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# THERAPY NEWS

**VOLUME 15 ISSUE 2**

**SEPTEMBER 2011**

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## Editorial

*Robert Harris, HND, RMT, CLT-LANA*

Thanks go to all the Vodder therapists who have contributed to this issue of Therapy news. In these challenging economic times our patients struggle more with the ability to pay and as therapists, we need to become more resourceful in helping our

patients find alternate ways to fund their treatment. Three articles by Vodder-certified therapist highlight these issues and solutions in this latest Therapy News.§

## International Lymphedema Framework Conference: Toronto June 16 – 18, 2011

*Linda Menzies and Sue Zwarich*



*Linda Menzies & Sue Zwarich*

All therapists need to attend conferences, especially the International Lymphedema Framework Conference. The willingness of the attending healthcare practitioners to share their expertise was remarkable. Great collaboration occurred between delegates discussing the topics of research, meeting psychosocial needs, self care management, and innovative ways to treat patients. New and exciting developments in compression bandaging, compression garments for difficult cases, and exercise therapy were also introduced with great enthusiasm and debate.



*ILF Conference with over 360 attendees*

Striving for better outcomes for our patients should always be at the forefront of any treatment.

Prof. Neil Pillers' presentation on challenging our criteria for change was engaging and thought-provoking. How do we accurately evaluate our patients' outcomes? It is not just about volume reduction; rather, we need to ask ourselves, have their activities of daily living improved and has their independence improved? Can we defend the outcomes? What is our tipping point to strive for better outcomes? Perhaps, we need to think differently, be innovative in our approach and our expected outcomes. 3M held a hands-on technique workshop for their Coban 2 system approach to managing patients with lymphedema. Challenging current beliefs and approaches to compression bandaging came with great

debate. Be skeptical not cynical! There is room for



*Elizabeth Chan, Vodder therapist from Singapore*

diversity and innovation when treating uncomplicated and complicated forms of lymphedema. Attending conferences like the International Lymphedema

Framework Conference increases our knowledge base and awareness which keeps us current, informed, in-

novative and confident.

We made connections with other MLD therapists, physicians, surgeons, nurses, physiotherapists, garment fitters and researchers from all over the world. Should we need their guidance and expertise in treat-



*Kathryn Thrift measuring under-bandage pressure*

ing patients, it is readily available.

The fundamental approach for the International Framework is

that patients should always be at the heart of the framework projects. Only a collaborative and multidisciplinary partnership between all stakeholders, recognized as experts, can lead to an improvement in the management of patients with lymphedema. Improving the management of lymphedema is a dynamic process requiring ongoing research and implementation into practice. International collaboration is essential. Without question, this was achieved at the conference.

**Linda Menzies, RMT** ([lhmenzies@mts.net](mailto:lhmenzies@mts.net)) and **Susan Zwarich, RMT** ([suezwarch@shaw.ca](mailto:suezwarch@shaw.ca)), Vodder-certified therapists from Winnipeg, MB.§



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“Resourcefulness is a skill we can model to our patients and teach them to use in their own care.”

## Financial Resourcefulness

Sara Nelson, DPT, CLT –LANA

Being resourceful is a key to providing good lymphedema care. Resourcefulness refers to the ability to act effectively and creatively, especially in difficult situations. Financial constraints are one of the difficulties we often run into when treating people with lymphedema. Several factors have created elevated financial pressures in recent years; from changes in the economy, changes in health care, and ever growing chronic illness in an aging population (for detailed statistics check out this site

[www.cdc.gov/chronicdisease/overview/index.htm](http://www.cdc.gov/chronicdisease/overview/index.htm) )

Resourcefulness is a skill we can model to our patients and teach them to use in their own care. As the saying goes, where there is a will, there is a way. We can help patients find a way financially. Through the years of teaching the Conscious Clinician and Managing the Difficult Patient classes, I have periodically searched the internet for financial resources. In the last year I have found a growing number of options. The following list, are the results of that search. They may or may not be able to help our patients. However, if we all start investigating financial assistance with our patients, perhaps together we can start to gain recognition for the needs of the lymphedema population.

### ***Financial Assistance (aimed primarily at US patients)*** ***National Lymphedema Network***

116 New Montgomery St, Ste 235, San Francisco, CA 94105

1-800-541-3259

[www.lymphnet.org](http://www.lymphnet.org)

[www.lymphnet.org/westbrookApplication.htm](http://www.lymphnet.org/westbrookApplication.htm)

The NLN Marilyn Westbrook Garment Fund provides funds for lymphedema appliances, compression sleeves/stockings, and alternative garments.

### ***Care Credit***

GE Money

PO Box 960061, Orlando, FL, 32896-0061

800-677-0718 to apply

800-300-3046x4519 for health care providers

[www.carecredit.com](http://www.carecredit.com)

CareCredit, offers healthcare financing for consumers through a network of over 140,000 providers. Founded in 1987, CareCredit is a healthcare credit card that can be used as a payment option for certain expenses not covered by insurance or to bridge situations when desired care exceeds insurance coverage.

CareCredit offers two basic payment plans to meet an individual's financial needs:

Under the No Interest Plans for 6, 12, 18 or 24 months, each month you only need to pay the required minimum monthly payment and pay off the remaining balance within the promotional period to avoid interest and pay only the amount financed. Future minimum payments will vary based on amount and timing of payments, interest rate and other charges added to the account.

Extended Payment Plans for 24, 36, 48 or 60 months. These plans carry an interest rate that is more competitive than most bankcards and feature a fixed, monthly payment and a longer term.

### ***Patient Advocate Foundation CoPay Relief***

421 Butler Farm Road, Hampton, Virginia 23666

866-512-3861

[www.copays.org](http://www.copays.org)

The Patient Advocate Foundation (PAF) Co-Pay Relief Program (CPR) currently provides direct financial support to insured patients, including Medicare Part D beneficiaries, who must financially and medically qualify to access pharmaceutical co-payment assistance. The program offers personal service to all patients through the use of call counsellors; personally guiding patients through the enrolment process.

This organization currently assists insured patients who are financially and medically qualified and are being treated for breast, lung, lymphoma and cutaneous t-cell lymphoma, prostate, kidney, colon, pancreatic, head/neck cancers, malignant brain tumor, sarcoma, diabetes, multiple myeloma, myelodysplastic syndrome (and other pre-leukemia diseases), osteoporosis, pain, hepatitis C, rheumatoid arthritis, selected autoimmune disorders and CIA/CIN.

### ***HealthWell Foundation***

P.O. Box 4133, Gaithersburg, MD 20878

(800) 675-8416

[www.healthwellfoundation.org](http://www.healthwellfoundation.org)

The HealthWell Foundation is a 501(c)(3) non-profit organization established in 2003 that is committed to addressing the needs of individuals with insurance who cannot afford their copayments, coinsurance, and premiums for important medical treatments. Their vision is to ensure that no patient goes without health care because they cannot afford it. Their mission is to reduce barriers to care for underinsured patients with chronic or life-altering diseases. Their web site gives annual report and funding information.

### ***CancerCare Co-Payment Assistance Foundation***

CancerCare Program

275 Seventh Avenue, 22nd floor, New York, NY 10001

1-866-55-COPAY (26729) (Responds to calls in English and Spanish)

[www.cancercarecopay.org](http://www.cancercarecopay.org)

The CancerCare Co-Payment Assistance Foundation was established to address the needs of individuals who cannot afford their insurance co-payments to cover the cost of medications for treating cancer. Specifically, the Foundation assists patients who have been prescribed an oral or intravenous medication (chemotherapy), but are unable to afford the out-of-pocket costs or co-payment responsibility required by the insurer or Medicare. The amount of assistance that people receive depends on factors such as income, amount of funding available, insurance coverage, and the actual co-payments that will be incurred within 1 year. The types of cancer and the medications covered by the Foundation change; for the latest information on available funding contact the Foundation or visit the Web site below.

### ***Chronic Disease Fund (CDF)***

6900 N. Dallas Parkway, Ste 200, Plano, TX 75024

1-877-968-7233 (Responds to calls in English only)

[www.cdfund.org](http://www.cdfund.org)

## Financial Resourcefulness

Cont'd from page 2

The Chronic Disease Fund helps underinsured patients with chronic disease, cancer, or other life-altering conditions obtain the medications they need. The organization assists patients throughout the United States who meet income qualification guidelines and have private insurance or a Medicare Part D plan but cannot afford the co-payments for their specialty therapeutics. Patients may receive their prescription from a participating pharmacy or fill their prescription on their own and submit a receipt for reimbursement. The Chronic Disease Fund requires that patients are compliant with their prescribed treatment. To assist patients in staying compliant with their treatment, the Fund provides free access to Disease Trak, an online therapy management tool.

### ***Lance Armstrong Foundation (LAF)***

PO Box 161150, Austin, TX 78716

1-866-927-7205 (Responds to calls in Spanish only)

1-866-673-7205 (LIVESTRONG SurvivorCare responds to calls in English only)

[www.livestrong.org](http://www.livestrong.org)

The Lance Armstrong Foundation (LAF) helps survivors face the challenges and changes that come with cancer. Through the LAF's online education resource on LIVESTRONG.org, cancer survivors can learn about their cancer-related concerns, such as the physical and emotional effects of cancer and its treatment, and managing day-to-day matters. In addition, survivors can download worksheets to organize and guide their cancer experiences and hear stories shared by other cancer survivors. LIVESTRONG SurvivorCare is a partnership between CancerCare, Patient Advocate Foundation, EmergingMed, and the Lance Armstrong Foundation and provides financial assistance to cancer patients who are 6 months post treatment with no evidence of disease. Limited financial assistance is available for transportation to follow-up appointments, medical copays, cancer-related medications, and neuropsychological evaluation. The LIVESTRONG Young Adult Alliance is a coalition of organizations

with the goal to improve the survival rates and quality of life for young adults with cancer between the ages of 15 and 40.

### ***Linking A.R.M.S. Program / CancerCare Program***

1-800-813-HOPE (4673) (Responds to calls in English and Spanish)

[www.cancercare.org](http://www.cancercare.org)

CancerCare has partnered with Susan G. Komen for the Cure to create the Linking A.R.M.S. program. The program provides limited financial assistance for hormonal and oral chemotherapy, pain and anti-nausea medication, lymphedema supplies, and prostheses for women with breast cancer. A reimbursement grant is available and the amount of the grant is subject to availability. To apply for a reimbursement grant, download an application form online or contact CancerCare to receive the application.

### ***NeedyMeds***

PO Box 219, Gloucester, MA 01931

[www.needy meds.org](http://www.needy meds.org)

NeedyMeds is a Web-based information resource for people who need assistance paying for health care. NeedyMeds has information on patient assistance programs that provide free or low-cost medicine to people who are uninsured or underinsured. Patients are able to search a directory of drugs (listed by brand name or generic name) that are available through the Patient Assistance Programs (PAPs) of the respective drug companies. NeedyMeds does not supply medications or financial assistance but helps people find programs that provide these services. They also offer information on other assistance programs, such as discount drug cards, disease-based assistance (programs that help with costs associated with specific diseases), and free or low cost clinics.

**Sara Nelson, DPT** ([healer@dslextreme.com](mailto:healer@dslextreme.com)), Vodder-certified therapist from Kennewick, WA, who has created the Conscious Clinician class. To find out more about this advanced training, go to [www.vodderschool.com/managing\\_challenging\\_patients](http://www.vodderschool.com/managing_challenging_patients)



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“...limited funding may be available to patients who develop lymphedema as a result of cancer intervention.”

## Canadian Cancer Society

Some limited funding may be available to patients who develop lymphedema as a result of cancer intervention. This funding is available to patients with limited income and is approximately \$500 maximum per year. Go to the CCS website at [www.cancer.ca](http://www.cancer.ca), choose the province that the patient lives in and then

go under Support Services/ Coping with Cancer/ Financial Assistance. One can then download the form which needs to be sent to the provincial branch of the CCS.

(Thanks to Dr. Anna Towers for this information)

*Canadian resources continued on pages 5 & 6§*

## Review Reports 2011

### ***Melbourne, Australia, March 2011***

Therapists from Australia, New Zealand and Denmark attended the Review class in Melbourne. Presentations were made by *Teresa McEleney, RMT* who presented on her work with HIV/Aids patients; *Jan Douglass, RMT* presented her research on patients with lymphedema and using yoga, as well as how to prepare a case study;



***Prof. Neil Piller***

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World leaders in lymphology including Prof. Neil Piller, Dr. Anna Towers and Dr. Mei Fu present at the Dr. Vodder Reviews.

## Review Reports 2011 Cont'd from page 3

Melbourne, VIC—cont'd from page 3

Fiona Atkinson, RMT on her work in India with Prof. Piller. In addition, Cheri Templeton, PT gave an interesting presentation on management of burns in a pediatric population using compression and rehabilitation. Christeen Reed, PT gave a talk on the



*Jan Douglass*

designing a clinical study. Therapists put together a clinical study design with Prof. Piller during the review and many therapists have already submitted the results, based on a single MLD treatment for patients with lymphedema. Practical classes were led by Robert Harris.

Victoria, BC - April 2011

The Victoria Executive Centre was the location for the Review in Victoria with 43 therapists attending.



*Fun with the Hivamat*

Hildegard Wittlinger taught the practical sessions with Robert Harris, assisted by Katrin Maennel, PT a Dr. Vodder instructor from Germany. Presentations were made by Jill Allen, RN of 3M on a new product, the Coban 2 compression system for lymphedema. Katrin and colleagues from Physiomed, Germany gave practical and theory presentations on the use of the Hivamat deep oscillation therapy in treating patients with lymphedema. Case presentations were made by Lynn Dupuis, RMT on a post lumpectomy patient with lymphedema and pain subsequent to shoulder surgery; Lindsey Sloan, RMT on a patient with yellow nail syndrome; Jean Coletti, PT on a patient with scrotal and bilateral lower extremity lymphedema; Tina Hammond, PTA on a complex patient with bilateral lower extremity lymphedema with many co-morbidities; Liane Dorius, RMT on a patient with primary, bilateral, lower extremity lymphedema; Lucinda Tait, RMT on a mentally disabled patient with bilateral mastectomy; Lindsey Cymbalisty, RMT on a patient with acute, post-traumatic edema as the result of a degloving



*Hildegard, Robert & Katrin*

use of night-time compression garments (Tribute & Caresia). Prof. Neil Piller gave an update on research as well as



*Practising with Coban*

Stowe, VT - May 2011

53 therapists attended two reviews in Stowe. Hildegard Wittlinger and Robert Harris led the practical review. Case presentations were made by Charlotte Phillips, LMT on a patient with chronic facial swelling; Alexandra Spector, RN on a patient



*Dr. Mei Fu, Hildegard, Robert & Dr. Anna Towers*

with significant breast edema after a partial mastectomy and radiation; Evelyn Tucker-Lloyd on an elderly patient with lymphedema subsequent to radical mastectomy and radiation 50 years ago; Jane Reinsch, MA, PT, on an 8 y.o. patient with ring band syndrome on his arm, resulting in hand and forearm lymphedema. Dr. Anna Towers described a Canada-wide study measuring arm morbidity on 745 breast cancer patients, current research focussing on exercise therapy and early intervention, as well as the International Lymphedema Framework. Dr. Mei Fu from New York State University described her research on the compliance paradigm and her qualitative research on breast cancer patient's perspectives of their lymphedema management. In conjunction with the review, workshops were held in Elastic Taping with Ruth Coopee, MOTR, Advanced Bandaging with Renee Romero, RN, and the Conscious Clinician with Sara Nelson, DPT.

Montreal, QC - August 2011

17 therapists attended the French-speaking review held in Montreal at the end of August. Quebec has a highly trained group of Dr. Vodder-certified therapists (approx. 60) who keep up-to-date and attend various workshops, not only provided by the Dr. Vodder School but also by the Lymphedema Association of Quebec and through the active work of Dr. Towers. The review included a Coban 2 demonstration from Elaine



*Dr. Towers with reviewers in Montreal*

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## Review Reports 2011

Montreal, QC—cont'd from page 4

Tardiff and Jill Allen of 3M. Dr. Towers gave an update on current affairs in Quebec concerning lymphedema as well as an extensive update on current research. *Valerie Pedneault, MT* gave a case presentation on a challenging patient with primary, elephantastic lymphedema who also has lupus. Robert Harris provided the practical instruction.

Halifax, NS - September 2011



*Halifax Pink Squad*

US and Canada. Apart from the usual updating, *Jim Annett* from JUZO gave a thorough update on the tips and tricks of measuring and a Coban 2 bandaging session was given by *Jill Allen, RN* and sponsored by 3M. A patient attended for a problem-solving session on cellulitis and lymphedema of the arm. *Larysa Bondalevich, MD*,



*Halifax review Kinesiotaping*

The review in Halifax was held at the Canadian College of Massage and Hydrotherapy with 16 therapists from the

*RMT* gave a case presentation on a patient with non-septic, non-traumatic olecranon bursitis. *Lara MacDonald, PT* presented a patient with type II Diabetes and osteomyelitis with extreme swelling on the foot and big toe. Robert Harris led the practical sessions.

Scottsdale, AZ - September 2011

Scottsdale Review, September 2011

The first review class in Arizona was held at the Vir-



*Mike Bernas*

ginia Piper Cancer Centre in Scottsdale, facilitated by Katie Hughes, OT. Seventeen US therapists attended and were excited to have this beautiful new location added to the Review list. Michael Bernas, research scientist from the University of Arizona, Tucson and editor of the *ISL Journal, Lymphology*, gave an extensive talk on various imaging

techniques, current research on genetics and the lymphatic system and treatment perspectives. Case presentations were made by *Judy Culbertson PT*, on a complex patient with bilateral ankle and foot swelling and many co-morbidities; *Katie Hughes OT*, on an uncooperative patient with lymphedema who became very compliant after receiving the initial CDT sessions; *Lynn Herklotz OT, CMT* on the treatment of a patient with silicon and fungal toxicity as a result of breast implants who subsequently developed neuropathies. Robert Harris led the practical sessions. §

## Thrive Alive Foundation (aimed primarily at Canadian patients)

Denise Drisdelle, RMT

This a not-for-profit charitable organization committed to providing resources and assistance to people in need for their cancer treatments that aren't covered by government or healthcare plans. Unique in Canada, Thrive Alive Foundation is not part of any one centre, agency or clinic, giving the flexibility to support patient treatments anywhere in Canada. Non-traditional treatments include chemotherapeutic agents, diagnostic testing, experimental and supportive medicines, Naturopathic medicine, Chinese medicine, massage, emotional support, art therapy, basically everything to support a person's physical, emotional and spiritual health.

Eligible patients must be considered low-income for their population size (according to Statistics Canada), have a cancer diagnosis and a desire to seek non-traditional treatments. Initially we will aim to support \$500 - \$1000 per patient, in which the applicant may apply for funding online or mailing in an application. We will require supportive documentation such as income tax statements and oncology reports to verify the application. Applicants will be selected by a Medical Advisory Board.

Since our launch in April, 2011, we've built explosive

momentum and attracted media attention including an interview on Studio 4 with Fanny Kiefer and articles in both Health Action Network and, most recently, the Georgia Straight newspaper.

Our goal is to raise \$50,000 by early 2012 to launch our programs and begin helping people in need. Thrive Alive Foundation is hosting a fundraising event on November 20th in Vancouver, British Columbia, tickets on sale soon.

A few important things to note:

Our mission is to provide resources and assistance to people in need for cancer treatments not covered by government or healthcare plans.

Our vision is to make cancer treatments available to everyone in Canada, regardless of age or income.

We are a not-for-profit charitable organization, donations above \$10 will receive a charitable tax receipt (our tax receipts are only applicable for Canadians).

Visit our website at [www.thrivealive.ca](http://www.thrivealive.ca) or contact Stephanie at [stephanieklaus@gmail.com](mailto:stephanieklaus@gmail.com)

**Denise Drisdelle, RMT** ([denisedr@telus.net](mailto:denisedr@telus.net)), Vodder-certified therapist from Vancouver, BC§



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“Thrive Alive foundation provides resources and assistance to people in need for their cancer treatments that aren't covered by government or healthcare plans.”

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## Nurses Accessing Insurance Companies for MLD coverage

Petra Norris, RN

As a registered nurse and complementary therapist I often tell clients that these services are not covered by insurance companies. However, when it came to Manual Lymphatic Drainage massage I expected that with the professional training received and background in nursing that insurance companies would accept the client's claim for reimbursement. This was not the case. When I got notification from my client that her insurance company declined her claim, I set out to see how this could be changed.

I emailed nurses listed in the Dr. Vodder School's directory from Canada and around the world to see what other practitioners were doing. Most of the nurses are also RMTs, and most other professions list themselves as PTs and OTs. In general, insurance companies will cover MLD when done by an OT, PT or RMT. While some insurance companies will cover nursing services, massage is not included in those services.

My consultation with Robert Harris, Director of the Vodder School led me to request letters of support from him and Dr. Anna Towers. Additionally, I reviewed the curriculum of some of the massage therapy schools in Toronto. In doing this I found that the time spent on the lymphatic system ranges between 9-22 hours and does not include CDT compared to the 160 hour Dr Vodder course. In fact, some of the colleges refer students to the Dr. Vodder School for specialized training.

Equipped with this information, two letters of support

and the certificate of the course completion I wrote the insurance company to request they appeal their decision. It was suggested in the letter that MLD/CDT could be covered by the insurance company if done by a registered nurse with the appropriate training.

The result; Desjardins Financial Security reimbursed my client for over 75% of the treatment cost.

I would encourage other nurses who are presently providing MLD/CDT and whose clients are not being reimbursed that they contact their client's insurance provider to help educate them that the practitioner can come from a variety of healthcare backgrounds. Providing they have the knowledge, skills and judgment to provide the services, the services should be covered. This may not work in all cases, but certainly if we don't start someplace, things will never change.

If you are an RN and have already been successful in having claims for your services reimbursed it would be beneficial to create a data base of insurance providers who will reimburse Vodder MLD practitioners for services provided to their clients. Perhaps this is something the Dr. Vodder School may be interested in creating.

With persistence and a little help from the Dr Vodder School and other practitioners, what we cannot achieve on our own becomes achievable. Thank you Robert and Dr Towers for your support.

**Petra Norris, RN**, ([petra.norris@rogers.com](mailto:petra.norris@rogers.com)),  
Vodder – certified therapist from Toronto, ON. §



*Hozaidah Hosain*

**Congratulations to** Hozaidah Hosain, PT on becoming a certified Basic teacher with the Dr. Vodder School. Hozaidah is senior physiotherapist at the Singapore General Hospital and has been a Vodder certified therapist since 1999.

# Congratulations:

### To our newly Certified Therapists!



*Therapy II / III Class in  
Melbourne, AUS - March 2011*

June Favelle RMT	Bangor ,NSW Australia
Rachael Reed RMT	Caringbah, NSW Australia
Catriona Harvey RMT	Kirrawee, NSW Australia
Ivan Radonic RMT	Caringbah, NSW Australia
Catherine Poronnik RMT	East Lindfield, NSW Australia
Jenelle Piercey BS, OT	Darwin, NT Australia
Helen Gleeson RMT	Bentleigh East, VIC Australia
Nani McMullin RMT	Eltham, VIC Australia
Brenda Carroll RMT	Bentleigh East, VIC Australia
Sharon Daymond OT	Albany, WA Australia
Tegan Scott BSc, OT	Innaloo, WA Australia
Lee Shan Siow BPT	Perth, WA Australia
Raewyn Ormerod RMT	St. Heliers, Auckland New Zealand
Melanie Kriese Msc PT	Siebnen, Switzerland

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# Congratulations:

## To our newly Certified Therapists!

Christine Robertson BSc, OT	Calgary, AB
Lee Saunders LMT	Edmonton, AB
Ty Sparreboom RMT	Penticton, BC
Susan Oakunsheyld RMT	Penticton, BC
Deanna Merie Bell RMT	Houston, BC
Deborah Helsdon RMT	Terrace, BC
Karen Whitehouse RMT	Duncan, BC
Sonia Brown RMT	Victoria, BC
Agnes Opyrchal RMT	Winnipeg, MB
Katherine Styrchak RMT	Winnipeg, MB
Tammy Krahn RMT, LPN	Winkler, MB
Jen Dalke RMT	Winnipeg, MB
Kook Dohee PT	Gyeonggi-do, Rep. Of Korea
David John Krizmanik LMT, LAc	Phoenix, AZ
Jill Bielawski LMT	Tucson, AZ



*Therapy II / III Class in  
Victoria, BC – April 2011*

**Félicitations:  
À nos  
nouveaux  
diplômés!**



*Therapy II / III Class in  
Stowe, VT - June 2011*

Danielle de Graaf BSc, RMT	Centreville, NS
Lydia A. Vasek RMT	Kitchener, ON
Melanie Hebert DPT	North Adams, MA
Nelly L. Cabrera LMT	Bayside, NY
Mari Mains LMT	Happy Valley, OR
Elizabeth (Beth) Clark LMP	West Richland, WA

Linda Savoie PT	Tracadie-Sheila, NB
Anik Gallant PT	Plantagenet, ON
Isabelle Bujold MT	Orford, QC
Claire Cote PT	Rouyn-Noranda, QC
Veronica Egusquiza TRP	Montreal, QC
Nicole Grenier MT PTA	Trois Rivières, QC
France Landry RN	Chateauguay, QC
Berti Nahmias MT	Montreal, QC
Marie-Andrée Thibault RN	Montreal, QC
Genevieve Tremblay PT	Fabre, QC



*Therapy II / III Class in  
Montreal, QC - September 2011*

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## Articles

**Effect of manual lymph drainage in addition to guidelines and exercise therapy on arm lymphoedema related to breast cancer: randomised controlled trial.** Devoogt, N et. al. *BMJ* 2011;343:d5326 doi: 10.1136/bmj.d5326.

MLD has been thought and shown in other studies (Lacomba et. al.) to help prevent the occurrence of lymphedema. This study presents an opposing view by comparing the effect of a treatment program consisting of guidelines, exercise therapy, and manual lymph drainage (intervention group) and the same program without lymph drainage (control group) on the development of lymphedema related to breast cancer. The authors conclude that manual lymph drainage applied after axillary lymph node dissection for breast cancer and additional to guidelines and

exercise therapy is unlikely to have a medium to large effect on the prevention of arm lymphedema in the short term (six month follow up).

**Compression garments versus compression bandaging in decongestive lymphatic therapy for breast cancer-related lymphedema: a randomized controlled trial.** King, M et. al. *Support Care Cancer*. May 7, 2011 (on-line). DOI 10.1007/s00520-011-1178-9.

A small study on 21 patients that suggests that, within the initial treatment phase of a CDT program, compressive bandaging may result in a greater volumetric effect but compression garment application may result in fewer symptoms and better functional status. It should be noted though that a round-knit garment was used in the comparison. §

## Conferences 2011

**Australasian Lymphology Association Conference**  
May 24 – 26, 2012, Cairns QLD, Australia.

[www.alaconference.com.au](http://www.alaconference.com.au)

**ILF Conference**

June 28 – 30, 2012, Montpellier, France.

[www.lympho.org](http://www.lympho.org)

**NLN Conference**

September 5 – 9, 2012, Dallas, TX, USA.

[www.lymphnet.org](http://www.lymphnet.org)

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

[www.clt-lana.org](http://www.clt-lana.org)

**LANA Exam dates:** April 16 – May 5, 2012.

September 24 – October 13, 2012 §

## Reviews for 2011/2012

**Please register early. Space is limited.**

For more information contact [info@vodderschool.com](mailto:info@vodderschool.com)

**Singapore**

November 27 to 29, 2011

Main speaker; Prof. Neil Piller

[leonard.tai.z.h@sgh.com.sg](mailto:leonard.tai.z.h@sgh.com.sg)

**Ashville, NC**

January 27 to 29, 2012

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

**Victoria, BC**

April 21 to 23, 2012

Also offering Elastic Taping and Conscious Clinician.

**Stowe, VT**

May 18 to 20, 2012

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

**Walchsee, Austria**

July 04 to 08, 2012:

[office@vodderschule.com](mailto:office@vodderschule.com)

**Toronto, ON**

July 13 to 15, 2012

**Melbourne, Australia**

November 24 to 26, 2012:

[debs@rabbit.com.au](mailto:debs@rabbit.com.au)

*Please note that a Review is being planned in Dallas to coincide with the NLN conference in September 2012. Details will be posted as soon as the location has been arranged. §*

## Congratulations

To Kevin Green, BS, PTA and Dr. Vodder certified therapist who races as a part of the Lymphatic Research Foundation team at the Lake Placid Ironman competition at the end of July.

[www.teamlrf.org](http://www.teamlrf.org). Kevin is 2<sup>nd</sup> from the right in the photo. §



*LRF - Kevin Green*

THE QUALITY IS IN OUR HANDS:  
TRAINING EXCELLENCE





# 2011/2012 Reviews Courses

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

- 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.
- Update on the latest research in Lymphology and the treatment of lymphedema.
- Class size may be limited, so please register now.

*"I had such a wonderful experience this past weekend at the Review class. Thank you for an excellent recertification course. I feel very renewed in my work and find I am taking more time with my strokes and paying more attention to my hands."* Scottsdale, AZ (2011)  
Katie Hughes, MA, OTR/L, CLT-LANA, CKTP,

## **Singapore – November 27, 28 & 29, 2011**

*Join us at the Singapore General Hospital*

Guest presenter: Prof. Neil Piller

To register please contact

Leonard at Singapore General Hospital:

[leonard.tai.z.h@sgh.com.sg](mailto:leonard.tai.z.h@sgh.com.sg)

(65) 6576 2710

## **Asheville, NC – January 27, 28 & 29, 2012**

*Join us in Asheville at CarePartners Outpatient Rehab*

Guest presenters to be announced

## **Victoria, BC – April 21, 22 & 23, 2012**

*Join us in Victoria at the Victoria Executive Centre*

Guest presenters to be announced

## **Stowe, VT – May 18, 19 & 20, 2012**

*Join us at the Golden Eagle Resort*

Guest presenters to be announced

## **Toronto, ON – July 13, 14 & 15, 2012**

*Join us at Kikkawa College*

Instructor is Robert Harris

Guest presenters to be announced

## **Dallas, TX – September, 2012**

*Please note that a Review is being planned in Dallas to coincide with the NLN conference in September 2012. Details will be posted as soon as the location has been arranged.*

*For courses in; Victoria, BC; Stowe, VT; Asheville, NC; Toronto, ON and Dallas, TX (once location is set) please send your completed application and deposit to:*

Dr. Vodder School International

PO Box 5121, Victoria, BC, Canada V8R 6N4

Tel.: (250) 598-9862

Fax: (250) 598-9841

E-Mail: [info@vodderscholl.com](mailto:info@vodderscholl.com)



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

# 2012 Advanced Courses

## The Conscious Clinician

Behavioral Management and Integrative Practice in Lymphedema Rehabilitation

**Ashville, NC – January 29 and 30, 2012**

from 8.00am to 5.30pm

**Victoria, BC – April 20, 2012**

from 8.00am to 5.30pm

**Stowe, VT – May 17, 2012**

from 8.00am to 5.30pm

**Dallas, TX – September 4, 2012**

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 and certified Dr. Vodder School therapist**

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## ADVANCED CREATIVE BANDAGING

**Ashville, NC – January 26, 2012** from 8:30 am to 5:30 pm

**Stowe, VT – May 20, 2012** from 1:30 pm to 7:30 pm

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.**

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## COOPEE TEST (Techniques for Elastic Sports Taping)

**Ashville, NC – January 30, 2012**

from 8.00 am to 5.30 pm

**Victoria, BC – April 24, 2012**

from 8.00 am to 5.30 pm

**Stowe, VT – May 21, 2012**

from 8.00 am to 5.30 pm

**Dallas, TX – September 4, 2012**

from 8.00 am to 5.30 pm

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**

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Please Note: **The courses 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.**

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*For courses in; Victoria, BC; Stowe, VT; Ashville, NC; Toronto, ON and Dallas, TX please send your completed application and deposit 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](mailto: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: \_\_\_\_\_ DATE: \_\_\_\_\_

COURSE (S) : ☐ REVIEW ☐ COOPEE TEST/ELASTIC TAPING ☐ MARNITZ THERAPY  
☐ CONSCIOUS CLINICIAN ☐ ADVANCED CREATIVE BANDAGING

### 2011/2012 COSTS:

#### ► REVIEW:

- \$465 USD OR CAD; IN **BC**, ADD 12% HST (\$520.80); IN **ON**, ADD 13% HST (\$525.45)

IF FULL PAYMENT IS RECEIVED 30 DAYS BEFORE START OF CLASS THE COST OF THE COURSE IS;

- \$440 USD OR CAD; IN **BC**, ADD 12% HST (\$492.80); IN **ON**, ADD 13% HST (\$497.20)

#### ► COOPEE TEST, MARNITZ THERAPY, CONSCIOUS CLINICIAN & ADVANCED CREATIVE BANDAGING:

- IN **USA** \$220 USD OR **CND**; IN **BC**, ADD 12% HST (\$246.40); IN **ON**, ADD 13% HST (\$248.60)

IF FULL PAYMENT IS RECEIVED 30 DAYS BEFORE START OF CLASS THE COST OF THE COURSE IS;

- IN **USA** \$195 USD OR **CND**; IN **BC**, ADD 12% HST (\$218.40); IN **ON**, ADD 13% HST (\$220.35)

BRINGING A MESSAGE TABLE (\$25 REFUND IF TABLE IS 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 30 days prior to start of course. Administration fee of \$50 for changes/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](http://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:

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](mailto:info@vodderschool.com)





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# *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	\$35
Dr. Vodder's Manual Lymph Drainage Volume 2	\$35
Compendium of Dr. Vodder's Manual Lymph Drainage	\$49
Lymphedema Diagnosis and Therapy*	\$69
Dr. Vodder's Manual Lymph Drainage: A Practical Guide	\$59.95

### Lecture Notes

Basic & Therapy I Notes	\$25
Therapy II&III Notes	\$25

### VITAL ESSENCE CD ROMS

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

Applicable taxes and shipping & handling will be added to orders.

**FOR DESCRIPTIONS AND TO ORDER THE PRODUCTS PLEASE VISIT OUR WEBSITE AT**

**[WWW.VODDERSCHOOL.COM](http://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](mailto:info@vodderschool.com)

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