

LAS is very pleased how well the Advanced Bandaging Class, the Networking Open House and the 2016 LAS Education Day went!

On Friday May 6th, the Lymphedema Depot and LAS held an Advanced Bandaging Class for professionals. There were 17 attendees. It was very educational as everybody learnt about different products, some terrific bandaging techniques and John reinforced the importance of using foam when bandaging. Thank you to John Mulligan for teaching and sharing his great knowledge; to Trevor Furi and Porky (Richard Porter) for transporting most of the massage tables, and to Saskatoon Massage and Therapy Supply, Courtney Lewis, Heidi Watson, Julie Jensen and Christie Langen for generously letting us use your massage tables for the workshop.

Shortly after the Advanced Bandaging Class the Lymphedema Depot and LAS hosted a Networking Open House. It was well attended and provided an opportunity for patients and professionals to mingle. John Mulligan and Bonnie Baker from Lymphedema Depot were able to answer questions and comment about SAIL approved night time and compression garments. LAS Executive members, Verna Schneider, Porky Porter and I were available to share LAS news and educational materials. I don't think anybody left without the new LAS lymphedema poster to post up in their doctors' offices! Tracy Gardikiotis worked on this project and the posters look fantastic. Thank you Tracy! These posters will be a great tool to help educate and bring more awareness to lymphedema.

On Saturday, May 7th LAS Education Day took place starting with a warm welcome from Verna Schneider, LAS President. LAS was recently presented with Special Recognition Award (SRA) from the Physiotherapists in SK and Courtney Lewis, B.Sc. (Kin), MPT, CDT presented the award again and thanked LAS for all their hard work in SK (Verna has more details in the summer Pathways insert). It is such an honour that LAS received this award and we all feel very proud!

Our key speaker was John Mulligan RMT/CLT-LANA. John's presentation was on "Successful Lymphedema". John spoke of how far lymphedema research and education have come in the past few years. He spoke about expanding limitations and shared stories about some very successful patients in the public eye living with lymphedema including Kathy Bates (LE&RN National Spokesperson & Academy Award Winner), Amy Santiago (Co-Chair for the [Florida Chapter of LE&RN](#) & Mrs. Florida) and Deborah Cordner (Athlete).

John spoke about Kathryn Schmitz PHD MPH from the University of Pennsylvania and the P.A.L study which was designed to build strength and reduce the risk of developing lymphedema in woman by about 70% (breast cancer related lymphedema). Kathryn Schmitz's quote is "exercise is medicine".

John also spoke about how, in 2015, researchers were stunned that lymphatic vessels are found to be part of the brain and this is a major breakthrough! He also suggested that we should not buy any medical textbooks anytime soon because they are going to have to rewrite them! John also stated that some of his patients benefit from Cranial Sacral treatments.

Something a lot of lymphedema patients were waiting to hear was the progress on the pill that Doctor Stanley Rockson spoke about at last year's LAS event in Regina. The pill is called Leukotriene B4 and it will reverse structural tissue changes and improve lymphatic function! Dr. Rockson mentioned at last year's event that the pill would be available at the end of 2105, but John told us they have expanded the study on this pill and I know many lymphedema patients are waiting patiently to hear more!

John also spoke of the Canadian Lymphedema Framework, the International Lymphedema Framework and the Lipedema Project. These are all great organizations that are doing research and studies to better the lives of patients.

Please visit the links provided to view more information about the many wonderful & inspiring people and updates of which John spoke. We are very thankful to John Mulligan for giving such a positive view for a better future in the lymphedema world!

During a wonderful lunch Verna Schneider, Jean Epp-Gauthier and I volunteered as "talking books". This was Julie Jensen's idea to provide patients and professionals the opportunity to ask questions about each of our journeys. It's very interesting as each lymphedema patient is so different.

After lunch Pam Fichtner RMT, CDT and Jean Epp-Gauthier B. Ed. presented "Meditation and Mandalas for Healing". Pam provided relaxation music as we closed our eyes and listened for direction from Pam about how to be in tune with our bodies and minds and she incorporated self lymphatic drainage. By the end of her session, everybody was so relaxed and ready for Jean Epp-Gauthier's presentation on Mandalas. Jean's presentation and story behind mandalas was very touching and she brought out the creativity in all of us! Thank you Pam & Jean!

Last but not least the LAS Annual General Meeting took place. LAS members with an email may see the AGM reports on the "members only" tab on the web site. After the reports were read, the group discussed ideas for future symposiums. There were two positions available on the board this year, first being Vice President for which I let my name stand another term and a member at large position which was filled by Kelly Lloyd, a nurse from Prince Albert. Welcome to the LAS board Kelly and a big thank you to Julie Jensen for her two-year term which came to an end this year.

LAS wants to thank everybody who presented, volunteered and attended the event!!!

Respectfully Submitted by Angela Connell-Furi, LAS Vice President

Deborah Cordner's story:

<http://games.crossfit.com/article/telling-her-story-deborah-cordner>

Kathy Bates: speaking at NIH Conference in Washington, DC:

<https://www.youtube.com/watch?v=NUN7YYYwnbs>

Amy Santiago:

<https://lifewithlymphedema.com>

Weight Lifting and Lymphedema: Clearing up Misconceptions

Written by Kathryn Schmitz, PhD, MPH, Associate Professor University of Pennsylvania:

http://www.lymphnet.org/pdfDocs/Weight_LE_Misconception.pdf

Lymphatic Vessels Discovered in Central Nervous System

<https://www.nih.gov/news-events/nih-research-matters/lymphatic-vessels-discovered-central-nervous-system>

Canadian Lymphedema Framework:

<http://canadalymph.ca/>

International Lymphoedema Framework:

<http://www.lympho.org/>

Lipedema Project:

<http://lipedemaproject.org/>