

Therapy News

**Dr. Vodder School -
North America**

Volume III
September 2000

Editorial

I would like first to extend a warm welcome to all the new graduates this year. This year, over 100 new therapists have completed their certification with the Dr. Vodder School in North America as well as more in Austria.

We hope you like the new layout of our Newsletter. This issue contains a moving plea to all therapists from a patient and a report about a new discovery concerning the Starling hypothesis. Check out our new website as we have totally revised it and this is just the start! There are reports from the recertification classes and listings of the new therapists as well as upcoming conferences and news. Wishing you a great Fall.

Robert Harris, Director



A plea from a Vermont lymphedema patient:

This plea was made to a graduating class of the Dr. Vodder School and I was so moved by it that I felt it worthwhile re-printing for all our therapists to read:

'Thank you for this chance to talk to you. I asked the AOL (America-On-Line) Thrive lymphedema message board what's the most important thing that they - LE patients - wanted fledgling therapists to know. Everyone had the same response: "please listen to your patient". We are individuals who may not have textbook presentations. If I say an area hurts or feels swollen, it does even if you can't see the swelling. If I say a stroke feels funny, please figure out a different one that feels right. Please believe what I say. One person replied: "Please don't just listen, but try to really HEAR what we are saying".

What makes a good LE therapist? First, you're doing the right thing by studying the Vodder method. I've had treatment with several methods, and Vodder treatment works by far the best for me. Second, the best therapists seem to be able to think with their hands. They know by feel which bits need work even if they can't see the swelling. Please do try to learn to have this kind of touch. Third and this is harder to get although we may not always let you know, MLD is a very emotional experience for most of

us. One reason is because it works so astonishingly well and we feel physically so much better when we sit up. But another thing about it, and we can't tell our insurance companies this, is that MLD often functions almost like meditation, somehow having an intensely calming effect. I'm only a layperson and I don't understand why this happens, but please as you're working on us try to be aware of the affect you're having on us as well as the effect. MLD makes a huge difference in my life. With treatment, I live a physically very active life - with my arm bandaged I walk, canoe, bike, work with light free weights to keep my bones strong (my breast cancer has gone to my bones), row and snowshoe, and unbandaged I swim and do water tai chi. But when I don't get enough treatment I'm not able to do even the normal activities of daily life. If I go too long without a treatment, I have trouble driving (the shoulder belt causes pain in chest wall when LE needs treatment). I get shooting pains under my arm from my side to my back, apparently because nerves are being pushed on by the swelling. When this happens, practically any torso movement hurts, especially things like chopping vegetables and swinging my arms when I walk. When I don't get enough treatment, I can't even accept a hug from my spouse because of the chest wall pain. Fortunately my insurance company

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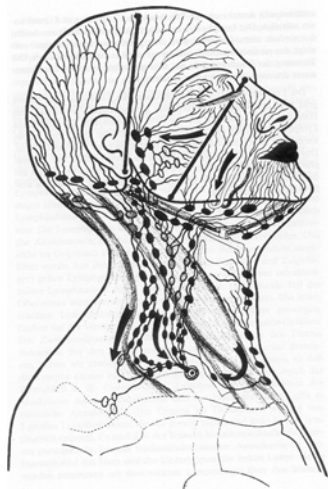
"What makes a good lymphedema therapist?"



Continuing Plea....

understands all this and pays for an MLD treatment once a week, which is just right to keep the worst of the pain away and keep me functioning well. MLD quite simply makes the difference between my having to stay home taking heavy pain-killers, and being able to live the rest of my life, as long as that may be, with a quality of life not compromised by my lymphedema. For someone like me with

metastatic cancer, this is very important. When I look around this room, I don't see just 30 fledgling Vodder therapists. I see the thousands of people like me who you will be helping - whose pain and swelling you will be relieving - whose lives will be improved tremendously because you took this course. Please know that this is very important stuff you're doing. And I want to thank you for doing it.'



"Mortimer stated that the lymph vessels must take up 100% of the fluid coming out of the blood capillaries (instead of the 10% we used to refer to)."

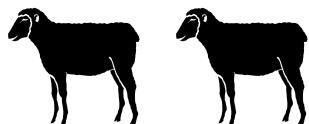
Starling Revisited

At the Dr. Vodder School Reviews, Dr. Kasseroller has discussed the changes that have been established in the scientific community about the Starling hypothesis. I heard more on this topic whilst in Melbourne at the Australasian Lymphology Association conference in April.

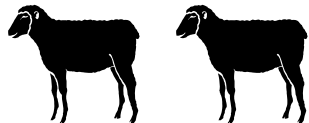
Dr. Peter Mortimer who has published a paper on the topic, gave an interesting talk at the conference. This is also work that has been presented by Prof. Schaad in Germany. The essence of the changes are that only filtration is thought to occur across the capillaries and that no (or only transient) reabsorption occurs back into the blood capillaries. Mortimer stated that the lymph vessels must take up 100% of the fluid coming out of the blood capillaries (instead of the 10% we used to refer to). This is especially true in the leg blood capillaries where the blood pressure is higher and consequently there is even greater filtration

(when standing). Interestingly, he said that there are many more lymph vessels in the skin of the legs than the skin of the arms.

Filtration rates decrease from the arterial side of the capillary bed to the venous side. Mortimer states that there is no substantial evidence, in skin or most other tissues except the kidney, for the traditional view that upstream filtration is virtually balanced by sustained downstream reabsorption. The importance of this is that the lymph system has an even more crucial role to play than we previously thought. This new information changes the way that the effects of MLD are explained, as we cannot really say that MLD assists reabsorption, if reabsorption does not exist, or only transiently, at the blood capillaries. This challenges all our concepts of fluid exchange at the capillary bed and especially the importance of the lymph system. See the Books and Articles section for this reference.



Double Ewe



Double Ewe



Double Ewe

New Website at www.vodderschool.com

Early this Summer, we began a process of revising the way our website looks. The goal was to make it easier to navigate for our therapists and patients. We have changed the therapist listings and ability of users to find a therapist in any particular area by searching under Country, State or Province, City or Name. We also wanted to make it more interactive

and visually appealing. What you see now is just the start. We hope to have even more next year. We hope you like the changes and please email us from the new site with your feedback. We are anticipating the site to be ready by the end of October.



Teacher Feature: Kathryn McKillip Thrift

We are proud to feature our teachers in the Therapy News so that those who do not yet know our teachers, will learn a little more about them and their involvement in the community. This issue we are proud to feature Kathryn Thrift from Dallas, Texas:

Kathryn was certified as a therapist in the Dr. Vodder method of Manual Lymph Drainage (MLD[®]) and Combined Decongestive Therapy in 1987 in Walchsee, Austria, as a member of the first official English-language class. She received her certification as a Dr. Vodder School Basic Instructor in 1992 and as a Therapy I Instructor in 1997.

Kathryn has been a member of the American Massage Therapy Association since 1985. In 1992, she became a Nationally Certified Massage Therapist and Bodyworker. She was on the founding Board and served as President of the North American Vodder Association of Lymphatic Therapy (NAVALT[®]), the professional association of Dr. Vodder School graduates.

In 1997, she was invited to be on the Board of directors of the National Lymphedema Network (NLN) completing her term in 1999. Currently, she is on the

Medical Advisory Committee of the NLN. She is serving on the Lymphology Association of North America (LANA) which is seeking to institute a national certification process for lymphedema therapists.

She maintains a private practice in Dallas, Texas as well as being the clinical supervisor of the Lymphedema program at Medical City Dallas Hospital.

Kathryn has a BS degree from Central Missouri State University. She lives in Dallas (near DFW International Airport) with her husband of 25 years, Clem, and their two cats, A.J. and Mikey.

"This work has so much meaning and value to me as I have benefited from it, first as a patient with my lipedema, and then as a therapist. There are so many who can benefit from this work, either as a wellness therapy or for the many different pathologies MLD is uniquely suited to treat. Becoming an instructor was the next logical step for me. I want to help others catch the vision of this work as I was inspired by Hildegard. These days the motto seems to be 'Have packed bag, will travel' as I have been teaching so much...I love teaching and meeting so many wonderful therapists from all parts of this vast country. I feel blessed to have found this work and my role in it."



Kathryn Thrift

"I want to help others catch the vision of this work as I was inspired by Hildegard."

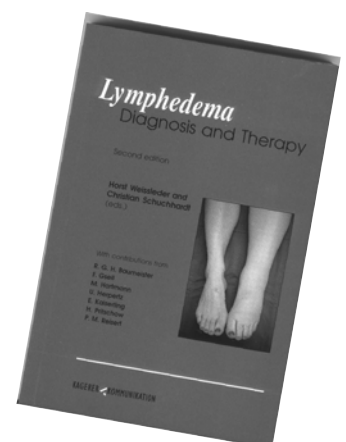
Reviews in Stowe and Victoria, 2000

Both of these Reviews were very well attended and our participant feedback was very positive. The Stowe Review featured Prof. Weissleder, the author of the textbook, Lymphedema Diagnosis and Therapy. He gave an excellent talk on imaging methods, lipedema, malignant edema and artificial edema.

Dr. Kasseroller also gave an excellent update on current research. We were fortunate to have Ruth Coopee again to do a more in-depth workshop on kinesiography and it is my goal to have all therapists exposed to this valuable tool over



Hildegard Wittlinger and Prof. Weissleder sharing a light moment at the Stowe Review.





Reviews cont.



Hildegard & Andreas
Wittlinger
Stowe, VT June 2000

*"Round table
discussions
encourage group
dynamics and
pollination of
ideas"*



Ruth Coopee giving
Howard Douglass a
kinesiо haircut!
Victoria, BC Review
August 2000



Linda (Koby)
Blanchfield

the course of the Reviews. The practical classes were very popular and Hildegard, Andreas and Robert did lots of updating and skill improvement sessions with therapists. Andreas also led a hydrotherapy exercise class in the pool.

Case presentations were made by Kathleen McLoughlin and Melba Smith. Therapists also had "roundtable" discussion of various topics with feedback and commentary provided by the instructors. This encouraged more group dynamics and pollination of ideas around therapy approaches for patient care.

An interesting discussion evening was held with Dr. Patti O'Brien, a primary care physician from Burlington, VT who works with Vodder therapists in lymphedema care. The topic was Research and was attended by Dr. Brian Garra, a local radiologist as well as Prof. Weissleder, Dr. Kasseroller, Hildegard Wittlinger and many therapists.

A similar Review was held in Victoria this August at St. Margaret's School. Ruth Coopee gave another popular workshop on kinesiотaping for lymphedema patients.

Instead of pool exercises we had a Body Ball exercise class with a fitness instructor from Vancouver, Jan Prinzmetal. Jan has personal experience with breast cancer and adapted her exercise program for lymphedema patients. She began with core stabilisation and followed this with extremity exercises.



Jan Prinzmetal demonstrates Body Ball exercises
for lymphedema patients at the
Victoria, BC, Review, August 2000

Prof. Susan Harris from the Department of Rehabilitation at UBC in Vancouver, BC, presented her paper on the Myth of Exercise Induced Lymphedema. This promoted a lot of lively discussion as it challenged our conventional wisdom of exercise therapy for lymphedema patients. Dr. Harris is a PT and herself a breast cancer patient who has competed in the Dragon Boat racing teams. The article is referenced in the Articles Section of this Newsletter.

We were honoured to have Prof. Weissleder with us again, as well as Dr. Kasseroller, and Angela Vollmer who gave another excellent presentation on garment fitting.



Dr. Kasseroller, Angela Vollmer, Prof. Harris,
Prof. Weissleder

New Teacher and Teachers –in-Training

We are pleased to inform you that Linda (Koby) Blanchfield has successfully completed the Teacher Training program to become a Therapy I Teacher. Koby, from Vancouver, BC, completed her exams with Dr. Kasseroller, Hildegard Wittlinger and Robert Harris in Victoria this August. She will join Robert Harris, Kathryn Thrift and Hildegard

Wittlinger as a teacher of the Therapy I classes in North America.

We also wish to announce that Gay Lee Gulbrandson of Berkeley, CA and Jan Douglass of Adelaide, South Australia, have both been accepted into the Teacher Training program for the Dr. Vodder School – North America.



Graduates of the Dr. Vodder School 2000



Therapy II/III Class Stowe, VT June 2000



Therapy II/III Class Victoria, BC August 2000

Therapy II & III Class Stowe, VT June 2000

Petra Kepchar	Jupiter FL	Janet Laidman	New York NY
Jayne M. Nielsen	Fort Dodge IA	Adrienne M. J. Keegan	Elmhurst NY
Valerie Clark	Fort Dodge IA	Elzbieta Sowinski	New York NY
Anna Kellogg	Wichita KS	Patrizia Facchini	Guelph ON
Kara Jacobsen	Greenfield MA	Kimberly Tweedie	Mississauga ON
Patricia A. Doyle	Richmond MA	Deborah Soltis	Pittsburgh PA
Margaret Chappuis	East Hampton MA	Patti Loeb	Murrells Inlet SC
Bonnie Cassell-Barron	St. Louis MO	Marcia Jefferson	Nashville TN
Becky L. Mitchell	Joplin MO	Kathryn Kuehn	Richardson TX
Paul Dodds	Gastonia NC	Shannon Brosnahan	San Antonio TX
Heather E. Holleran	Hudson NH	Renee Henry	Houston TX
Bethanie Lovett	Keene NH	Jennifer Girten	Salt Lake City UT
Aline Wyatt	Nashua NH	Allison Harvey-Thomas	Norfolk VA
Polly Jiacovelli	Hoboken NJ	Amy Duerr	Newport News VA
Margaret Mawhinney N.	Syracuse NY	Joan Shaplin	Colchester VT
Brianne M. Lesniak	Newport NY		

Therapy II & III Class Victoria, BC August 2000

Elke Kriegel	Edmonton AB	Janice McKee	Las Cruces NM
Dawn Blake	Courtenay BC	Melody Fadness	New York NY
Dawn Sparks	Kelowna BC	Bruce A. Berman	Williston Park NY
Trish Seaman	San Jose CA	Catherine MacKay	Waterloo ON
Marie Barottin - Solorzand	San Francisco CA	Douglas Cressman	Sault Ste. Marie ON
Barbara Paynter	Lafayette CA	Jaslyne Clement	Montreal PQ
Carol Sue Smith	Walnut Creek CA	Marco Raffis	Montreal PQ
Karen Martin	Boulder CO	Julie Vincelette	Laprairie PQ
Erin Maranjian	Fort Collins CO	Solange Poulin	Laval PQ
Carmelita Rifkin	Prospect CT	Paul Belliard	Montreal PQ
Patricia A. Bonner	Crystal River FL	Carolyn Bradbury	South Brisbane Australia
Maria Genetti	Chicago IL	Felicia C Taylor	Jackson TN
Linda Kalata	Chicago IL	Mary C. Smith	Memphis TN
Janis Miller	Olathe KS	Belinda Luther	Chattanooga TN
Hyun Mook Choi	Sungnam-Si Korea	Carol Antrobus	Amarillo TX
Jodi Rae Harrison	Winnipeg MB	Debra Daugherty	Dallas TX
Edith Mulhall	St. Norbert MB	Darlene Marie Oakes	Lexington VA
Kathy Bartley	Joplin MO	Megan Caddy	Seattle WA

Congratulations

to all our new graduates. If you would like to contact or refer patients to any of these new therapists, please check our website first at www.vodderschool.com, as most of them will be listed there. If you cannot locate them, please call the office of the School at (250) 598-9862, Monday – Friday between 8.00am and 4.00pm, Pacific Standard Time.



Congratulations!



"Specific locations on Chromosome 5 and 16 have already been identified for particular types of genetically linked lymphedemas.



Hurricane Gordon came to visit during the conference.

A live satellite link to the joint German Society for Lymphology and Dr. Vodder Society conference in Düsseldorf was established.

National Lymphedema Network Conference

The fourth National Lymphedema Network (NLN) Conference was held in Orlando, Florida September 14 – 17. It was estimated that 650 patients, therapists, physicians and researchers attended. I was especially pleased to meet so many of our therapists at the conference and counted over 60 at a social evening. The Dr. Vodder School had an exhibit table with the North American Vodder Association of Lymphatic Therapy (NAVALT®), providing information on our training program and association to many visitors at our table.

There were many interesting lectures but I found the developments in the genetics of lymphedema of particular interest. Dr. David Finegold of the University of Pittsburgh, Dr. Raoul Hennekam from Amsterdam and Dr. Mansor Sarfarazi of the University of Connecticut gave fascinating talks on the new developments obtained from studying family groups with lymphedema. Specific locations on chromosomes 5 and 16 have already been identified for particular types of genetically linked lymphedemas. Dr. Finegold opined that many lymphedemas we currently see may in fact have a genetic link

to dysplasia in the lymph vessel system. There was much discussion about the promising research into Vascular Endothelial Growth Factor (VEGF) and discovery of its chromosomal location. This growth factor may one day be used to stimulate lymph angiogenesis (growth of new lymph vessels).

Dr. Corradino Campisi of Genoa, Italy described interesting re-

sults with microsurgical techniques in the treatment of lymphedema. He uses vein grafts in patients who are at higher risk of lymphedema and who do not respond to conventional CDT therapy (which he estimates to be 30 % of the lymphedema population). Many presenters discussed the importance of lymphoscintigraphy as a diagnostic tool.

There were of course many other presenters, workshops and poster presentations.

If you are interested in the conference proceedings, please contact the NLN at (510) 208-3200 or visit their website at www.lymphnet.org.



Bonnie Peterson (membership director of NAVALT), Linda O'Donnell (president of NAVALT) and Robert Harris (director of the Dr. Vodder School) at the NLN conference in Orlando, FL.



Sixty of the Vodder therapists meet at the NLN conference for a social evening.

A live link was established at the Orlando conference to the conference in Düsseldorf.



NLN Conference cont.

dorf, Germany organized by the German Lymphology Association and the Dr. Vodder Society. Due to technical problems, the link was only established for 30 minutes, but a greeting from Dr. Kasseroller was received and reports

from each conference exchanged. There is an interactive website at www.lymphcampus.de that is also in English, with the intent of helping therapists and patients. The German group initiated this site.

National Certification Project

The Lymphology Association of North America (LANA) continues to work diligently toward the goal of having a National Certification exam for lymphedema therapists in the USA and Canada. A large grant was awarded by the American Cancer Society that has enabled this project to move forward. The Board of LANA met twice at the NLN conference in Orlando recently. We have prepared a Survey of therapists in the field to get a sense of how people are working at present and to help develop a fair exam that accurately

reflects the field of lymphedema care in North America.

Please do complete the Survey which can be found on the website as this will help us to formulate the exam.

The exam questions are being created at present and our current goal is to have the exam ready for the Spring of 2001. This will be offered at multiple test sites throughout the US and Canada. For the most up-to-date information, please visit the website at www.snonet.org/lana/.

LANA moves forward on its National Certification Exam, anticipated for Spring of 2001.

Lymphatic-Related Websites

www.pitt.edu/~genetics/lymph

Genetic research into the lymph system at the University of Pittsburgh.

www.lymphaware.org/notes/eindex.html

The Lymphedema Awareness Foundation is determined to bring awareness of lymphedema's challenges and solutions to patients, physicians and other health-care professionals who see, diagnose, and treat lymphedema. The non-profit LAF's newest offering is a web site on lymphedema which features eLymphNotes, a first of its kind on-line magazine featuring articles by doctors, lymphedema treatment professionals, columns on lymphedema equipment, skin care, and research. Lists of lymphedema treatment centers, support groups, and links to other lymphedema sites are important components of the web site.

www.vodderschule.com Visit the

new site of Dr. Vodder School Austria

www.cancerlinks.com/lymphedema.html

A web site with many cancer-related links.

www.colibri.demon.co.uk/page8.html

Another site with lymphedema links.

www1.onelistco/community/lymphedema

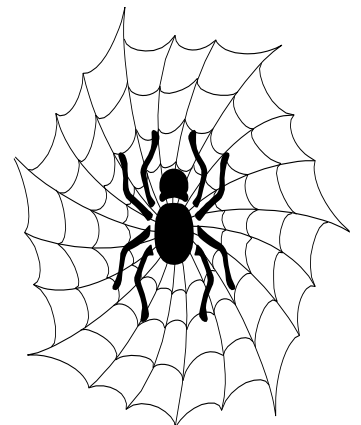
Chat rooms and discussion groups for lymphedema patients: egroups.

www.mlduk.org.uk

The official website of the UK group that includes many Vodder certified therapists.

www.lymphcampus.de

An interactive site enabling consultation and discussion on many lymphatic topics.





Articles and Books



Levick, J.R., Mortimer, P.S. Fluid "balance" between microcirculation and interstitium in skin and other tissues: revision of the classical filtration-reabsorption scheme. In Messmer, K (ed) *Microcirculation in Chronic Venous Insufficiency*. Prog. App Microcirc. Basel, Karger (1999), 23, 42-62.

S.R. Harris, S.N. Niesen-Vertommen: Challenging the Myth of Exercise Induced Lymphedema following Breast Cancer: A Series of Case Reports. *Journal of Surgical Oncology* 2000; 74: 95-99.

Conferences in 2001

NAVALT: February 02 - 04. Annual conference and workshops for Vodder certified therapists, which will be immediately before the Dallas Review. Please contact Linda O'Donnell, President at (505) 323-881 or email at lsodon@hotmail.com.

International Society of Lymphology September 03 - 07, Genoa, Italy. This conference is attended by prominent lymphologists from around the world and topics range from basic lymphology research to current treatment options for lymphatic disorders. For information, please contact:

XVIII Int. Congress of Lymphology, Via Assarotti 46/1, 16122 Genoa, Italy. Tel: 0839 37 55 or fax 0811 465 or email: campisi@unige.it

Reviews in 2001:

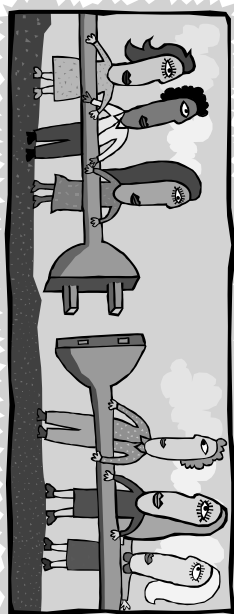
Please see the accompanying flyer for registration details of these Reviews. For the Review in Austria, which is half days over the five day period, please contact the Dr. Vodder School in Austria at Alleestr. 30, A6344-Walchsee, Austria.

February 05 - 07 **Dallas - Fort Worth, TX**

June 03 - 05 **Stowe, VT**

July 16 - 20 **Walchsee, Austria**

August 03 - 05 **Victoria, BC**



Shannon Springer

Administration

Our new office hours are from 8:00 AM to 4:00 PM Pacific time, Monday to Friday.

Please remember to keep us updated of any changes in your address or phone number. We want to keep referring patients to the correct address and phone

number and keep our records on our database up-to-date.

Shannon Springer has been the administrator since January 2000. Please do say hello to Shannon when you are calling the office.

Dr. Vodder School - North America™

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