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## Editorial

Robert Harris, HND, RMT, CLT-LANA

This year has seen some major conferences on lymphedema around the world and I am grateful to those who attended and who have shared their

impressions. This issue is dedicated to reporting the major findings at the conferences.§

## Some Highlights of the 2012 ILF Conference, Montpellier, France, June 28-30, 2012

By Anna Towers, MD



*Canadian team at the ILF conference*

The 4<sup>th</sup> Conference of the International lymphedema Framework was attended by participants from 33 countries to hear about and discuss some of the latest position documents and clinical research. The position documents that were launched at this conference will soon be available on the ILF website ([www.lympho.org](http://www.lympho.org))

### The Children's Camp

Children with lymphedema were a focus at this ILF conference. For the past several years Dr. Isabelle Quéré, a pediatric vascular surgeon, and her team, who treat children and adolescents at the hospital in Montpellier, have offered three-day weekend summer camps for young patients and their parents to review medical treatment, to have time to share with others and to attend workshops on self-management. During this Congress there was a simultaneous 5-day camp for children, during which a film was made. Footage from the film was shown at the end of the conference, which provided for an emotional and inspirational experience.

### Emerging and future treatments—genetics and molecular therapies

Dr. Stanley Rockson of Stanford University discussed biomarkers and molecular therapeutics. Using protein biomarkers we may be able to detect stage 0 lymphedema or a genetic predisposition to lymphedema in at-risk individuals. Dr. Rockson is

also doing exciting work on the response of inflammatory processes in lymphedema to anti-inflammatory medication that may lead to a medical treatment to reduce the progression of some of the changes that accompany lymphedema. In addition, we may be able to overcome lymphedema functional abnormalities with targeted agents, for example, those that enhance VEGF-R3. These agents may produce lymphangiogenesis that may reverse lymphedema.

### The role of genetics

Recent genetic studies reveal a predisposition to edema in persons who develop lymphedema following cancer treatment or other trauma. Dr. Vaughan Keeley of the Royal Derby Hospital, UK discussed the role of genetics in the maintenance and growth of systems including lymphatic vessels and how this helps explain why lymphedema occurs when it does. Clinicians and geneticists, such as Dr. Peter Mortimer and Fiona O'Connor, are developing detailed phenotypic classification of syndromes that include lymphedema. Eventually we will have classifications from genetic testing as more mutated genes are being discovered. Genes that can predispose an individual to develop the often misdiagnosed problem of lipoedema are also being investigated.

### The prospective surveillance model in the follow-up of breast cancer patients

There is increasing evidence that early identification of sub clinical lymphedema may decrease the rate of lymphedema progression when measured at one year. Nicole Stout, physiotherapist from Bethesda USA, also argued that such a surveillance model may significantly decrease the costs of lymphedema compared with traditional follow-up, in the order of \$636 for one year for the surveillance model and \$3124 for traditional care.

For more details and free PDFs, consult the CANCER journal April 2012 Supplement <http://onlinelibrary.wiley.com/doi/10.1002/cncc.v118.8s/issuetoc> §



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## Launch of the ILF Position Document on Compression Therapy

The International Lymphoedema Framework released the first two of a series of in-depth documents on aspects of lymphedema practice that will contribute to the second edition of the best practice document. Once released, each position document will be available in pdf version on the ILF website.

The current evidence base supports compression as the single most important element of treatment both in initial management and in the long-term maintenance of lymphedema. Compression systems should not, however, impede function or overall mobility. The document makes three interesting new arguments:

- 1) graduated compression profiles are rarely achieved in practice according to Laplace's Law,
- 2) traditional approaches to the filing of enhanced skin folds may produce a negative pressure, and
- 3) excessive foam padding reduces the compression applied to a limb.

A chapter on how the challenges of bandaging are addressed in resource poor countries such as India where there is a lack of materials and trained staff can be an inspiration to us all.

### A position document on surgery for lymphedema

Based on a systematic review undertaken by the American Lymphedema Framework Project, this position document stresses that patient self-management and decongestive therapy remain critical to good outcomes, and care should be delivered in a concerted fashion according to the chronic care model. Where conservative, co-ordinated treatments fail, circumferential suction assisted lipectomy (CSAL, also known as liposuction), performed by a surgeon specifically trained in this particular technique, is an effective and safe procedure. However, patients must wear compression garments continuously after the

surgery and for life. Microsurgical techniques such as lymphatico-venous anastomoses are developing, but further work is needed to effectively define indications for such surgery. In the US the evidence is considered insufficient to justify reimbursement. Conservative decongestive therapies remain the mainstay of lymphedema treatment and surgical options do not eliminate the need for compression.

### The importance of measurement and of reporting

Prof. Piller stressed the importance of measuring and presenting outcomes of our innovations (like the writing up and publication of case reports), something that we do not do often enough. Even for traditional treatments, evidence is anecdotal. We need to assess cost/benefit and to determine how our interventions can lead to better outcomes. He encouraged accurate, objective and appropriate measurement of what we do, the use of international guidelines and consensus documents, and participation in minimal datasets and international research networks.

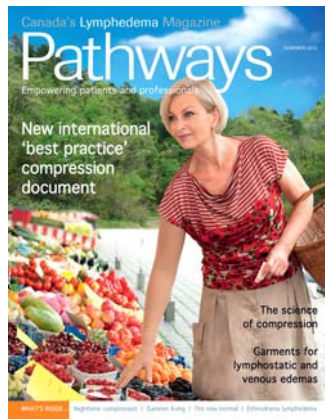
### Manual Lymph Drainage – what is its place in the management of lymphedema?

In the UK issues of reimbursement have led to a call for a review of the evidence concerning MLD in treating BCRL. To date the evidence overall is equivocal. The literature states that MLD improves lymphatic contractile function, improves quality of life, decreases capillary fragility (lipedema), decreases tissue fluid levels.

However, Devooght reported that MLD when applied after axillary dissection for breast cancer, in addition to education and exercise, has no effect on prevention of lymphedema when compared to exercise and education alone. §

“patient self management and decongestive therapy remain critical to good outcomes”

## Pathways magazine



the theme of this issue is **Compression** and includes informative articles and studies from international

The Summer issue of *Pathways*, Canada's Lymphedema Magazine, has just been released! After rave reviews of the inaugural Spring issue, we hope to continue to provide up-to-date and relevant information to Canada's lymphedema community. The

experts such as Christine Moffatt, Deborah Glover, Dr David Keast, and Angela Vollmer. It also includes a patient perspective, entitled "Living the New Normal" and some summer living tips from physiotherapist, Janice Yurick.

**To order your subscription today, contact your local lymphedema association or email the Canadian Lymphedema Framework directly at [canadalymph@live.ca](mailto:canadalymph@live.ca) §**

# National Lymphedema Network conference, Dallas, TX, USA, September 5 – 9, 2012

By: Robert Harris, RMT, CI, CLT-LANA



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Over 750 delegates attended the 10<sup>th</sup> National Lymphedema Network conference in Dallas, Texas, September 5 to 9, 2012 and many varied presentations and workshops were given. The conference was opened with an inspiring talk by a patient with lymphedema and elite cross-fit athlete Debra Cardner-Carson.



*Robert Harris, Hildegard Wittlinger, Veronika Mühlegger & Andreas Wittlinger at the Vodder NLN booth*

The emphasis of many presentations and discussions was on surveillance, incidence and early detection of lymphedema with presentations by Jill Binkley MSPT, Sandi Hayes PhD, Nicole Stout MPT, Andrea Cheville MD, and Frank Vicini MD. Stout and Cheville held an interesting and contrasting debate about the early surveillance model proposed by Stout.

Surgical treatment of lymphedema was presented including autologous lymph node transfer (LNT) with Constance Chen MD, liposuction with Harry Voesten MD, and liposuction and LNT with Jay Granzow MD. LNT is still considered experimental and there is little published data to support it. Liposuction for

lymphedema that does not respond to CDT has been reported in publications and according to the authors is successful.

Numerous concurrent workshops were held, including an interesting one on the management of genital and lower trunk lymphedema with Nancy Hutchison MD, Monica Heinen PT and Christie Crep PT. They showed videos about how they treat male genital edema with MLD and bandaging. Kathleen Francis, MD and DeCourcy Squire gave an interesting presentation on advanced treatment techniques and medical considerations.

David Zaweija, PhD presented on the generation and regulation of lymph flow. This was a fascinating lecture showing how lymph collectors are not stimulated unless there is some internal pressure or shearing force against the inside walls (apart from extrinsic factors). Unless the lymph is being shifted from more distal areas, the lymph collector smooth muscle is not stimulated. Consequently lymph vessels tend to be at rest unless stimulated. Dr. Zaweija also discussed the role of antigen presenting cells within the collector wall musculature and the role they may play in immunity and possible modulation of lymph flow.

The keynote presentation on the last day was given by Prof. Hildegard Wittlinger. It was great to hear Hildegard speaking in front of such an audience on the history of the Wittlinger clinic and the legacy of Emil Vodder. Hildegard received a standing ovation for her speech and many subsequent speakers that morning spoke about how much they had learned about MLD during her lecture. To listen to Hildegard's lecture, please go to the NAVALT website at [www.navalto.org](http://www.navalto.org). The Dr. Vodder School had an exhibit at the conference, along with the Wittlinger clinic. There were many exhibitors and also many Vodder therapists present. §

“...Unless the lymph is being shifted from more distal areas, the lymph collector smooth muscle is not stimulated.”



*Hildegard Wittlinger as keynote speaker at the 10th annual NLN Conference*

THE QUALITY IS IN OUR HANDS:  
TRAINING EXCELLENCE



## 9<sup>th</sup> Australasian Lymphology Association Conference, Cairns, QLD, Australia, May 24 to 26 2012.

By: Deborah Berry BScPT

The conference was attended by 250 delegates and 50 consumers and included a wide variety of innovative and exciting research presentations in the area of lymphoedema.

Keynote speakers were Professor Peter Mortimer and Associate Professor Sheila Ridner .



*Dr Peter Mortimer and Dr. Vaughan Keeley*

*Professor Mortimer* has been the Professor of Dermatological Medicine at the University of London since 2000. His clinical practice deals almost entirely with chronic oedema, lymphoedema and lymph-related disorders. His presentations included discussion on the genetic basis of lymphoedema, the variety of presentations of lymphatic dysfunction, dermatology and melanoma.

*Associate Professor Ridner* is at the Vanderbilt University School of Nursing in Nashville, Tennessee. She has been active in lymphoedema research since 2000. She spoke on 'what do we really know of prevention practices?', 'education - what works?' and 'lymphoedema in head and neck patients'.

Invited speakers were:

*Dr Vaughan Keely*, who spoke about his many current research interests including

- the measurement of 'quality' of life in lymphoedema,
- the epidemiology of chronic oedema,
- the role of bio-impedance measurements,
- the possibility of 'preventing' lymphoedema in breast cancer patients after axillary node clearance, and
- the evaluation of intermittent pneumatic compression.

*Annette Loudon*, currently completing her Masters of Medical Sciences, spoke positively on the results, so far, of her research topic 'a randomized controlled pilot trial into the effects of yoga on women with secondary arm lymphoedema from breast cancer treatment'.

*Associate Professor Wayne Melrose*, a technical advisor to the World Health Organisation spoke on

lymphatic filariasis and other neglected tropical diseases. He is actively involved in research on the pathogenesis and treatment of lymphoedema. He spoke on the topic of filariasis – 'What do we know and what more do we need to know to manage it effectively?'

*Associate Professor Jane Turner* is an associate professor at the University of Queensland. She has worked in oncology for 20 years and her research interests are in the promotion of wellness after completion of cancer treatment, the impact of advanced cancer on patients and families, and health professional education. She explained that adequate information provision was associated with increased psychological well being – providing the opportunity to discuss issues was related to a reduction in stress.

As well, there were many other interesting discussions from a variety of speakers, including: managing cellulitis effectively; surgical intervention discussion included liposuction and plastic surgery [plus the use of indocyanine green for accurate imaging]; the challenge of measuring lymphoedema accurately; exercise prescription and compression garment wear during exercise; risk factors for lymphoedema and wound management.

Professor Mortimer closed an excellent conference



*Jan Douglass, Dr. Vodder therapist & instructor at her poster*

with a discussion of 'directions for the future'. He left us to ponder three topics:

- since chronic peripheral oedema is always a lymphatic problem, both should be considered as one and the same,
- what part does immune function play in cellulitis, and
- future of surgery in lymphoedema prevention and management.

Delegates were invited to attend the 10<sup>th</sup> Bi-annual Conference which will be held in Auckland, New Zealand in May 2014.§

“since chronic peripheral oedema is always a lymphatic problem both should be considered as one and the same.”



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Canada*

## Articles

**A Systematic Review of the Evidence for Complete Decongestive Therapy in the Treatment of Lymphedema from 2004 to 2011.** B. Lasinski,<sup>1</sup> K. Thrift,<sup>2</sup> D. Squire,<sup>3</sup> M. Austin,<sup>4</sup> K. Smith,<sup>4</sup> A. Wanchai,<sup>4</sup> J. Green,<sup>4</sup> B. Stewart,<sup>4</sup> J. Cormier,<sup>5</sup> J. Armer<sup>4</sup>. 2012. A Systematic Review of the Evidence

for Complete Decongestive Therapy in the Treatment of Lymphedema from 2004 to 2011. Am J Physical Medicine & Rehabilitation (8/2012). This is part of a big project by the American Lymphedema Framework who have now published several articles. See <http://alfp.org/> §

## Conferences 2012/2013

### CLF Meetings:

October 26, 2012, Toronto, ON, Canada.

[www.canadalymph.ca](http://www.canadalymph.ca)

### Lymphedema Association of Ontario annual Lymphedema Conference:

October 27, 2012, Toronto, ON, Canada.

[www.lymphontario.ca](http://www.lymphontario.ca)

### Australasian Lymphology Association (ALA) annual conference:

May 2013, New Zealand.

<http://www.lymphoedema.org.au/>

### International Society of Lymphology World Congress:

September 16 – 20, 2013, Rome, Italy.

[www.lymphology2013.com](http://www.lymphology2013.com) §

## Dr. Vodder School - International Therapist Schedule

<u>Course</u>	<u>Date</u>	<u>Location</u>	<u>Organizer</u>	<u>Instructor</u>	<u>Contact Info</u>
<u>Basic (5 day)</u>					
	5-Nov-12	Northampton, MA	Therapeutic Lymphatic Consulting – Kathy	Kathy Fleming	phone:(413)210-2414; email:kjfmldpt@aol.com
	5-Nov-12	Oakland, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510-849-1388; email: GayLee@VodderMLD.com
	7-Nov-12	Toronto, ON	*Dr. Vodder School International	Sandra MacDonald	phone:(800) 522-9862; email: info@vodderschool.com
	5-Dec-12	Taipei, Taiwan	YuanLiu School, Gloria Yuan	Robert Harris	phone:886-2-2781-0781; email: aromata@gmail.com
	14-Jan-13	Perth, WA	Belinda Bolitho	Janet Douglass	phone: 0412 016 456; email: belinda@abouttransformation.com.au
	3-Feb-13	Atlanta, GA	The Bramham Institute/ ASTECC	Anne Bramham	phone:877-900-0086; email:info@astecc.com
	20-Feb-13	Toronto, ON	*Dr. Vodder School International	Sandra MacDonald	phone:(800) 522-9862; email: info@vodderschool.com
	20-Feb-13	Virginia Beach, VA	Cayce-Reilly School of Massetotherapy	Kathryn Thrift	phone:757-428-3588x7285; email: workshops@edgarcayce.org
	28-Feb-13	Wilmington, NC	Juul Bruin	Kathryn Thrift	phone:910-547-0399; email:juulbruin@aol.com
	4-Apr-13	Wilmington, NC	Juul Bruin	Kathryn Thrift	phone:910-547-0399; email:juulbruin@aol.com
	6-Apr-13	Victoria, BC	*Dr. Vodder School International	Catherine DiCecca	phone:(800) 522-9862; email: info@vodderschool.com
	21-Apr-13	San Diego, CA	The Bramham Institute/ ASTECC	Anne Bramham	phone:877-900-0086; email:info@astecc.com
	29-Apr-13	Palm Beach, FL	The Bramham Institute/ ASTECC	Anne Bramham	phone:877-900-0086; email:info@astecc.com
	1-Jun-13	Calgary, AB	Mt. Royal University	Linda (Koby) Blanchfield	phone:403-440-6867; email: cehealth@mtroyal.ca
	18-Sep-13	San Diego, CA	Beauty Kliniek - Linda-Anne	Kathryn Thrift	phone:619-525-7791; email:info@beautykliniek.com
	17-Oct-13	Victoria, BC	*Dr. Vodder School International	Linda (Koby) Blanchfield	phone:(800) 522-9862; email: info@vodderschool.com
<u>Basic French (5 day)</u>					
	1-Dec-12	Montreal, QC	Institut Kine Concept	Michel Eid	phone:514-272-5463; email:info@kineconcept.com
	27-Feb-13	Montreal, QC	Institut Kine Concept	Michel Eid	phone:514-272-5463; email:info@kineconcept.com

\*denotes consecutive class

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## Dr. Vodder School - International Therapist Schedule

<u>Course</u>	<u>Date</u>	<u>Location</u>	<u>Organizer</u>	<u>Instructor</u>	<u>Contact Info</u>
<u>Basic French (5 day) Cont'd</u>					
	12-Apr-13	Rimouski, QC	École de massothérapie Équilibre et Détente	Michel Eid	phone:(418) 723-1586; email:info@equilibreetdetente.com>
	8-Jun-13	Montreal, QC	Institut Kine Concept	Michel Eid	phone:514-272-5463; email:info@kineconcept.com
<u>Basic Course Review - already completed the Basic 5 day</u>					
	17-Nov-12	Berkeley, CA	Gay Lee Gulbrandson	Gay Lee Gulbrandson	phone:510-849-1388; email: GayLee@VodderMLD.com
<u>Therapy I (5 day)</u>					
	28-Oct-12	Laguna Beach, CA	The Bramham Institute/ ASTECC	Anne Bramham	phone:877-900-0086; email:info@astecc.com
	7-Nov-12	Houston, TX	Cayce/Reilly School of Massetherapy	Kathryn Thrift	phone:757-428-3588x7285; email: workshops@edgarwayne.org
	6-Jan-13	Providence, RI	Alda Medeiros/ RIAMTA	Anne Bramham	phone:401-829-0293; email: justbreathemassage2@yahoo.com
	21-Jan-13	Perth, WA	Belinda Bolitho	Janet Douglass	phone: 0412 016 456; email: belinda@abouttransformation.com.au
	2-Mar-13	Toronto, ON	*Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	20-Mar-13	San Diego, CA	Beauty Kliniek - Linda-Anne	Kathryn Thrift	phone:619-525-7791; email:info@beautykliniek.com
	13-Apr-13	Victoria, BC	*Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	17-Apr-13	Virginia Beach, VA	Cayce/Reilly School of Massetherapy	Kathryn Thrift	phone:757-428-3588x7285; email: workshops@edgarwayne.org
	5-May-13	Palm Beach, FL	The Bramham Institute/ ASTECC	Anne Bramham	phone:877-900-0086; email:info@astecc.com
	21-May-13	San Diego, CA	The Bramham Institute/ ASTECC	Anne Bramham	phone:877-900-0086; email:info@astecc.com
	25-Sep-13	San Diego, CA	Beauty Kliniek - Linda-Anne	Kathryn Thrift	phone:619-525-7791; email:info@beautykliniek.com
	24-Oct-13	Victoria, BC	*Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com

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## Dr. Vodder School - International Therapist Schedule

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<u>Therapy II &amp; III (10 day)</u>					
	29-Oct-12	Victoria, BC	*Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	21-Nov-12	Melbourne, VIC	Janet Douglass	Robert Harris	phone:0419 848 589 ; email: jandouglass@bettanet.com.au
	28-Jan-13	St. Pete Beach, FL	Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	22-Apr-13	Victoria, BC	*Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	20-May-13	Stowe, VT	Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	15-June-13	Toronto, ON	*Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	17-Jun-13	Walchsee, Austria	Dr. Vodder Schule Austria	Hildegard Wittlinger	phone:+43 (0)5374 5245-0 ; email:office@wittlinger-therapiezentrum.com
	30-Oct-13	Victoria, BC	*Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
<u>Vodder Review / Recertification (3 day)</u>					
	24-Nov-12	Melbourne, VIC	Deb Bower	Robert Harris	phone:0418 551 546; email: debs@rabbit.com.au
	25-Jan-13	St. Pete Beach, FL	Dr. Vodder School International	Hildegard Wittlinger	phone:(800) 522-9862; email: info@vodderschool.com
	20-Apr-13	Victoria, BC	Dr. Vodder School International	Hildegard Wittlinger	phone:(800) 522-9862; email: info@vodderschool.com
	17-May-13	Stowe, VT	Dr. Vodder School International	Hildegard Wittlinger	phone:(800) 522-9862; email: info@vodderschool.com
	21-June-13	Toronto, ON	Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	28-June-13	Winnipeg, MB	Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	1-Jul-13	Walchsee, Austria	Dr. Vodder Schule Austria	Hildegard Wittlinger	phone:+43 (0)5374 5245-0 ; email: office@wittlinger-therapiezentrum.com
	28-Aug-13	Halifax, NS	Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com
	27-Sept-13	Scottsdale, AZ	Dr. Vodder School International	Robert Harris	phone:(800) 522-9862; email: info@vodderschool.com

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# Dr. Vodder School - International Therapist Schedule

<u>Course</u>	<u>Date</u>	<u>Location</u>	<u>Organizer</u>	<u>Instructor</u>	<u>Contact Info</u>
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## **Advanced Courses**

(at least 135 hours of MLD training required)

<b><u>The Conscious Clinician (1 day)</u></b>					
24-Jan-13	St. Pete Beach, FL	Dr. Vodder School International	Sara Nelson		phone:(800) 522-9862; email: info@vodderschool.com

## **Spa Body / Wellness Classes**

(Available to MTs working in a Spa or Medical Spa Environment and have already completed the Basic class)

28-Oct-12	Laguna Beach, CA	The Bramham Institute/ ASTECC	Anne Bramham		phone:877-900-0086; email: info@astecc.com
6-Jan-13	Providence, RI	Alda Medeiros/ RIAMTA	Anne Bramham		phone:401-829-0293; email: justbreathemassage2@yahoo.com
5-May-13	Palm Beach, FL	The Bramham Institute/ ASTECC	Anne Bramham		phone:877-900-0086; email:info@astecc.com
21-May-13	San Diego, CA	The Bramham Institute/ ASTECC	Anne Bramham		phone:877-900-0086; email:info@astecc.com

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