

# THERAPY NEWS

Newsletter for Dr. Vodder School Therapists

Vol. I September 1998

Robert Harris,  
Director  
Dr. Vodder School  
North America

Welcome to Therapy News. We hope you enjoy this first information Newsletter sent to all certified therapists of the Dr. Vodder School. The intent is to keep you updated with all the latest developments of the School and the world of MLD/CDT. We hope to publish it at least two times a year, possibly more, depending on developments throughout the year. Please let us know if you have any feedback, comments or information you would like to share.

## ADMINISTRATOR'S MESSAGE

Hello, my name is Sondra Clegg, the administrator of the school. I am available for any administrative concerns between 9:30 am – 4:30 p.m. (Mon to Fri).

The school is currently updating our web page, and would like to include a new section listing our therapists, including city, state and office phone number for patient referrals. Please see enclosure entitled *Database & Web Site Update*, complete and return immediately. This form allows us to know if you would like your information posted on the web site and also as a means to ensure your information is correct on our database. Thank You.

## DR. RENATO KASSEROLLER, MEDICAL DIRECTOR OF THE DR. VODDER SCHOOLS

Dear Therapists,

In past years, at the end of the classes, I always offered to the students the opportunity to call me if there were some medical problems. Due to the increase in certified therapists and my absences from Walchsee because of courses and congresses, it has become more and more unreasonable. I am still of the opinion that it is very important for therapists to get information when it's needed. The Dr. Vodder Schools want to support you, and will publish newsletters in the future.

My input will be information about the news from scientific lymphological world. At the last review in Walchsee, I presented to participants all the news from the last two years. In the next weeks I am visiting numerous congresses in Europe to see what is developing and I will inform you about the latest research in my next letter.

We are preparing a new classification for lymphedema involving a combination of volume and fibrosis measured by skin folds.

Best regards, Renato Kasseroller, MD

## REPORT

Dr. Kasseroller gave a report at the ISL Conference last year, of a long-term retrospective study he has carried out at the Dr. Vodder Clinic in Austria. He analysed the results of the treatment of 553 patients with lymphedema.

In the study, 291 patients presented with unilateral mastectomy, axillary dissection and partial radiation. 202 patients presented with lower extremity edema after gynaecological or urological surgery with lymph node dissection. 60 patients presented with primary lymph edema.

A total of 996 therapy cycles were performed on the patients with the average cycle lasting 16.75 days.

The average improvement for arm edema was 46% and for legs 41%.

Dr. Kasseroller found that the optimal time for a second therapy cycle for a patient was 20 weeks after the first cycle. During this time, no deterioration of the edema was observed. An interval of 20 - 50 weeks showed only some minor disadvantages to the patients. An interval of more than 50 weeks showed a clear disadvantage for the patient, in terms of a worsening of the edema.



**GREETINGS FROM:  
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# Congratulations! Recent Graduates



From left: Hildegard Wittlinger, Prof. Weissleder and Robert Harris Stowe, VT June 1998

The Vodder School would like to congratulate and welcome the therapists that recently graduated from the Therapy II & III classes in 1998. As you are well aware our technique is very beneficial for many patients with differing ailments. Please have no hesitation to contact the Director, or other instructors, if you have any questions regarding patients that you may be treating. We believe in supporting our therapists, and offer the recertification course as a means to refresh the skills learned in the courses as well as learn new information. We include a discussion group atmosphere to share experiences and offer therapy suggestions to other therapists. So far this year we have held Therapy II and III courses in Stowe, Vermont, Victoria, British Columbia and there has also been an English speaking class in Walchsee, Austria. At the time of publication, these are the new grads in North America:

## STOWE VT • MAY 1998

Andy Akin, *Humboldt TN*  
Doris Alton, *Oneonta NY*  
Karen Anderson, *Munds Park AZ*  
Nancy Ballard, *Burlington NC*  
Anne Marie Benjamin, *Raleigh NC*  
Cindy Brennan, *Franklin MA*  
Rev Star Campbell, *Kansas City MO*  
Angela Dwyer, *Windham ME*  
Tricia Dwyer, *Bennington VT*  
Patricia Eaton, *Danville CA*  
Kristi Evans, *Hoopeston IL*  
Diane Finch, *Morris IL*  
Mindy Gerstein Smith, *Columbus OH*  
Gail Hendsey, *East Windsor CT*  
Greg Hooker, *Concord NH*  
Suzanne Humen, *Hollywood FL*  
Lynette Jamison, *Phoenix AZ*  
Gisele Laliberte, *Laval PQ*  
Kimberly Lumbruno, *Stanford CT*  
Joan Lupacchino, *Manchester CT*  
Mary McNellis, *Stillwater MN*  
Suzanne Rothschild, *Somerset NJ*  
Jan Scheetz, *Houston TX*  
Melba Smith, *Roswell GA*  
Gail Stein, *North Palm Beach FL*  
Sandra Stone, *Boynton Beach FL*  
Laura Tilbury, *Elmont NY*  
Karen Watko, *Raleigh NC*  
Tounya Whittington, *Kernersville NC*  
Sandra Wojtecki Tamel, *Cudahy WI*

## VICTORIA, BC • AUG 1998

Valerie Bainton, *Boulder CO*  
Anne Baldwin, *Broadview Heights OH*  
Debra Chantrill, *Vancouver WA*  
Janna Childs, *Oakpark IL*  
Candice Coady, *Toronto ON*  
Andrew Conti, *Euclid OH*  
Patricia Craighead, *Galloway OH*  
Hilde Crawford, *Port Angeles WA*  
Sandra Eisele, *Pomfret Center CT*  
Sharon Ewton, *El Paso TX*  
Natalie Forcino, *New Port Richey FL*  
Eloise Frey, *Racine WI*  
Teresa Gibson Smye, *Rockwood ON*  
Maya Haase, *Boulder CO*  
Virginia Johnson, *Cuyahoga Falls OH*  
M. Joan Larocque, *Morrisburg ON*  
Lynda Lloyd, *Avon OH*  
Bonnie Lucio, *Dallas TX*  
Joan Manning, *Atlanta GA*  
Teresa McKerrow, *Dallas TX*  
Nancy Ostroff, *Margate FL*  
Laura Stanojev, *Chicago IL*  
Lene Tonnisen, *Langley BC*  
Alice van Fleet, *Portland OR*  
Barbara Weippert, *Miami FL*  
Pamela Whitford Kinker, *Warrington PA*  
Stephanie Williams, *Allen TX*  
Mary Wozniak, *Milwaukee WI*

## WALCHSEE, AU • JUL 1998

Victoria Bauer, *Dallas TX*  
Angela Bekker, *Wauconda IL*  
Cindy Bonnett, *Bay Harbour Island FL*  
Lisa JoAnn Conard, *Baytown TX*  
Aniello Costagliola, *Easton MD*  
Stephanie D'Andrea, *West Palm Beach FL*  
Melinda Garcia, *San Angelo TX*  
Denise (Missy) Giamfortone, *Houston TX*  
B. Lynn Gray, *Halifax NS*  
Lorraine Hancock, *Burke VA*  
Hanna Hindle, *Winnipeg MB*  
Marie Hoffmann, *Bowie MD*  
Elaine Hruska, *Virginia Beach VA*  
Diane Larson, *New Palenstine IN*  
Marvin Mohring, *Thunder Bay ON*  
Natalie Nehman, *Crownsville MD*  
Brenda Plasek, *Houston TX*  
Annick Rossi, *New York NY*  
Esther Sutphin, *Avon Park FL*  
Margo Williams, *Dallas TX*



## 1999 RECERTIFICATION AND THERAPY II & III

In 1999 we have planned two Reviews so far. One will be in the USA, in Stowe, Vermont, and one in Canada, in Victoria, British Columbia. The dates are:

June 12 – 14, Stowe, VT  
July 30 – August 01, Victoria, BC

These Reviews for therapists will be separate from the Therapy II and III classes and each is a two and a half-day event. We are looking forward to having Dr. Kasseroller and Prof. Dr. Weissleder speak at both events, as well as Dr. Kasseroller and Hildegard Wittlinger. **We invite you to make case presentations at the Review and look forward to hearing more about the work you are doing.** A registration form is enclosed if you are planning on taking the recertification in 1999.

There are three Therapy II and III classes planned in North America next year. One will follow each of the Reviews and in addition there will be a class in November in Victoria. The dates are as follows:

June 14 – 25, Stowe, Vermont  
August 01 – 13, Victoria, BC  
October 31 – November 12, Victoria, BC

A Therapy II and III is also planned for English-speaking therapists in Walchsee, Austria, August 23 – September 03.

## NAVALT DECISION

The Board of NAVALT decided in May this year not to hold an Annual Members meeting in conjunction with the Dr. Vodder School Review in 1999. The Board has also proposed a by-law change, to drop the requirement that therapists be currently certified with the Dr. Vodder School in order to be placed on the NAVALT referral list. Both the Dr. Vodder School – North America and the Dr. Vodder Schule – Walchsee are opposed to this move and we ask that you read our response before making your decision, if you are a voting member of NAVALT.

## CURRENTLY CERTIFIED THERAPIST

If you have taken your training with the School within the past two years or have attended a recertification class, your name will be on the currently certified therapist list. We will give out your name for referrals and in a sense, you are the ambassadors of the Dr. Vodder School. We know that by maintaining your certification, you have invested in your MLD /CDT skills and we have confidence in your abilities. There are approximately 400 therapists currently certified with the Dr. Vodder School in North America.

One question we are often asked is if I took my training for example, in June of one year, will my certification expire in June, two years later. The answer is no because your certification is for the calendar year. If you took your training in say June 1996, your certification would be valid until

December 31 1998. We realize that therapists may not be able to attend a recertification exactly on the two-year anniversary.

As mentioned in Sondra's column, we would like to place the currently certified therapist list on the Web page, which should greatly increase your exposure. We will be able to up-date this easily, as soon as you have completed your recertification.

## IN OTHER NEWS

### NEW TEXTBOOK FROM DR. KASSEROLLER

The English version of Dr. Kasseroller's textbook is now being printed by Haug publishers and should be available shortly. It is called '**Compendium of Manual Lymph Drainage**' and accompanies all levels of the therapist training. It has many photographs of patients and touches on all aspects of the Therapy training. It provides students with another perspective from the books by Dr. Kurz. This book is available from the School and the cost is \$29.95 US plus shipping & handling or in Canada, \$45.00 CDN plus shipping & handling.

### NLN CONFERENCE

Many of our therapists were able to attend the recent NLN conference in San Francisco and it is estimated that about 500 people attended. Five of the Dr. Vodder School teachers were present and Kathryn Thrift and Robert Harris gave workshops for health care practitioners, on the Dr. Vodder method of Manual Lymph Drainage, assisted by therapists and instructors from the Dr. Vodder School. Robert Harris gave a talk to the whole conference on the Dr. Vodder method. In total, nine of the workshops and talks given at the conference were from Dr. Vodder School graduates. The conference itself was organized into two separate programs, one for patients and one for health care practitioners. There were talks on many differing aspects of lymphedema including the physiology and pathophysiology of the lymph system, effects of primary and secondary lymphedema, management of lymphedema, research perspectives, effects of cancer therapy, surgical intervention and lymphatic imaging. There were also talks on complications of lymphedema, controversies and case study presentations. The keynote speaker was Prof. Dr. Michael Foeldi of Germany. Please contact the NLN for information about the proceedings of the conference (415-921-2911).

Discussions also took place, concerning a proposed "National Certification", organized by the NLN for

lymphedema therapists. A trial exam had been prepared with exam questions provided by Robert Harris, Jo Zuther (Lerner) and Dr. Joe Feldman. About 80 people volunteered to take this exam in order to see how viable such an exam might be. Next year, it has been proposed to do a bigger trial exam with a larger group of therapists, and we will keep you informed on this process as it develops.

## ULM CONFERENCE

One of the main events in the Dr. Vodder Schule – Walchsee calendar has been the biennial conference of the Dr. Vodder Society for Manual Lymph Drainage. This has provided a platform for researchers and therapists to share their most recent findings and the papers from this conference are published. The conference has in the past, been held in Baden-Baden but this year, will be held in Ulm, Germany at the end of October. Prof. Hutzschenreuter is the chairperson of the conference, which will be held at the University of Ulm and the theme this year is Whiplash.

## INTERNATIONAL SOCIETY OF LYMPHOLOGY CONFERENCE, MADRAS, INDIA.

For the adventurous travellers! The ISL will hold there conference in Madras from September 19 - 24, 1999. The focus will be on lymphatic filariasis and on trauma- induced edema, according to Dr. Manokaron who spoke at the NLN conference. He is the organiser in India and can be contacted by email:  
s=ahel/g=apollo/prmd=germs/admd=vsnl/c=in

## STUDY FROM ROYAL MARSDEN HOSPITAL, UK

A recently completed, 4-year study at the Royal Marsden Hospital compared the Dr. Vodder method of MLD alone, performed by Dr. Vodder School therapists, and self-administered massage (SAM) on a group of lymphedema patients.

It found that MLD alone caused a significant reduction in volume whereas SAM did not. The study also showed a significant decrease in caliper creep measurements. Caliper creep shows the degree of edema present. A highly edematous tissue will deform to a greater extent under the sustained pressure of a caliper than a non-edematous tissue.

MLD alone also significantly reduced the dermal depth at the deltoid area which indicates a reduction in edema. In a Quality of Life questionnaire, MLD significantly improved emotional function (reducing worry, irritability, tension, depression) and sleep disturbance. MLD alone also was significantly more likely than SAM to reduce pain, discomfort, heaviness, fullness, bursting and hardness.

The study will be published and a reference will be given, as soon as it becomes available.

## COMPRESSION GARMENT ARTICLES

Two special abstract articles have been published in English with excellent colour photographs, about garments used in lymphedema care. If you have encountered problems with garments and finding suitable garments for unusual-shaped edema, these articles should help. They were originally published in German in the Journal: Vasomed, a scientific journal of Vascular Disease. One is entitled:

"Incorrect Compression Stockings in Lymphedema" by A. Vollmer, Special Abstract 5/96

The other is titled:

"Speciality Care of Atypical Lymphoedema Forms with Compression Stockings and Tights" by A. Vollmer, Special Abstract 5/96.

We are hoping to obtain reprints of these articles soon and please contact the office in November if you are interested in obtaining a copy.

## FOOTNOTES



(Photo of Prof. Weissleder in Stowe, June 1998)

Prof. Weissleder will be the guest speaker at the following Recertification courses in 1999:

Stowe, VT: June 12 - 14

Victoria, BC: July 30 - Aug 01

## Current Instructors with the Dr. Vodder School - North America:

MEDICAL DIRECTOR AND INSTRUCTOR:

**Renato Kasseroller, MD**

SENIOR INSTRUCTORS FOR ALL LEVELS:

**Robert Harris**

**Hildegard Wittlinger**

BASIC AND THERAPY I INSTRUCTOR:

**Kathryn Thrift**

BASIC COURSE INSTRUCTORS:

**Linda Blanchfield**

**Nancy Reichl**

**Anne Bramham**

**Kim Tougas**

**Howard Douglass**

**Martha Zenger**