

THERAPY NEWS



Newsletter for Dr. Vodder School Therapists

Vol. II • September 1999

Welcome to the third edition of Therapy News. We are pleased to keep in touch with therapists in North America and Australia who have taken our training and thank those who have responded to our Newsletter. Our purpose has been to keep you updated on current events and research related to our field and we welcome your input and feedback. Please do let us know if there is anything you would like to share with fellow therapists.

Robert Harris,
Director
Dr. Vodder
School North
America

New method to detect early growth of cancer

As reported in the February Therapy News by Dr. Kasseroller, a new method for detecting the early growth of cancer has been reported. This can be found in the Harvard Gazette in May 1999 (website: www.news.harvard.edu/gazette). This promises to be an exciting method if the research proves successful and would enable detection of tumors that are too small to feel. Probes that are able to work their way into cells and which contain a raft of protein-like stalks, are injected into the blood of the patient. When these probes enter cancer cells, enzymes produced by the cells wash over the stalks, causing them to release a fluorescent dye. A newly developed imaging camera can then detect this fluorescence. The research is being carried out at the Center for Molecular Imaging at Massachusetts General Hospital and has received a \$40 million grant to pursue this. The imaging technique is also promising because no radioactivity is involved and the fluorescence does not damage healthy cells.

Lymphdiaral salve for lymphedema patients

We have enclosed an information packet on an homeopathic skin care product for lymphedema patients which has become available in North America. This has been used extensively in Germany and studies indicate that it is effective when combined with CDT, in reducing swelling. (Letzel, C, Schaefer, I, Wartenberg, A: Use of Lymphdiaral in sports medicine. Acta Biologica, Vol. XXXVI, Nov '97, #1). There are apparently no or few side effects in using this cream and, according to the literature, it is safe for infants and children also. For more information on this product, please contact Biomed at 1 800 665-8308 or visit their website at: www.biomedicine.com. While we are not endorsing this product, we would very much like to hear from you of any results with your patients.

New classes in 2000

The School has been working hard to provide more opportunities for recertification and certification

throughout North America. We have many requests to hold reviews in different parts of the continent and we are willing to try new locations if a suitable venue can be found. In 2000 we are going to hold a Review in Virginia Beach, VA for the first time from January 27 - 29. A Therapy II and III will follow this, January 29 - February 09. Two other opportunities will be available also for Recertification in 2000 (see enclosed information sheet). As our Australian therapist numbers are growing, we are going to hold a Review in Australia for the first time in 2000. This will be held in Adelaide, November 24 - 26 and will be followed by a Therapy II & III class. The English-speaking Review in Austria will be held at the Dr. Vodder School in Walchsee from July 03 - 07, followed by a Therapy II and III course, July 10 - 21.

European standards in certification

In moves to raise the standard of certified therapists in Germany and other European countries, initiatives are being made that are similar to those initiated by the Dr. Vodder School - North America. The German Society for Lymphology and the Dr. Vodder Society for MLD are working together to establish quality control of therapists, leading toward a recertification requirement. In an article published in Lymphologie 1/99, Profs. Hutzschenreuter and Weissleder state that effective quality management, quality assurance and quality control are indispensable to assure optimal treatment results in patients receiving manual lymph drainage. They state further that therapists specialized in lymphatic drainage should be recertified every two years and documentation of recertification be considered as a prerequisite

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to perform clinical services. The Dr. Vodder School – Walchsee already holds annual Reviews for therapists in Walchsee and at the annual Dr. Vodder Society conference in Germany. This year, the School will be holding an intensive workshop (Review) for therapists for the first time at the German Society for Lymphology conference in Berlin, September 10 – 11. There will be a similar event held in Dusseldorf, Germany, September 14 - 16, 2000 and the focus of this conference will be hand injuries and treatment by MLD. Any therapists wishing to attend and/or present at this conference should contact the Dr. Vodder Society for MLD at the Dr. Vodder School in Walchsee (address is: Alleestr. 30, A6344-Walchsee, Austria).

Report on the Review in Stowe, June 1999

A very successful recertification course was held in Stowe, Vermont in June this year. Forty-two therapists were able to attend and the feedback was very encouraging and positive. The first day was devoted to Basic technique in the morning with Hildegard and Andreas Wittlinger and Robert Harris supervising. This was followed by group discussion about cases, other than lymphedema. Discussion centered on autistic patients, benign tumor of the pituitary gland, nutrition and detoxification, dermatological conditions, head injuries, a complex patient with thoracic outlet syndrome accompanied by a scalenectomy, traumatic shoulder dislocation and a Colles fracture patient. The discussion enabled therapists to share similar experiences from their patient cases and a positive learning environment was achieved. Special techniques for the hip and shoulder were reviewed in the afternoon and this was followed by aquatic therapy exercises for lymphedema and orthopedic patients. Andreas Wittlinger, who stressed the importance of this optimal environment for

lymphedema patients, guided therapists in the pool. Because of the hydrostatic pressure, simply standing in water is equivalent to a very fast walk and yet due to the buoyancy, the body only weighs 10% of its weight out of water. The optimal temperature of 90 degrees Fahrenheit (32 C) does not over-stimulate the sympathetic system. Exercises are started after the 3rd treatment and are usually performed before the MLD/CDT session. These exercises will be repeated at future recertification courses, according to the availability of a pool.

The next day of the Review began with case discussion on lymphedema patients. Jane Kepics PT, Lorraine Pilarski MT and Michele Keleher PT presented patient cases. This was followed by a presentation from Ruth Coopee OTR, on Kinesiotaping for lymphedema patients. This product is being tested by several Vodder certified therapists and we hope that Ruth will be able to give a workshop at future recertifications on this topic as many therapist are interested in knowing more. Edema techniques were reviewed in the morning, followed by bandaging in the afternoon. We were fortunate to have one of the case presentation patients attend the Review and she generously agreed to discussion of her case with the group. Andreas Wittlinger demonstrated how he would bandage this challenging case.



Andreas Wittlinger demonstrating bandaging for a primary lymphedema patient



Pool exercises in Stowe Vermont, led by Andreas Wittlinger

The third day started with a case scenario presented by Hildegard Wittlinger. Therapists then proceeded to discuss and treat the case. This was followed by an update of current research in the lymphology world, by Dr. Kasseroller. Our guest speaker, Prof. Weissleder then gave a talk on lymphedema diagnostic tools, acute lymphedema, lipedema and interesting cases from his experience. Prof. Weissleder is an internationally recognized expert in the field and we are delighted that he has been able to attend our recertification course. He also gave an informative lecture to a local group of Vermont physicians and CDT practitioners in Stowe.

Victoria Recertification

A similar Review format to that in Stowe was held in Victoria at the end of July with 45 therapists attending. Prof. Weissleder, Dr. Kasseroller and Angela Vollmer were the guest speakers. Mrs. Vollmer gave a very interesting talk about fitting garments for unusual types of lymphedema and some of the tricks she has developed over many years as a "Bandagistmeisterin" (garment expert).

Case histories presented at his Review included a liposuction and venous ulcer patient presented by Jen Watson LMT, and a venous ulcer patient with neuropathy and Charcot's syndrome presented by Betty McTague D.Ch. There was also an unusual case presented by Koby Blanchfield RMT on an Ehlers-Danlos syndrome patient. This patient was able to attend and to be examined by the therapists. The condition is rare and is an hereditary connective tissue disorder characterized by articular hypermobility, skin extensibility and tissue fragility. Koby Blanchfield reported success in improving skin quality and reduction of lower extremity edema.



Koby Blanchfield discussing treatment of her patient

The next day, Betty McTague made case presentations on primary bilateral idiopathic lymphedema, Koby Blanchfield and Catherine Dicecca on primary lymphedema with a patient present and Stephanie Williams on a venous ulcer patient. These case presentations are a valuable learning tool and have proven an important part of the Reviews. Please do keep good documentation of your patients, including photos so that you might present your cases at future Reviews.

Congratulations!

Therapy II & III grads from Stowe & Victoria

We are very pleased to congratulate and welcome the following graduates from our courses held in Stowe in June and Victoria in August:



Stowe, Vermont Therapy II and III class, June 1999

Stowe, VT:

Kelly Armstead, Mansfield, OH
 Janet Bambace, White Plains, NY
 Sharon Brennan, West Roxbury, MA
 Kimberly Brungardt, Lenexa, KS
 Lili Cortes, Houston TX
 Lindsay Crossman, Brattleboro, VT
 Alicia Donatone, Hampstead NC
 Bonnie Dye, Hobe Sound, FL
 Susanne Faux, Glen Burnie, MD
 Linda Green, Mansfield, OH
 Alison Hecht, Sth. Bound Brook, NJ
 Amy Hirsch, New Orleans, LA
 Carol L. Johnson, Chapel Hill, NC
 Kimberley Kiernan, Wilmington, NC
 Laurie Krapfl, Dyersville, IA
 Kevin Kunkel, West Palm Beach, FL
 Patricia MacDonald, Goffstown, NH
 Denise McIntosh, Billerica, MA
 Ann McLaughlin, Canton, NY
 Michele McLellan, Nashua, NH
 Kristine Moore, Lyndonville, VT
 Sherry Mottola, Schenectady, NY
 Michelle Nissly, Lancaster, PA
 Carrie Oatman, Minneapolis, MN
 Chris Patarazzi, Chicago, IL

Phillip Pollot, Rochester, NY
 Donna Lue Reise, Hamilton, ON
 Karen Rolph, Dubuque, IA
 Patti Smith, Harvard, IL
 Frances Stokes, Stockbridge, GA
 Jane Truehart, Easthampton, MA
 Kelley Waltrip, Loxahatchee, FL
 Angela Whatoff, Irving, TX
 Deane Wilson, Asheville, NC
 Judith Wolf, Portland, ME
 Wendy Wood, Lincoln, MA
 Rhonda Yudin, Amherst, MA

Ruth Moseley, Dallas, TX
 Jana Novotny, London, ON
 Myriam Ojeda, Bayamon, PR
 Sharon Scotton, Meadvale, UK
 Kimberly Seymour, Norfolk, VA
 Martina Smith, Colquitt, GA
 Sandra Stover, Jacksonville, FL
 Nadine Sullivan, Houston, BC
 Judy Van Wagenen, Beacon, NY



Angela Vollmer with the Victoria Therapy II & III class

Victoria, BC

Beth Atkinson, Shawnigan Lake, BC
 Margot Bryan, Chiquapin, NC
 Alyssa Byrnes, Beachwood, NJ
 Vickie Cannella, Irving TX
 DeAntha Cotton, Midland, TX
 Sarah Cowley, Uxbridge, ON
 Nancy Crampton, Vancouver, BC
 Jill Dietrich, Suffolk, VA
 Dave Dumas, Florence, AL
 Laura Gould, Bend, OR
 Wanda Guenther, Winnipeg, MB
 Pam Hammond, Toronto, ON
 Marleen Herro, Scottsdale, AZ
 Stephanie Irizarry, Flower Mound, TX
 Judy Kempf, Crestline, OH
 Adam Lawrence, Scottsdale, AZ
 Jennifer Merritt, Charlotte, NC
 Karen Moore, West Columbia, SC

Current Instructors of the Dr. Vodder School – North America:

Medical Director: Renato Kasseroller, MD

All Levels: Hildegard Wittlinger & Robert Harris

Basic & Therapy I Instructor: Kathryn Thrift

Basic Instructors: Linda Blanchfield, Anne Bramham, Howard Douglass, Nancy Reichl, Kim Tougas, Martha Zenger

IN OTHER NEWS

Bandaging Video

After many requests from therapists and patients, the Dr. Vodder School is now producing three bandaging videos. One will be for therapists and will show the arm and leg bandaging with short and long stretch bandages, as well as bandaging with the "muff" and "chocolates" for fibrosis. The others are for patients and one will show self-bandaging for the arm and one will show self-bandaging for the leg. We hope to have these ready for you by the end of the year.

Web page update

A statistical analysis of our web page was made last month and we are currently averaging approximately 15,000 visits per month or about 500 per day to our web site from all over the world. Most visits are made from the USA and our therapist referral page for patients is receiving over 500 visits per month. We hope you are as excited as we are about the results of this survey as this represents a great source of free advertising for you if you request a free listing on the web page. Again, please do keep us updated of any changes in your address, phone or contact information.

Employment opportunities

- Stanford Lymphedema Center in the San Francisco area is seeking a part-time MLD therapist. Fax resume to Rainee Heinan, R.N. (650) 725-7660 or contact Nancy Burns at (650) 498-6921.
- Cheryl Morgan at Therapy Concepts in Lenexa Kansas has positions for therapists wishing to intern at her clinic. Tel: (800) 227-1840.
- Melba Smith in Atlanta is looking for a Vodder certified Physical Therapist to join her team in Atlanta, GA. She can be contacted at (770) 518-4700 or melbasmith@mindspring.com.
- Betty McTague in Mount Forest Ontario is looking for an RN, PT or RMT to work in an Ambulatory and Diabetic Wound clinic. Fax resume to (905) 702-0112.
- Roswitha Praethaler from Austria is a Vodder certified MLD therapist who would like to work in the southern USA. She can be contacted at Waldweg 1, A-8600 Bruck/Mur, Austria, Tel: 011 43 3862-53217.

Articles

Piller, N., Goodear, M., Peter, D., ***Lymphoscintigraphic evidence supports the existence of axillo-inguinal anastomotic pathways in a patient with chronic secondary leg lymphedema subsequent to inguinal node clearance and radiotherapy***. European Journal of Lymphology: Vol. 6 # 24 1998

When we treat leg lymphedema patients, the standard approach is to redirect the lymph and interstitial fluid to the lateral thigh, buttocks and then across the axillo-inguinal watershed line and into the axilla. We assume that this is indeed the way fluid is draining from our understanding of the anastomoses across the watershed. However in the lymphology world, even the existence of these anastomoses has been debated (as per Witte at the NLN Conference 1998).

This work by Prof. Piller and colleagues at Flinders University in Adelaide has been able to visually demonstrate the path of radionucleotides across these watersheds and into the axilla. A 37-year-old female with unilateral leg edema related to a total abdominal hysterectomy and radiotherapy was injected subdermally in the interdigital space on the lateral/dorsal areas of each foot. She had been treated with CPT (CDT), incorporating a type of lymphatic massage and exercised for 5 minutes after the injection.

The radionucleotide travelled up the leg and appeared in the anastomoses and ipsilateral axilla after 85 minutes. As there is no direct lymphatic pathway between the leg and the axilla, this experiment proved the connection had occurred via the anastomoses.

1998 American Cancer Society: NCICFUL, PO Box 102454, Atlanta, GA 30368-2454, USA.

This booklet describes the recommendations for research, clinical practice, education and advocacy made by the Workshop on Breast Cancer Treatment related Lymphedema held in February 1998 in New York. Dr. Kasseroller took part in this workshop and it represents the first major, all encompassing publication in North America on these topics. It was first published in Cancer: Interdisciplinary International Journal of the American Cancer Society, Volume 83, 1998. The cost of the booklet is \$9.95 US and their phone # is (888) 227-5552 or website at www.cancer.org.

Elephantiasis

The World Health Organisation (WHO) designated elephantiasis as its focus in 1998. It has been estimated that 120 million people suffer from this debilitating condition and the primary cause is lymphatic filariasis. Apart from the huge disfiguring swelling in the limbs, the internal organs such as the kidneys and lungs can also be damaged. Filariasis is the major cause of lymphedema in the world and therapists are beginning to report treating more of these cases in North America.

A third of the world's sufferers live in India, although it is found in 73 countries. The cost of the illness is estimated at \$1.5 billion US per year.

A British pharmaceutical company, Smith-Kline-Beecham, is donating 6 billion tablets of a drug, Albendazole, world wide over the next 20 years in an effort to help eradicate the illness. Only 1 tablet per year is required over a period of 5 years, in order to kill the parasite and the cost of the tablet is 15 cents.

Albendazol is used in combination with two other drugs to kill the microscopic larvae of the parasite. It is hoped that the disease will have been eliminated as a public health problem by the year 2020 thus eradicating the cause of elephantiasis.

Source: Guardian Weekly, UK: Vol. 158, # 5, Feb. 1998

Important dates in 2000:

Dr. Vodder School Review
January 27 – 29, Virginia Beach, VA

Australasian Lymphology Conference,
April 07 – 09, Melbourne, Australia

Dr. Vodder School Review
May 30 – June 01, Stowe, VT

Dr. Vodder School Review
July 03 - 07, Walchsee, Austria

Dr. Vodder School Review
August 04 – 06, Victoria, BC

NLN Conference
September 14 - 17, Orlando, FL German Society of
Lymphology Conference
September 14 - 16, Dusseldorf, Germany

Dr. Vodder School Review
November 24 - 26, Adelaide, Australia

International Organization of Lymph drainage schools (IOL)

The Dr. Vodder School - North America is part of an international organization of schools that teach Manual Lymph Drainage. The main goal of this organization is to develop an international standard of quality assurance in training in MLD and CDT. The schools currently involved are from Germany, Austria (Dr. Vodder School), Switzerland, Finland and Sweden, as well as our own school in North America. By working together with schools from other countries, we hope to exchange ideas and information that will benefit therapists and ultimately patient care.

NAVALT

We extend our congratulations and best wishes to the newly elected Board of trustees of NAVALT (North American Vodder Association of Lymphatic Therapy) and especially to the new president, Linda O'Donnell. We trust that the new Board will be taking NAVALT in a direction that will enable us to grow together in our common goals. Here is a short statement from Linda O'Donnell:

"My plan as President of NAVALT® is to promote the Vodder technique of Manual Lymph Drainage. This is the original purpose of NAVALT®, the very reason it exists. I am planning to work with our excellent Board of Trustees to restore our association so that we can get on with the business of exchanging information, and expanding our

knowledge as lymphatic therapists, and educating the world about our work. Please look for a Special Edition of NAVALT® News in the next few weeks and join us!"

Maggie Rubin

We were very saddened by the recent death of one of our Dr. Vodder School teachers-in-training. Maggie Rubin died at the end of June at the age of 48, after a battle with breast cancer. Her MLD training began in Toronto and she completed it in 1993 at the first North American Therapy II and III class, held in Vancouver. She then moved to Florida and began work with Anne Bramham in Palm Beach. In 1996, Maggie applied and was accepted to become a teacher-in-training for the Dr. Vodder School. Shortly after this she found out about her breast cancer and was not able to complete her training. She was able to return to England this June to be with her family. Those of us who knew Maggie will remember her sense of humour and knew what a good therapist she was. She will be missed by many of us and especially her Florida friends and colleagues.

Footnote

Sondra Clegg, the former administrator of the Dr. Vodder School relocated to Ontario with her family in June. The new administrator of the School is Sylvia Wragg and please do say hello if you are calling the office, Monday to Friday 9.00am to 4.00pm, Pacific Time.

Please note our new fax number is (250)-598-9841 Our telephone number remains as (250)-598-9862.

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