume of the affected arm was 2741 mL. The absolute volume of the affected arm was reduced by a mean of 188 mL ($p < 0.0001$). The type of surgery ($p = 0.0142$), age ($p = 0.0354$), and body mass index ($p < 0.0001$) were related to the severity of lymphedema.

CONCLUSION: CDT and MLD with exercises were associated with a significant reduction in the lymphedema volume.

Congratulations to Catherine Russell, PT and Wanda Guenther, RMT both Dr. Vodder trained therapists from Winnipeg, MB, for taking part in this study. §

Laser Therapy for Lymphedema is now available in North America



Low Level Laser

RianCorp, who manufacture low level laser therapy devices used in the treatment of lymphedema patients have partnered with the Dr. Vodder School to make them available in North America. This device has now been FDA approved and is being trialed by some of the Dr. Vodder therapists already. It has been researched and used extensively in Australia in lymphedema management. If you would like to find out more, please contact the Dr. Vodder School and we can provide more information. A press release is attached to this Therapy News [RiancorpFDAnewsrelease.pdf](#). §

Review Reports 2006 / 2007

Review Toronto September 2006



Dr. Kettenhuber presenting at the Toronto Review

St. John's Rehab Hospital was the host of our Review in Toronto, Ontario in September 2006. Case presentations were made by *Pamela Hodgson, RMT* on the treatment of a patient with Non-Hodgkin's lymphoma, leg, scrotal and penile edema as well as the emotional aspect of working with this patient; *Irene Landry, MT* on a primary lymphedema patient with a massive leg and abdominal edema; *Leona DiCasmirro, BScPT* on treatment of a patient with metastatic breast cancer; *Linda Henry, MT* on a patient with arm edema subsequent to the use of drainage ports in the axilla following heart valve implants. On the Sunday morning we were joined by 25 patients and other health care practitioners for lectures from Dr. Kettenhuber on lymphological research and Robert Harris on the impact of lymphedema on palliative care patients.

Review Florida January 2007

The Review was held in Florida again at the Dolphin Beach Resort in St. Pete Beach. 40 therapists attended and we had special presentations on laser therapy for lymphedema by Ann Angel and Lynn Barnett and Advanced Bandaging, presented by Renee Romero. *Ann Angel* gave two presentations on the science behind laser use and then a practical demonstration. *Renee Romero* gave a talk on new bandaging products, padding materials and compression devices. New compression products were also presented by JUZO. Cases were presented by *Marie Lew, LMT* on a patient with post mastectomy lymphedema; *Roger Hughes, LMT* on an 11 year old patient with partial patella dislocation; *Michel Eid, BPE, RMT* on a patient with a stage III lymphedema; *Beryl Olson, MOTR* on her master's thesis on producing a positive adaptational

response in patients with lymphedema. Prof. Hildegard Wittlinger gave a thorough report on the research of Prof. Hutzschenreuter who was one of the leading



Hildegard addressing the Review group in Florida

MLD researchers in Europe. Andreas Wittlinger, PT discussed complex patients treated at the Dr. Vodder clinic in Austria. §



Having some fun at the Florida Review!!



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Videos are now
available in DVD
format!

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Therapy II / III Class in Toronto, ON - September 2006



Jessica Barletta, LMT	Providence, RI	Kitty (Caryl) Martinho, PT	Ottawa, ON
Pauline Becker, BSc, RMT	Toronto, ON	Michelle McGarity, PT	Denver, CO
Catharine Burt, RMT, RN	Kitchener, ON	Angela Kae McLimans, OTR/L	Dakota City, IA
Jillian Clarke, RMT	Chelsea, QC	Kelly Olson, PT	Pompano Beach, FL
Craig Dawson, RMT	Toronto, ON	Wendy O'Rear, PT	Dallas, TX
Julie Groulx, RMT	Toronto, ON	Jennifer Phillips, RMT	Brookville, ON
Barbara Kulikowska, RMT	Kitchener, ON	Janmari Baas Ross, RMT	Waterloo, ON
Lara MacDonald, BSc PT	Ottawa, ON	Bernadette Marie Tallon, RMT	New Hamburg, ON
Christine Marshall, RMT	Ottawa, ON		



Therapy II / III Class in Victoria, BC - November 2006

Heather Blatchley, DPT	Longmont, CO	Sandra Goodenough, MT	North York, England
Trisha Catt, MT	Calgary, AB	Angela Gray, RMT	Vancouver, BC
Rebecca Culley, MT	West Mids, England	Melissa Greene, CMT	Costa Mesa, CA
Lara Eggiman, MT	Victoria, BC	Carly Grigg, MT	Victoria, BC
Becky Faulk, OTR/L	Columbia, SC	Susan Knights, OT	VIC, Australia
Pam Fichtner, RMT	Saskatoon, SK	Melody Southgate, MT	Kitchener, ON
Gabriella Friesen, RMT	Vancouver, BC	Richard Stannard, RMT	Ottawa, ON
Sara Garrell, MT	Valley Glen, CA	Candy Van Frachen, CMT	Kalispell, MT
Elizabeth George, OT	Aventura, FL	Joyce VanDyk, RMT	Chilliwack, BC
Neil Goodenough, BSc, MT	North York, England	Inge Westerlinck	Cleveland, UK

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To our newly Certified Therapists!

Félicitations à nos nouveaux diplômés!



Laval, PQ - September 2006
(No Photo available)

Marie Andrée Légère, PT

Stéphanie Rycaj Guillemette, RMT Ottawa, ON

Kimberly Morin, PT

Daniel Boulet, MT

Patricia Chabot, PT

Sylvie Pilon, MT

North Tetagouche, NB Sylvie Joanne Racine, MT

Ottawa, ON

Ottawa, ON

Gatineau, PQ

Gatineau, PQ

Gatineau, PQ

Martine Hupe, MT

Chantal Gagnier, MT

Pierrette Belanger, MT

Jeanne-D'Arc Pelletier, MT

Granby, PQ

Rouyn - Noranda, PQ

St. Calixte, PQ

St. Lazare, PQ

Ste – Sophie, PQ

Ottawa, ON

New Therapy I Instructor



Jan Douglass

The Dr. Vodder School congratulates and welcomes Jan Douglass of Australia to the team of Therapy I instructors. Jan recently completed her training and is now able to teach Basic and Therapy I classes. §

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Canada, V8R 6N4

Conferences 2007 / 2008

Lana Recertification: Attending a Dr. Vodder Review meets the recertification requirement for LANA.

LANA Exams:

April 16 – May 05, 2007 and
September 24 – October 13, 2007

For more information about the exams and dates
please Contact: www.clt-lana.org

International Society of Lymphology Conference:
September 26 - 30, 2007, Shanghai, P.R. China.
Contact: www.lymphology2007.org.

Australasian Lymphology Conference
March 27 – 29, 2008, Perth WA, Australia:
Contact: www.lymphology.asn.au

National Lymphedema Network
August 27 – 31, 2008, San Diego, CA
Contact: www.lymphnet.org

Reviews for 2007

Please register early to confirm your place in a Review. Space is limited according to instructor availability.

Adelaide, SA, Australia

April 15 - 17, 2007. Join us at the Massage Study Centre. Prof. N. Piller will be the main speaker. For more information please contact by email msc@chariot.com.au

Stowe, VT

June 1 - 3, 2007. Join us at the Golden Eagle Resort. Prof. H. Weissleder will be the main speaker. Also offering Marnitz Therapy, Kinesio Taping and the Managing Difficult Patients course .

Walchsee, Austria

June 9 - 11, 2007.

For more information about this course please call 011 43 5374 5245 or email office@wittlinger-therapiezentrum.com

Victoria, BC

July 27 - 29, 2007. Join us at the Bedford Regency Hotel. Prof. H. Weissleder will be the main speaker. Also offering the Managing Difficult Patients course.

For more information About the Stowe, VT and Victoria BC courses please contact Ellie by phone at (250) 598-9862 or by email at info@vodderschool.com §

Articles / Journals

There is a new Journal of Lymphoedema, published in the UK. It's aim is to put lymphoedema care on the map and help develop the clinical practice of all professionals involved in this area of care. The Journal will be published twice a year and will be available on

their website for registered users.

Please visit this website to find out more about the Journal and to become a registered member of the Journal of Lymphoedema at: www.journaloflymphoedema.com §

Administration

We wish Ellie Ford (Karkheck), our administrator at the Dr. Vodder School since July 2004, and her husband Daryl, all the very best for the birth of their first child in February.

This issue of the newsletter is available on our website at the following address:

www.vodderschool.com/special_feature/feb2007_newsletter.pdf. Many therapists request reprints of articles or references and in the future we would like to send you an email with the link to the latest newsletter and any new handouts and articles, flyers etc. §

Employment

Medical office to share in Providence, RI with plastic/reconstructive surgeon; perfect for solo practitioner. Looking for someone we could refer our breast

reconstruction patients to. Experience with lymphatic drainage, scar work, Myo Fascial Release. Call (401) 272-6602 for details. §