Lymphedema Matters Association of Ontario

Winter 2015 Volume 18 Issue 1

Charity Walk 2014

The 2014 LAO Charity Walk was a success from many perspectives. We want to send out a huge THANK-YOU to the team leads and all the participants. donors and supporters!



The teams had family members. children, colleagues, friends and pets join the event. All enjoyed the walk and companionship! From this perspective, the Charity Walk was a success. To date we have raised \$10,000; this is half of our target but every little bit helps and we continue to accept donations.

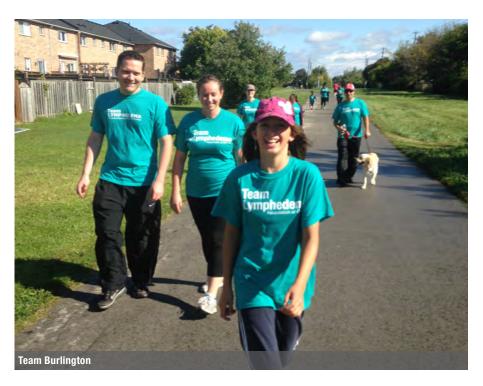
On behalf of all those who are affected by lymphedema, thank-you again!

Team	Leader
Barrie	Barbara Foster
Burlington	Kim Gladman
Kitchener	Melody Southgate
Mississauga	Rekha Sharma
Niagara	Bonnie Baker
Ottawa	Louise Haley
Thunder Bay	Leona DiCasmirro
Toronto	Janice Goldberg
Virtual	LAO team



If we were to give this year's event a theme, we believe it would be "perseverance". Several of the teams had personal challenges but they persisted and maintained their commitment to support our cause.

"With ordinary talent and extraordinary perseverance, all things are attainable" Thomas Fowell Buxton



Lymphedema Association of Ontario

Committed to improving the lives of people living with lymphedema

3044 Bloor Street West, Suite 299 Toronto, Ontario M8X 2Y8

416-410-2250

Toll Free: 1-877-723-0033

info@lymphontario.ca

Charitable Registration number

87165 5049 RR0001

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International

Saskia Thiadens RN CDT

United States-NLN

Shetty Lee MD Austria-Wittlinger Clinic

Neil Piller PhD

Australia-Flinders University

A little goes a long way



Nothing makes a mom more proud than their little girl mimicking your daily activities from feeding their doll.... to playing in the kitchen sink and "washing" the dishes. Well... me being a business owner, my children have spent many hours making themselves at home in the clinic. My kids tend to mimic me by wrapping bandages around their dolls' arm or leg and asking questions like "what is lymphedema?" On September 21, 2014, my two daughters are making me proud once again! They are without hesitation donating their month's allowance to the Lymphedema Charity Walk. They are excited to walk the 5km although they really aren't sure of how far that is. LOL!!

—Kim Boersen-Gladman

2015 Conference Sessions

We are looking forward to our Back to Basics & Spring Forward Ontario Lymphedema Conference on March 6 & 7, 2015. Here are some of the sessions we have planned so far. Go to www.lymphontario.ca for more up-to-date information.

- Dr. Kathleen Francis
- Donna Lue-Riese, RN—Perspectives from a lymphedema patient and lymphedema therapist
- Dr. Dalia Tobbia—Overview of lymph surgeries for lymphedema management
- Dr. David Keast—Skin care strategies and recommendations related to prevention of complications such as cellulitis
- Return to work considerations after lymphedema diagnosis and treatment —Pamela Bowes, Social Worker
- Night garments for lymphedema management—John Mulligan, RMT
- Electro-acupuncture for lymphedema management—Derek Rosa RPN, PhD candidate (McMaster University)

- Research of naturally occurring substances to act as anti-inflammatory and immune stimulating agent to treat chronic lymphedema.
 - —Debbie Ciotti-Bowman, daughter of lymphedema patient Catharine Bowman
- Nutrition education related to diet and healthy eating tips for chronic disease prevention and management including lymphedema—Christy Brissette, Registered Dietician
- Self massage techniques for lymphedema management —Pam Hammond, RMT
- National and global lymphedema community engagement to drive change —Anna Kennedy, Canadian Lymphedema Framework
- Yoga session for lymphedema (limited) to 25 participants) - Rebecca Wilkinson, Registered Massage Therapist
- Aqua Lymphatic Therapy (ALT) for leg lymphedema (limited to 15 participants) -Ramona Herman, RMT

★Lymphedema | Conference

Back to Basics & Spring Forward

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2: DISCOUNT OPPORTUNITIES would like to purchase a one year LAO membership and be eligible for the discounted LAO member conference pricing, plus receive a subscription to Pathways with the Lymphedema Association of Ontario's Lymphedema Matters insert. LAO Membership Fees: Individual Patient: \$50 Health Professional: \$150 Professional with CDT Listing: \$200 Donation: I would also like to provide a donation to support the work of the LAO: \$		Saturday LAO Member	□\$	□ \$72 □ \$200		00		□ \$125	
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416-410-2250 | 1-877-723-0033 | Fax: 416-546-8991

★Lymphedema | Conference **Back to Basics & Spring Forward** March 6 & 7, 2015

Featuring Guest Speakers -

Dr. Kathleen Francis

Medical Director, St. Barnabas Lymphedema Treatment Centre. Livingston, New Jersey

See Details Online

Dr. David Keast

Medical Director of the Chronic Wound Clinic at St. Joseph's Parkwood Hospital. London, ON

Skin Care Strategies

Dr. Dalia Tobbia

Specialist Plastic Surgeon Ireland

Overview of Lymph Surgeries

Registration will open in November. Detailed information will be posted on the LAO website, www.lymphontario.ca