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THERAPY NEWS

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Editorial

Robert Harris, HND, RMT, CLT-LANA

July 2008 marked the launch of our new website. Ellie Karkheck-Ford, our administrator has given a good overview of the site below. Please check it out and discover all the new things you can do at www.vodderschool.com. Our reviews and courses continue to grow and a new course will be presented

with the Victoria Review. Please read about the Expert Garment Fitting course with Angela Vollmer and look for all the upcoming classes on our website schedule. Our therapists continue to excel in their work and please see the NLN conference report for examples. §

New Website Launched

Ellie Karkheck-Ford, Administrator

As I'm sure a lot of you have noticed by now, we have a new website with the same web address, www.vodderschool.com. We have implemented many new features such as a new Student / Therapist sign in, Product Purchase, Find an Esthetician (still in development), Education Centre, Industry News, as well as a Tell A Friend area.



Home page of new website

One of the features that will be most useful to our Therapists is the Student / Therapist sign in. This allows students and therapists to see which courses they have taken in the past and when they are due for the next review / recertification. You are able to update your name, address (es), phone numbers and email address (es) along with making purchases. You can also view upcoming courses from inside this area. Registration forms are available on most classes that are organized by the Dr. Vodder School. Please be sure, when using the login for the Student / Therapist account, that you use the same email address that is on the 'Find a Therapist' part of the website. If you don't you will create a new file and you will not be able to see the classes you've taken in the past. You will then need to contact me in order to get this fixed so you can view everything!

The product purchase area is new and we have created a shopping cart system to facilitate this. You simply go through our products and find the ones you are interested in and click 'Add to cart'. Please remember not all items are available to everyone so

if you want to purchase DVDs about the techniques or bandaging you have to be signed into the Student / Therapist area and have the training that goes along with the item. The number of products in your cart will be listed on the left hand side of the web page. Once all products are in your cart simply click 'Checkout'. You can review your items, making any changes needed, update your address (where you want the items mailed to), select your shipping option, preview your total, enter in your Visa or MasterCard (new enhanced features) or pay by Interac (takes you to your banking website to make the purchase) and click 'Continue to check out' to finalize your purchase. Once complete I send it out! There are no more shipping charges per item, just one shipping fee for the whole order which will save you \$\$.

Our Course Calendar is new and improved. You can see which courses are coming up within the next month or forward onto other months without having to search by course. However searching by course, date or location is still available.

The Education Centre is new as well. You can view different information about lymphedema and the lymph system as well as an up to date bibliography that you can also send to a colleague or friend. Recent articles are available in full and can be downloaded.

Updated Industry news will be available. If you have any suggestions of good articles or websites please let us know. We will take a look at them and place the ones we find relate the most to our industry and interest of others, whether it be a patient looking for information or therapists looking for answers. Recent articles in lymphology are also now available under the 'New in Lymphology' section of the Industry News.

Let your friends, family and colleagues know about our website. Simply click on 'Tell A Friend' and send up to five people a link to our website. You can use the note that is provided or change it and write what you would like it to say.

Lastly, please check your listing on the Find a Therapist section and go ahead and try out the updating tools now available to you. Enjoy! §



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New Expert Garment-Fitting course



Angela Vollmer with therapists: Sandie East and Diane Okamura

This is a first in Canada. The Dr. Vodder School, in cooperation with BSN Medical, has organised a course for therapists and garment fitters to raise the level of expertise in fitting patients with lymphedema for garments. Time and again we hear from patients and therapists about the

problems encountered with garments after a course of treatment. The hard work attained by a therapist is often lost when a poor fitting or incorrect garment arrives for the patient. The goal of this course is to significantly raise the level of expertise amongst garment fitters and those interested in becoming one. Patients will be available for actual fitting so that first hand experience can be attained. It will be offered over two days and the first course is planned for Victoria, BC, October 29 and 30, preceeding the Review. The cost has been kept very low, thanks to the support of BSN Medical. The course was developed by the Dr. Vodder School, in conjunction with Angela Vollmer, orthopaedic technician and world renowned garment fitter. Angela brings years of expertise to this course, having developed many garments for Jobst in Europe (BSN Medical) and also having taught this course for many years. The class size is very limited so if you are interested, please register now.

Contact Ellie, administrator at info@vodderschool.com or call 800 522-9862. \$

8th NLN Conference August 27-31, 2008 San Diego, CA

Robert Harris, RMT

“Highlighting Dr. Vodder School therapists who participated in research presented at the conference.”



Dr. Vodder booth at NLN conference, with Kathryn Thrift and Linda Huckabee

An estimated 650 participants attended the National Lymphedema Network conference: “Riding the Wave of Discovery” in San Diego. The conference also marked the 20th anniversary of the NLN. The keynote speaker was Prof. Christine Moffatt, RN who helped establish the International Lymphedema Framework Project (ILFP) in the UK (keep reading for more details).

There were many interesting presentations made at the conference. I especially wanted to highlight the Dr. Vodder School therapists who presented or took part in research presented at the conference. Congratulations go to: Lisa Kinder, Susan Benavides, Denise Baylor and Grisseld Virtue from Hermann Memorial Hospital, Houston, TX, for their participation in research into a case of lymphedema induced by blockage of the thoracic duct due to a vein-insertion of a chemotherapy catheter; treatment of lymphedema in the presence of severe heart failure; use of Tensoplast on resistant edema; use of silver impregnated textile in the management of maceration and odor in skin folds of patients with lymphedema.

Pam Hammond, Princess Margaret Hospital, Toronto, ON, for her participation in research into an innovative self-care management model for lymphedema care of breast cancer survivors.

Tina Hammond, Washington Hospital, Fremont, CA, for

her research case studies on whether truncal edema can be treated with a pneumatic device (Flexitouch); reduction of complications and associated costs, post-Flexitouch therapy.

Suzanne Davey, and Beth Shapiro, Nova Southeastern University, Ft. Lauderdale, FL, who participated in research into local tissue water assessed by Tissue Dielectric Constant; local tissue water changes accompanying a single MLD treatment in patients with lower extremity lymphedema.

American Lymphedema Framework Project (ALFP)

With the guidance of the ILFP, an American LFP has been established with Jane Armer, PhD, RN and Joe Feldman, MD as directors.

This is a collaborative project between clinicians, researchers, patient support groups, organizations, and industry. The goals are to define best practices for lymphedema care, increase awareness, improve clinical outcomes, establish research and minimum data sets for clinical care and research, and to influence health policy. For further information, please contact Jane Armer at armer@missouri.edu or tel: (537) 882-0287.

Lymph Science Advocacy Program (LSAP)

The LSAP program has been established to bring knowledge and a better understanding of lymphedema and the lymphatic system to patient advocates. In turn, these advocates are then able to bring this information back to their communities, to share and empower the public with this knowledge. Five patient advocates were selected to attend the NLN conference in San Diego. The goal is to motivate patients to action. One of the advocates selected for the LSAP program is Kim Avanthay, the mother of a three year-old child with lymphedema. Kim wrote about her NLN experience: “To be able to have so many professionals from so many countries in one place, doctors, therapists, clinicians, garment fitters, advocates and exhibitors sharing information with one goal in mind, to advance the lymphedema field, is truly amazing.”

Kim can be contacted at kimavant@mts.net

THE QUALITY IS IN OUR HANDS:
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Australasian Lymphology Association Conference

March 27 – 29, 2008, Fremantle, Western Australia

Exercise Your Mind, Stretch Your Boundaries

Mary Shearer PT



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The keynote speaker Kathryn Schmitz, was a delight to listen to, demonstrating a passionate involvement in her work and an eagerness to share it with us.

With extensive experience in dance and exercise physiology, Katie is particularly keen to help cancer patients, survivors and all those involved in their care to understand the importance of exercise for cancer control. She describes this as being similar to the role of exercise in heart disease.

She shared her concerns about the emphasis placed on the risks associated with upper body exercise, which is promoted after breast cancer surgery. Reviews of all the lymphoedema and cancer websites reinforce the need for caution. Katie feels that risk reverse language such as 'try to avoid muscle strain' often causes patients to be fearful of exercise just when they need to embrace it. Being overprotective of the upper limb after breast surgery can lead to loss of strength and fitness, which ultimately increases the risk of strain. Lack of exercise also leads to excessive weight gain and associated increased risk of recurrence, lymphoedema and other chronic diseases.

David Carey, an endocrinologist, established the Brisbane Metabolic Institute, which runs inpatient and outpatient diabetes and obesity treatment programs. David managed to share with us some of his enthusiasm for endocrine factors and adipocyte physiology.

David had wonderful graphics to help describe how insulin is involved in the uptake of glycogen by active muscles while insulin resistance occurs in inactive muscles and blood vessels. Insulin dilates pre-capillary arterioles, which could possibly account for an influx of nutrition rich fluid into tissues associated with lipodemas. Fat cells, it seems, are our biggest immune and endocrine organ. As we move from natural selection to consumer choice, over-nutrition is causing over-distension of fat cells, which release chemicals causing an immune response, resulting in increased inflammation and oedema.

David agreed with Katie about the increased risk of obesity and associated diseases with breast cancer treatment, especially for premenopausal women.

Dr Alex Munnoch pointed out that surgery was the only option available to help reduce limb size before decongestive therapies were developed.

He presented his experience as a Plastic surgeon in Scotland, where he has been very pleased with results from using liposuction to remove hypertrophied fat to reduce limb bulk.

From the time of the surgery it is essential to maintain strong compression garments as the cause of lymphoedema is not addressed.

Robyn Box has been studying the role of exercise in recovery from cancer treatment for many years in

Melbourne and Brisbane. She demonstrated through case studies that clinicians are in a position to detect lymphoedema early and improve the long term impact for individuals. She was pleased to report that her clinical findings and research studies also confirm that exercise is not to be avoided but indeed should be encouraged and supported, to minimise risk of developing adverse and chronic complications.

Neil Piller is keen to promote any device that allows individuals to minimise the progression of lymphoedema, especially if they have difficulty accessing lymphoedema clinics. He reported on his studies on the newly launched Lymphase® hand-held massage machine, the LPG® Endermologie® massage machine and the Bodyflow™ electrical stimulator.

Neil also reported that his studies confirm that although arm elevation can decrease limb fluid, the effect is transient and compression is required to maintain the reduction.

Lee-Anne Collins was disappointed at the poor level of reporting or investigation of lymphoedema in medical records for patients with cellulitis admitted to Melbourne's Eastern Health service. She felt that lymphoedema was considered a complication but did not seem to warrant any further investigation within emergency admissions. She felt that this reflected a lack of awareness of lymphoedema amongst health professionals. The Lymphoedema Association of Victoria is trying to address this through a number of educational initiatives, particularly encouraging and enabling local lymphoedema therapists to present to the medical professionals in their area.

A new presenters award was well deserved by Brenda Svensson. Working as an OT in remote parts of NSW she worked with clients to develop a product to provide support for scrotal oedema, using materials readily available within her local hospital. Her presentation was titled "The outback Jockstrap: For when size does matter". Her light hearted presentation was enthusiastically received especially when Katie Schmitz offered to model her product.

I felt enthused by the variety of presentations, workshops and trade exhibits and the opportunity to discuss the issues with other therapists. I am keen to develop opportunities to encourage breast cancer patients to maintain exercise throughout their treatment. I am particularly keen to help them make the most of the opportunity not just to regain their former lifestyle but improve their strength and fitness to help prepare for the rest of their life.

Mary Shearer
Physiotherapist and Vodder Therapist
Newcastle NSW§

"I felt enthused by the variety of presentations, workshops and trade exhibits and the opportunity to discuss the issues with other therapists."

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In memory of two friends of MLD

Kathryn McKillip Thrift, BS, LMT, CLT-LANA

The world of lymphology is smaller today with the recent passing of two pioneers in the field. Mollie Wing and Dr Chester Plotkin had been involved with Dr Vodder's Manual Lymph Drainage since the 1980s.

Mollie was born in England. She was trained and practiced in many parts of the world as a children's nurse. In 1978 she



Molly Wing

completed a diploma course as an Aesthetician. She became certified as a DVS therapist in 1984. She lived and practiced lymphedema management and skin care in Austin TX with her sister, Jan Thorne. She was able to help many people with her skills and caring manner. Always

ready with a delightful laugh and a wickedly dry sense of humor, Mollie was an avid gardener and loved to travel. After successfully overcoming cancer, she passed away peacefully in her sleep on June 7, 2008 while visiting family in Vancouver BC. If you wish to make a donation in her memory, the family has requested donations be made to the Lymphatic Research Foundation. (www.lymphaticresearch.org) Condolences may be sent to her sister at 4901 Beverly Skyline, Austin TX 78731. Chester Plotkin, M.D., 82, was instrumental in spreading the word about Dr Vodder's Manual Lymph Drainage and lymphedema in not only Cleveland where he started the Lymphedema Center at the University Hospital at the Cleveland Clinic, but also among his colleagues. His journey with lymphedema began when his wife, Joann, developed swelling in her arm after a long flight. He and several of his colleagues were unable to render a diagnosis. Mrs Plotkin visited a DVS therapist, Win Pallante, who suggested it might be post-mastectomy lymphedema. From that time on, Dr Plotkin was a staunch supporter of Dr Vodder's MLD and of its therapists. He was the keynote speaker at the Review and NAVALT AMM in Cleveland in 1994. Contributions may be made to: Chester & Franklin Plotkin Lectureship Fund, Temple-Tifereth Israel, 26000 Shaker Blvd, Beachwood OH 44122 or to CJWC / Montefiore Hospice Fund, 1 David N.

"Medical literature claims that AWS is self limiting resolving in 2-3 months. Physical therapists challenge that claim..."

Articles

J. Kepics: Axillary Web Syndrome A case report. See website articles for full article

http://www.vodderschool.com/current_articles

Abstract: Axillary web syndrome (AWS) is a painful and functionally limiting complication of breast cancer treatment most likely due to lymphatic thrombosis after lymph node resection. Patients describe cord-like structures in the axilla extending into the distal arm causing pain, limited shoulder ROM and functional compromise. Medical literature claims that AWS is self limiting, resolving in 2-3 months regardless of treatment. Physical therapists challenge that claim, suggesting that when untreated, pain and disability can last for years. Early rehabilitation intervention is advocated to reduce pain, normalize ROM and return to premorbid function. Until recently, information regarding the signs and symptoms of AWS was limited and treatment documentation was virtually nonexistent. The purpose of this case report is to describe the clinical problems associated with AWS, to discuss the need for early rehabilitation intervention and to describe the use of manual treatment techniques to treat a patient with AWS after axillary lymph node surgery.

S.J. Kim et. al: Effect of Complex Decongestive Therapy on edema and the quality of life in breast cancer patients with unilateral lymphedema. Lymphology, 2007, 40, 143-151.

Abstract: There is increasing interest in the health

related quality of life (QOL) of patients with chronic lymphedema. The aim of this study was to ascertain whether complex decongestive therapy (CDT) for upper limb lymphedema results in long-term changes in lymphedema and QOL, and to determine whether the treatment-induced change in the percentage excess volume (PCEV) is correlated with any changes in QOL. Fifty three patients who had lymphedema were treated with CDT. PCEV and QOL were recorded before and 1 month after CDT, and at a 6 month follow-up visit. PCEV was significantly ($p<0.05$) decreased at 1 month, but significantly ($p<0.05$) increased at 6 months compared to 1 month [but still significantly reduced ($p<0.05$) from baseline]. The QOL scores at 1 and 6 months were significantly higher than the score at baseline, indicating an improvement in the QOL. Significant changes were evident in the single domains of physical functioning, role-physical, mental health, and general health. The change in PCEV was associated with a change in physical functioning, vitality, bodily pain, and general health at 1 and 6 months ($p<0.05$). This study suggests that QOL significantly improved with upper limb lymphedema during the maintenance phase, which was necessarily correlated with the reduction in limb volume.

(Congratulations to Soon Joong, Kim, PT, PhD and Dr. Vodder School graduate on completion of his doctorate dissertation on MLD at Yongdong University in South Korea.)§

Review Reports 2008

Fremantle, Australia

This was the first time a review has been offered outside of our usual Adelaide location. Fremantle near Perth, Western Australia, proved to be popular with 35 therapists in attendance. This beautiful location on the Indian Ocean had therapists travelling from Singapore, Japan, New Zealand and all parts of Australia. It was held shortly after the Australasian Lymphology Association (ALA) conference in Fremantle enabling therapists who attended the conference, the possibility of just attending the practical part of the Review. *Prof. Neil Piller* from Flinders University Medical centre in Adelaide gave a lively talk on current research and measurement tools. *Michael Bernas, MS*, from the University of Arizona and editor of the International Journal of Lymphology talked about imaging techniques and gave an overview of the genetics of lymphedema. *Dr. Kerilyn Carville*, author and professor in nursing gave a very thorough review of various ulcers and management.

Pauline Fong, MSc PT presented on her master dissertation research project she performed on a comparison between pump use and CDT. *Linda Khong, PT* presented on a patient



Review class, Fremantle, WA

with LE lymphedema, triggered by a spider bite and resulting in a large sac on the thigh. Linda also presented on a patient with an upper extremity lymphedema and a brachial plexopathy. *Caroline Sheldon, RMT* presented a case on a patient undergoing In-Vitro Fertilization treatment who developed fluid retention, on a patient with chronic sinusitis and on a 4 year old patient who required grommets (ear drains); *Deborah Bower, ND* presented on a patient with spina bifida and LE edema. *Andreas Wittlinger* and *Robert Harris* taught the practical sessions.

Stowe, VT

Two reviews were held at the Golden Eagle Resort in Stowe Vermont with 60 therapists attending. Hildegard and Andreas Wittlinger as well as Robert Harris gave practical updates. In our commitment to bringing you the latest innovations, we had a presentation from Physiomed on the Hivamat device. This apparatus is used extensively at the clinic in Austria for fibrosis treatment and involves passing an electric current through the therapist (very gentle) who is wearing latex gloves. This creates a vibrational effect as well as a charged effect on molecules in the tissues. Anecdotal experience and some research have shown the effectiveness of the machine. It created a lot of debate at the review.

We also had the latest compressions aids developed by

Solaris (Tribute) and presented by *Kathy Weatherly, OTR*. On Sunday, a lively debate followed the Flexitouch presentation. Flexitouch offers a compression pump that goes beyond the top of the limb, to drain to the adjacent trunk quadrant. *Professor Weissleder* gave a stimulating presentation on the latest research and a critique of the



William Griffith of Physiomed doing a Hivamat presentation

Flexitouch research. This provided some healthy discussion between *Janel Wittmayer* from Flexitouch and therapists. *Jim Annett* from Juzo also presented the latest on compression garments. Case presentations were made by *Denise Drisdelle, RMT* on a severe wound after radius fracture; *Esther Kaehler, RN* on a patient with a combined lipolymphedema weighing over 450lbs; *Laura Clarke, LMT* on a patient with lymphedema who experienced paralysis



Aquatics class with Andreas Wittlinger

following an hornet sting; *Amy D'Egidio, LPN, MT* on a patient experiencing edema after kidney transplant. Workshops attached to the Review included the Conscious Clinician with *Sara Nelson, PT*, Marnitz Therapy with *Andreas Wittlinger PT* and Elastic Taping for Lymphedema with *Ruth Coopee OTR*.§



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“Pauline Fong, MSc PT presented on her master dissertation research project she performed on a comparison between pump use and CDT.”

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Congratulations:

To our newly Certified Therapists!

Therapy II / III Class in Adelaide, SA - April 2008



Lily Chiu, RMT	Bundoora, VIC, Australia	Lynne Phillips, RMT	Engadine, NSW, Australia
Lynn Maree Hayward, RMT	Toormina, NSW, Australia	Julie Ray, RN, RMT	Regentville, NSW, Australia
Emiko Mitsumoto, RN	OSAKA, Japan	Michelle Starr, RMT	Gladstone, QLD, Australia
Ronna Moore, RMT, BA	Melbourne, VIC, Australia	Rosemary Winter, RN, RMT	Viewbank, VIC, Australia

Therapy II / III Class in Stowe, VT - June 2008

Janesta Augustson, RMT	Edmonton, AB	Kristi Hudson, MT	Hoopeston, IL
Crystal L.S. Baker, OTR/L	Gates, NC	Holly Hunnicutt, PT	Raleigh, NC
Ruth Ann Dalia, LMT	Franklin Square, NY	Angela Johnstone, BSc PT	Woodstock, NSW
Marnie Gallant, RMT	Toronto, ON	Rose McCormick, LMT, RN	Utica, NY
Sharon Hopper, RMT	Almonte, ON	Alexandra Spector, RN, Esth	San Diego, CA



Therapy II / III Class in Victoria, BC - July 2008

Andrea Cunningham, MT	Pomfret Center, CT	Alpina Polotskaya, RMT	Lepardstown, Ireland
Heather Denbow, RMT	Neepawa, MB	Barbara Secrest, RN	Scotts Valley, CA
Lisa Lindley, LMT, Esth	Grand Junction, CO	Hitomi Ueda, RN	Hirakata City, Japan
Maddie McIntyre, RMT	NanOOSE Bay, BC	Lynn Walker, RMT	Kelowna, BC
Kerry Ann Nagel, LMT, CMT	Manhattan Beach, CA	Chu Jui Yeh, PT	Liou Ying Township, Taiwan

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Engineering Clothing for Improved Quality of Life: A Collection for Female Breast Cancer Survivors with Lymphedema

Sandra Tullio-Pow, Susan Barnwell and Joyce Nyhof-Young



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How many times have you looked into your closet and announced, "I can't find a thing to wear!"? For women dealing with lymphedema after breast cancer treatment, that statement is often literally true.



Women with lymphedema require clothing that fits their body, is comfortable, and functions for everyday living. 10 - 30% of women develop lymphedema

post surgery/radiation for breast cancer. Unfortunately, few ready-to-wear styles suit their altered body shapes, and this impacts both their physical and psychosocial wellbeing.

Clinical and research staff at Princess Margaret Hospital (PMH) saw the difficulties these women faced. In 2005, Joyce Nyhof-Young, a research



scientist with the Breast Cancer Survivorship Program at Princess Margaret Hospital (PMH) and the Department of Radiation Oncology at the University of Toronto, teamed up with professors Sandra Tullio-Pow and Susan Barnwell from Ryerson University, School of Fashion.

The first phase of their research began in the spring 2006, and focused on the assessment of patient clothing needs. Complaints varied: traditional sleeves could not be worn because the upper sleeve was too tight, sleeves with cuffs would not do up around swollen wrists. Buttons could not be manipulated closed, and women worried about metal zippers scratching their skin and causing potentially life-threatening infections. They spoke in anguish about feeling unattractive; wearing their husband's bulky shirts and not being able to find anything to wear to their children's weddings. Physical changes, limited range of movement, decreased fine motor skills, appearance anxiety, fear, and clothing that did not fit - all, were constant, painful reminders of their ordeal with breast cancer. They were passionate about their desire for stylish, comfortable



clothing that would camouflage their arm, fit their lifestyle, and reduce reminders of both breast cancer

and lymphedema.

In response, a collection of clothing and accessories was created and field-tested with patients, healthcare providers, fashion industry experts and PMH staff in 2007. Responses were very positive. Blouses, dolman tops, pants, a coat, a cape, and the modular bag and belt provided wardrobe options for every occasion. Engineering solutions for the special needs of lymphedema patients included: sleeves styled as a drop shoulder or dolman to allow ease in the bicep of the arm; selection of a soft soy / cotton / lycra knit as the perfect fabric for sensitive skin, and the use of easy-to-fasten magnetic closures to replace traditional buttons and buttonholes.



The modular bag, with therapeutic arm sling to protect and rest the arm, was one of the most successful items of the collection and is now available at

www.sansu.ca. The modular belt offers the ultimate in hands-free carrying. A grant to manufacture and market trial these products was received from the Ontario Partnership for Innovation in Commercialization and the Office of Research Services at Ryerson University.

This extended market trial is ongoing and the modular bags are available for immediate shipment. Orders of 6 or more bags qualify for wholesale pricing (\$40 bag, \$20 belt). Patterns for the clothing and magnetic buttons may also be ordered on line. Visit

www.sansu.ca and download the order form. Quote "DrV" next to the Total line. Taxes and shipping costs are applicable and will be confirmed with each order. This offer expires October 30th, 2008.

For more information, please contact:

Sandra Tullio-Pow, Associate Professor,
Susan Barnwell, Professor
Ryerson University, School of Fashion
350 Victoria St., Toronto, ON, Canada, M5B 2K3
stullio@ryerson.ca and barnwell@ryerson.ca

or

Joyce Nyhof-Young, Associate Professor,
Radiation Oncology Helliwell Medical Education Centre,
Toronto General Hospital
200 Elizabeth St., Toronto, ON, Canada, M5G 2C4
joyce.nyhof-young@uhn.on.ca

"(Women with lymphedema) were passionate about their desire for stylish, comfortable clothing that would camouflage their arm, fit their lifestyle and reduce reminders of both breast cancer and lymphedema."

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Conferences 2008 / 2009

Lymphovenous Association of Ontario (LAO)

conference: October 04, 2008

Toronto, ON

Contact: www.lymphontario.org

International Lymphoedema Conference and

Exhibition: April 22- 23, 2009

Royal Ascot, England, UK

Contact www.journaloflymphoedema.org

International Society of Lymphology Congress:

September 19-28, 2009

Cairns/Sydney/Uluru, Australia

Contact: lymphology@icmsaust.com.au

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

Lana Recertification:

LANA Exam dates:

April 13 - May 2, 2009

October 5 - 24, 2009.

Contact: www.clt-lana.org §

Reviews for 2008 / 2009

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

Laval, QC

(French language): October 10-12, 2008: Dr. Angela Shetty-Lee will be the main speaker.

Victoria, BC

October 31–November 02, 2008: Join us at Bedford Regency Hotel. Prof. Weissleder will be the main speaker.

Also offering Conscious Clinician and the Expert Garment Fitter courses.

St. Pete Beach, FL

January 23–25, 2009: Join us at the Dolphin Beach Resort. Prof. Weissleder will be the main speaker.

Also offering Advanced Creative Bandaging, Conscious Clinician and Elastic Taping.

Adelaide, Australia

April 14–16, 2009: Join us at the Massage Study Centre. Prof. Pillar will be the main speaker. .

Stowe, VT

May 29–31, 2009: Join us at the Golden Eagle Resort. Main speaker to be announced.

Also offering Marnitz Therapy, Conscious Clinician, Advanced Creative Bandaging and Elastic Taping.

Walchsee, Austria

July 06–10, 2009: Join us at the Dr. Vodder Schule, Austria.

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

Victoria, BC

October 30–November 01, 2009: Join us at Bedford Regency Hotel. Main speaker to be announced.

Also offering Conscious Clinician. §

NAVALT

The North American Vodder Association of Lymphatic Therapy is a volunteer organization of Vodder School – trained therapists and associate members who are dedicated to the advancement of the Vodder method of MLD. NAVALT serves its members by providing an annual education

conference, newsletter, website and more. We urge you to get involved and help promote the Vodder method. The next AGM will be announced at a later date.

Contact NAVALT at 1-888-462-8258 or through the website at www.navalto.org §

Administration

Please remember to keep us updated with changes in your contact information, both for your website listing and for getting in touch with you.

As mentioned in the front page article, you are now able to update your contact information on your own by signing into the Student / Therapists section of the website. If you have questions or need help signing up please feel free to contact me at

info@vodderschule.com. I am here to help. Also when signing up for this feature, please use your email address that is on the 'Find a Therapist' web page. This will make signing up a lot easier for you and me! 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. §

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2008/2009 REVIEWS & ADVANCED COURSES

Dr. Vodder School™
INTERNATIONAL
Authorized by the original Dr. Vodder Schule - Austria

Dr. Vodder Review

Victoria, BC – Oct. 31 & Nov. 01, 2008 8:30am – 5:30 pm and **Nov. 02, 2008** 8:30 am – 1 pm
St. Pete Beach, FL – January 23 & 24, 2009 8:30am – 5:30 pm and **January 25, 2009** 8:30 am – 1 pm
Stowe, VT – May 29 & 30, 2009 8:30am – 5:30 pm and **May 31, 2009** 8:30 am – 1 pm
Victoria, BC - Oct. 30 & 31, 2009 8:30am – 5:30 pm and **Nov. 01, 2009** 8:30 am – 1 pm

- Stay abreast of the changes in MLD and CDT as well as the field of lymphology.
- Update and renew your MLD, bandaging and treatment skills and update your theory.
- Share your experiences with your colleagues and network with therapists across North America.
- Update on the latest research in Lymphology and the treatment of lymphedema.
- Class size may be limited, so please register now.

Marnitz Therapy

Stowe, VT – May 31, 2009 from 1.00pm to 8.00pm

An advanced class where you will learn a deep tissue technique to relieve musculoskeletal problems for lymphedemas. It will significantly help your patients' muscle tension and postural problems and increases muscle hyperemia by over 200% without causing additional skin hyperemia. **Andreas Wittlinger, PT, Instructor and director of the Rehabilitation Department of the Dr. Vodder Clinic – Walchsee, Austria** is an experienced practitioner of Marnitz Therapy.

Coopee TEST (Techniques for Elastic Sports Taping)

St. Pete Beach, FL – January 22, 2009 from 8.00am to 5.30pm
Stowe, VT – May 28, 2009 from 8.00am to 5.30pm

This course explores all types of elastic tapes and provides a science based approach to how they work, differences in product and application techniques for Lymphedema patients. **Instructed by Ruth Coopee MOTR/CHT and certified Dr. Vodder School Therapist**

The Conscious Clinician;

Behavioral Management and Integrative Practice in Lymphedema Rehabilitation

St. Pete Beach, FL – January 26, 2009 from 8.00am to 5.30pm
Stowe, VT – May 28, 2009 from 8.00am to 5.30pm
Victoria, BC – November 02, 2009 from 8.00am to 5.30pm

Advance your practice in the evaluation and treatment of the complex lymphedema patient. We will discuss various principles of practice of the master clinician, such as identifying and working with behavioral limitations, and developing an integrative approach. Labs will include experiential practice of concepts. Case studies will be presented to facilitate effective treatment planning. This is an interactive course that will provide lecture, discussion, and experiential activities to encourage participants to integrate this information into personal development as well as treatment planning and execution. **Instructed by Sara A. Nelson, PT, MOMT, CHT, CLT-LANA, Certified Dr. Vodder School Therapist**

Advanced Creative Bandaging

St. Pete Beach, FL – January 22, 2009 from 8.00am to 5.30pm
Stowe, VT – June 1, 2009 from 8.00am to 5.30pm

This course shows the application of multi-layered bandaging for people with lymphedema and other types of edema requires patience, skill and knowledge of the products. In this 8 hour workshop, emphasis will be placed on identification of products and how to use them. By knowing what is available, the practitioner can become creative in applying these products. Through group interaction, therapists will be encouraged to share experiences in how they have adapted the bandaging materials for difficult cases in their clinical settings. **Instructed by Renee Romero RN, BSN, MS, LMT is an adult educator and certified Dr. Vodder School therapist.**

Please Note: **The course will be confirmed at least one month prior to the start date. This will depend on the number of students who have registered with us. All courses have a limited number of places and your place can only be confirmed after we receive the completed application form and deposit. We organize sufficient teachers, based on the number of confirmed applicants.**

To register for one or more of these classes, send your completed application and deposit to:

Dr. Vodder School International
PO Box 5121, Victoria, BC, Canada V8R 6N4
Fax: (250) 598-9841

Tel.: (250) 598-9862

E-Mail: info@vodderschool.com

APPLICATION FORM

FOR TRAINING IN DR. VODDER'S MANUAL LYMPH DRAINAGE:

(PLEASE USE LARGE CLEAR BLOCK LETTERS / NUMBERS)

STATE/PROVINCE LICENSE # _____

Title: Ms. / Mrs. / Mr. / Dr. NAME: _____

HOME Address: _____

City: _____ Province/State: _____ Postal/Zip Code: _____ Country: _____

WORK Address: _____

City: _____ Province/State: _____ Postal/Zip Code: _____ Country: _____

Phone #(s): Home: _____ Business: _____ Fax: _____

Email: _____ Website: _____

QUALIFICATIONS (PLEASE CHECK BOX):

☐ PT ☐ PTA ☐ OT ☐ COTA ☐ MD ☐ LMT ☐ RMT ☐ CMT ☐ MT RN ☐ LPN ☐ DC ☐ LAc

Other: _____

COURSE(S) I AM REGISTERING FOR (please check course location and write course(s) and dates on lines provided):

LOCATION: ☐ St. Pete Beach, FL/Dolphin Beach Resort

☐ Stowe, VT/Golden Eagle Resort

☐ Victoria, BC/TBA

COURSE (S) : ☐ REVIEW _____

☐ MARNITZ THERAPY

☐ COOPEE TEST / ELASTIC TAPING

☐ CONSCIOUS CLINICIAN

☐ ADVANCED CREATIVE BANDAGING

2008 COSTS: • REVIEW: \$440 USD OR CND

• COOPEE TEST, MARNITZ THERAPY, CONSCIOUS CLINICIAN & ADVANCED CREATIVE BANDAGING: \$185 USD OR CND

2009 COSTS: • REVIEW: \$440 USD OR CND

• COOPEE TEST, MARNITZ THERAPY, CONSCIOUS CLINICIAN & ADVANCED CREATIVE BANDAGING: \$195 USD OR CND

FOR COURSES BEING HELD IN CANADA PLEASE ADD 5% GST TO TUITION COST

BRINGING A MASSAGE TABLE (SAVE \$25 OFF COURSE FEE, IF REQUIRED): ☐ YES ☐ NO

PAYMENT ENCLOSED: \$ _____

Visa/MasterCard #: _____ Expiry: _____

Please make check payable to Dr. Vodder School International Check# _____

Deposit of \$100.00 for each course you are registering for is required to confirm a space and is non-refundable one month prior to start of course. A \$50 administration fee will be charged for cancellation. Receipt will be given at the end of the course.

I HEREBY STATE THAT THE ABOVE INFORMATION IS TRUE AND CORRECT IN ALL ASPECTS.

Signed: _____ Month _____ Day _____ Year _____

The information you have provided to us voluntarily will be stored safely and in compliance with Privacy Policy regulations.

If you wish to view our Privacy Policy, please contact us or visit our web site at www.vodderschool.com

ADMINISTRATOR USE ONLY:

DATE RECEIVED PAYMENT: _____ DATE DEPOSITED: _____ AMOUNT RECEIVED: \$ _____

PAID BY: Visa / MasterCard / Cheque / Cash / MO #: _____ EXPIRY DATE: _____

DATE RECEIVED PAYMENT: _____ DATE DEPOSITED: _____ AMOUNT RECEIVED: \$ _____

PAID BY: Visa / MasterCard / Cheque / Cash / MO #: _____ EXPIRY DATE: _____

NOTES: _____

Tel.: (250) 598-9862

Dr. Vodder School International
PO Box 5121, Victoria, BC, Canada V8R 6N4
Fax: (250) 598-9841

E-Mail: info@vodderschool.com



Dr. Vodder School™
INTERNATIONAL
Authorized by the original Dr. Vodder Schule - Austria

DVDs, Books *& CD Roms*

PRODUCT AND PRICE INFORMATION

DVDs

US\$ OR CDN\$

Dr. Vodder Method of MLD	\$20
Arm Lymphedema – Exercise	\$25
Leg Lymphedema - Exercise	\$25
<i>Two or more - Exercise DVDs (each)</i>	<i>\$20</i>
Compression Bandaging for Therapists	\$55
Self-Bandaging – Arm for Patients	\$25
Self-Bandaging – Leg for Patients	\$25
<i>Buy Two or More Self-Bandaging DVDs (each)</i>	<i>\$20</i>
<i>Special Purchase for all three Bandaging DVDs</i>	<i>\$90</i>
Basic Body	\$55
Special Techniques	\$55
Edema Techniques	\$55

BOOKS

Dr. Vodder's Manual Lymph Drainage Volume 1	\$30
Dr. Vodder's Manual Lymph Drainage Volume 2	\$30
Compendium of Dr. Vodder's Manual Lymph Drainage	\$37
Lymphedema Diagnosis and Therapy*	\$69

Lecture Notes

Basic & Therapy I Notes	\$25
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VITAL ESSENCE CD ROMS

Vital Essence (Health Care Practitioners)	\$80
Vital Essence (Patients)	\$65

Prices do not include shipping and handling and GST will be added to Canadian customer orders.

FOR DESCRIPTIONS AND TO ORDER THE PRODUCTS PLEASE VISIT OUR WEBSITE AT
WWW.VODDERSCHOOL.COM

IF YOU HAVE ANY QUESTIONS PLEASE FEEL FREE TO CONTACT THE OFFICE AT THE PHONE OR EMAIL BELOW.

Dr. Vodder School International, PO Box 5121, Victoria, BC, V8R 6N4, Canada
Tel: (250) 598-9862 Toll free (800) 522-9862 Fax: (250) 598-9841
E-mail: info@vodderschool.com

Rev 7/16/08



Expert Garment Fitter

Brand New Course

Coming to Victoria, BC

October 29 and 30, 2008

Dr. Vodder School™
INTERNATIONAL

Authorized by the original Dr. Vodder Schule - Austria

BSNmedical

With Angela Vollmer, Orthopedic technician and world – renowned garment fitting expert from Germany.
Sponsored by **BSN Medical**

This is the course many therapists have been requesting. Learn all the skills and tricks from an expert so that you too can become a highly skilled garment fitter. The two day course will equip you and certify you, through BSN medical to fit garments accurately for patients with lymphedema. This is the first course of its kind in Canada and will be limited to 14 participants. Register now to secure your place.

This course is designed for garment fitters, Lymphedema therapists/ CDT Therapists and Health care professionals experienced with patients with lymphedema.

What you will learn in this course:

- Different types of edema and different types of compression classes
- Anatomy, physiology and pathophysiology of lymphedema
- Types of garments and their application
- Fitting for upper and lower extremity
- Problem solving for difficult cases
- Practice measuring
- Product returns
- Measuring for actual patients
- Measuring and fitting on actual patients
- Follow up with garments supplied to patients (BSN)

Our goals of this course is to create expert garment fitters in Canada, opportunities to diversify knowledge, a greater fitter and customer satisfaction, a greater patient compliance thus making less recall of product.

To register for this class, send your completed application with full payment to:

Dr. Vodder School - International PO Box 5121, Victoria, BC, Canada V8R 6N4

Tel.: (250) 598-9862

Fax: (250) 598-9841

E-Mail: info@vodderschool.com

(PLEASE USE LARGE CLEAR CAPITAL LETTERS / NUMBERS)

STATE/PROVINCE LICENSE # _____

Title: Ms. / Mrs. / Mr. / Dr. NAME: _____

Address: _____ City: _____

Province/State: _____ Postal/Zip Code _____ Country: _____

Phone #(s): Home: _____ Business: _____ Fax: _____

Email: _____ Website: _____

QUALIFICATIONS: ☐ LMT ☐ RMT ☐ CMT ☐ MT ☐ OT ☐ OTR ☐ OTR/L ☐ PT ☐ PTA ☐ RN ☐ LPN ☐ DC ☐ Garment Fitter

I AM REGISTERING FOR the EXPERT GARMENT FITTER COURSE being held in Victoria, BC at the Bedford Regency on October 29 and 30, 2008

COSTS: EXPERT GARMENT FITTER \$175 PLUS **5%GST** (\$175+5%=\$183.75)

PAYMENT ENCLOSED: \$ _____ Visa/MasterCard #: _____ Expiry: _____

Deposit of \$100.00 for each course you are registering for is required to confirm a space and is non-refundable one month prior to start of course. A \$50 administration fee will be charged for cancellation. Receipt will be given at the end of the course.

I HEREBY STATE THAT THE ABOVE INFORMATION IS TRUE AND CORRECT IN ALL ASPECTS.

Signed: _____ Date: _____

The information you have provided to us voluntarily will be stored safely and in compliance with Privacy Policy regulations.

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22nd International Congress of Lymphology

Sydney, Australia

21st - 25th September 2009

Pre Congress Satellite

Cairns (Great Barrier Reef), Queensland, 19th - 20th September

Post Congress Satellite

Uluru (Ayers Rock), Central Australia, 26th - 28th September



Why Australia ?

Safe, Cheap, No crowds , Friendly people,
Great accommodation at all levels, Clean air,
pristine environment , unique animals.

The Main Congress

To be held in the Convention Centre Darling Harbour. The congress will emphasize and involve members of other discipline areas so we can learn together. The major foci will be early detection and prevention of lymphoedemas, new directions in management and treatment, Lymphogenesis and Lymphostimulation. Discussion of innovation and novel ideas will be welcomed.

Major highlights

See Sydney, The Barrier Reef and the Desert!

Come to one of the Most Beautiful Cities in the World (Sydney) and see the Harbour bridge, the Opera House, the Harbour as part of the main Congress. Come to the Pre Congress Satellite and explore the Barrier reef (swim with the fish see the coral). Come to the Post Congress Satellite and see Central Australia (watch the sun go down over Ayers Rock while having dinner, play a didgeridoo, visit the Olgas).

Log into the net and see the highlights!

www.tropicalexperience.com.au

www.sydneyaustralia.com

www.ayersrockresort.com.au

Come and see Australia!
Bring your partner or family!

Contact

We have appointed ICMS Australasia as the Congress Organizers. They will ensure smooth entry into Australia, a fantastic congress, a vibrant and exciting stay and unforgettable memories.



Flinders
UNIVERSITY
ADELAIDE • AUSTRALIA



Government
of South Australia
Southern Adelaide
Health Service



FLINDERS
MEDICAL
CENTRE

Register your interest with Professor Neil Pillar (Congress President)
neil.pillar@flinders.edu.au or www.Lymphology2009.com