



LLN April 2021 Newsletter

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LLN: Serving the lymphedema community for 27 years

www.lighthouselymphedema.org

The Lighthouse Lymphedema Network Will Conduct Its Next Virtual Training Sessions for Lymphedema Therapists and Patients on **Saturday, May 15th!**

We had a very good response to our first Zoom'ed webinar in February. Although COVID vaccinations are increasing in the population, we will continue to conduct training sessions as webinars by Zoom to help our lymphedema therapists everywhere earn their Continuing Competency Hours (CCHs) more easily in 2021 (Per Georgia's CCH application form, you can still apply for courses in less than full hour increments.) – and to help our patients more easily and frequently learn valuable new information about managing their lymphedema treatment. **Dr. Shelley DiCecco, an LLN Board member, will again conduct the training.**

Our next virtual seminars for therapists and patients will be Saturday, May 15th, and the topic will be “Compression Bandaging: Basics to Advanced.” You must pre-register to participate.

The intensive presentation for therapists will be held first on Zoom from 10:00-11:30 EST. Each class will cost \$25, and participants will be given instructions for obtaining their CCHs. Register and pay securely by credit card at our website www.lighthouselymphedema.org.

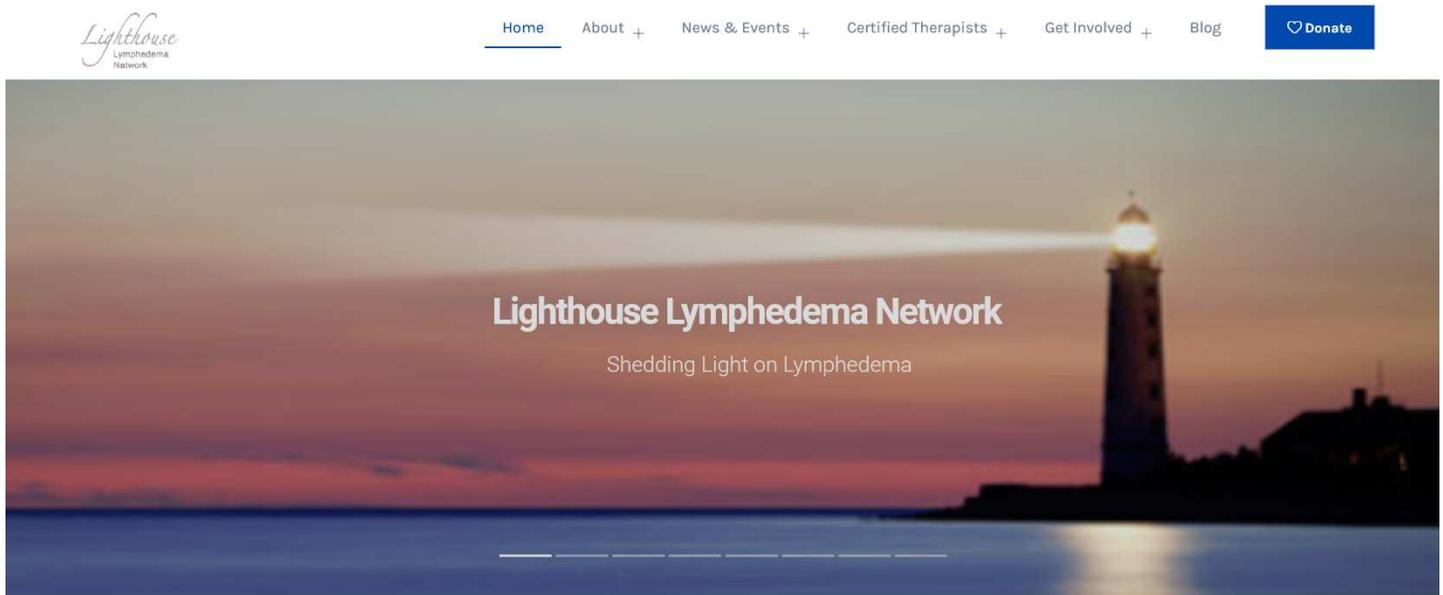
On the same day, we will repeat this topic (in a less-intensive format) for patients, at no charge, from 12:00-1:00 EST. General questions will be handled at the end of the session. Patients should also register separately at our website www.lighthouselymphedema.org.

If you are not familiar with Zoom webinars, you will be sent information about how to download the free app to your PC, tablet, or phone from www.zoom.com. It's very easy! Then, we will send you the link to join the meeting at the start time for your webinar. You will participate with your microphone muted, and you will be able to send questions, which will be collected during the presentation and answered at the end. (Here is a very good and easy tutorial on using Zoom:

<https://www.aarp.org/home-family/personal-technology/info-2020/how-to-use-zoom.html>).

We plan to hold another webinar in August; the topic will be “Down the Drain, a Refresher Course on Normal Drainage Pathways for the Whole Body, to Help Guide Treatment.”

Check Out Our Terrific Newly-Updated LLN Website:
<https://lighthouseymphedema.org/home/>



— ABOUT US —

**Welcome To The Lighthouse
Lymphedema Network**



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www.lighthouseymphedema.org

We are still adding content, making changes, etc. Our goal is to create as much updated information as possible, so please take a few minutes to go through all of our content - Suggestions welcomed!

**SAVE THE DATE FOR OUR FALL 2021 VIRTUAL EDUCATIONAL CONFERENCE:
SATURDAY, OCTOBER 24TH**

We will have much more information soon, and registration details on the LLN website and in e-mail blasts, but we are currently considering these topics:

Wound Care, Chair Exercises & Yoga, Review of Difficult Cases, Diet, Patient Stories

Are You Concerned as a Lymphedema Patient About Getting Vaccinated for COVID-19?

Here is a link to an excellent document with very clear guidance from the British Lymphology Society (BLS) & the Lymphoedema Support Network (Feb. 2021):

“Consensus document on COVID-19 vaccination for patients with lymphoedema”

<https://www.thebls.com/documents-library/consensus-document-on-covid-19-vaccination-for-patients-with-lymphoedema>

Highlights include:

- COVID-19 vaccination is advisable for patients with lymphoedema and should help your body produce antibodies to fight the virus should you encounter it in the future.
- Patients with forms of genetically inherited lymphoedema associated with weakened immune systems should also have the vaccine. However, it is possible that these patients may not make a full immune response, and therefore should continue to take precautions.
- Patients are recommended to accept whichever vaccine is offered, providing they have no other reason not to.

This guidance is also included for injection sites:

We have produced the following guidance to help select the most appropriate area of the body for vaccination:

- If you have one arm affected by lymphoedema: Both doses of COVID-19 vaccine should be given in the unaffected, opposite arm.
- If you have had the lymph nodes removed from the axilla (armpit) of one arm: Both doses of COVID-19 vaccine should be given in the opposite arm.
- If both arms are affected by lymphoedema, but not the legs: Both doses of COVID-19 vaccine should be given into the thighs or buttocks.
- If both arms and one leg are affected by lymphoedema: Both doses of COVID-19 vaccine should be given into the unaffected thigh or buttock.
- If both arms and both legs are affected by lymphoedema: Both doses of COVID-19 vaccine should be given into the limb least affected by lymphoedema

Please note that both the Pfizer and Moderna COVID-19 vaccine documents confirm that injection may be given into the thigh. Lymph node swelling can occur after any vaccine and is a known side effect of both Moderna and Pfizer COVID-19 vaccines. It should resolve promptly after the vaccination.



Also, another excellent reference article from Massachusetts General Hospital:

<https://www.massgeneral.org/cancer-center/news/covid-19-vaccine-after-cancer-surgery-requiring-lymph-node-removal>



Together, we can pass the LTA!

Although our primary focus is passage of the Lymphedema Treatment Act, we support and advocate for other legislation related to improving insurance coverage for lymphedema treatment when there is the opportunity to do so. We have news to share about two other bills - one federal and the other in the Minnesota state legislature.

Note that neither of these bills lessen the need for the Lymphedema Treatment Act, but, if passed, each could improve coverage for a segment of patients under certain circumstance. Therefore, if you or someone you care about stands to benefit, and in the case of the Minnesota bill if you are a constituent, we encourage you support these bills.

Bill #1 - Congenital Primary Lymphedema Patients:

A federal bill was just introduced that aims to require private insurance plans to cover treatments for congenital defects. If this bill becomes law, it would apply to compression supplies used in the treatment of congenital primary lymphedema. The Lymphedema Advocacy Group is one of the official endorsing organizations of this legislation. Because it was introduced so recently, the bill is not online yet, but when it is we will pass along more information and links for you to take action.

Bill #2 - Minnesota Lymphedema Patients:

Members of our [Minnesota State Advocacy Team](#) have succeeded in getting a state bill introduced that would require all non-self funded private insurances plans sold in their state to cover compression supplies for lymphedema from any cause (self-funded plans are always exempt from state mandates). This bill is modeled after [state mandates already passed in MD and NC](#), which were also spearheaded by members of our group. If you live in Minnesota, please see the information below by signature on how you can support this legislation.

Note that neither of the above bills would apply to Medicare or Medicaid plans, and sometimes other plans are excluded as well. **Nevertheless, it is important that we seize every opportunity to improve coverage!**



[\[info@LymphedemaTreatmentAct.org\]](mailto:info@LymphedemaTreatmentAct.org)



LLN BANDAGES & GARMENTS FUND UPDATE

From Janie Smith, PT, CLT, our BAG Fund Co-coordinator:

The LLN BAG FUND is grateful to announce that It's The Journey has given us \$20,000.00 for the 2021-22 grant period. We appreciate the support from ITJ to our "Compression for the Cause" program for the ninth consecutive year. Check out their website for ITJ's 2-day walk October 2-3; they hope to have a non-virtual event this year. (<https://itsthejourney.org/event/2021-georgia-2-day-walk-for-breast-cancer/>).

The LLN has a new development in a fund named the Gwen Forbes-Kirby Foundation in which your donation on the LLN website goes 100% to the compression garment fitting. We appreciate the current activity toward donating to this new fund which allows the LLN BAG to provide compression garments for lymphedema patients with non-breast cancer and breast cancer patients who have developed lymphedema and have had treatment. The service helps the patient maintain the reduction achieved during therapy and increases quality of life. Rebecca Hammad and I look forward to working with the therapists through their patient's applications to provide the much-needed compression garments. Thank you for the support and generous gifts from the garment manufacturers and providers, and the certified lymphedema therapists.

We have included the application forms (Therapist and Patient) for the BAG Fund in the attachments below. We hope to increase our list of GA counties that can use our services. Please feel free to contact us with your patient's requests. **If you have any questions about the process to apply, contact me at darnofell@aol.com.**



BAG Fund
Application.pdf



Therapist
Recommendation For

Hiring Opportunity for a PT, CLT at Piedmont Atlanta Hospital in Atlanta, GA

Staff members at Piedmont Hospital's Lymphedema Treatment Clinic have notified us that they have an opening to hire a physical therapist who is also a certified lymphedema therapist.

Here is the link for further information and the application process:

http://piedmontcareers.org/job-post?job_id=353235

Remember to use these easy routes to make an extra little donation to the LLN:

1. **Amazon Smile** - Experience feel-good shopping. Set up your account to shop at www.smile.amazon.com and name **Lighthouse Lymphedema Network** as your favorite charitable organization, at no **additional** cost to you. Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to **LLN**.
 2. **Kroger Community Rewards** - <https://www.kroger.com/i/community/community-rewards>
Go to this link and create a digital account for your community rewards. Link your card to **Lighthouse Lymphedema Network** as your designated charity. Every time you use your Kroger Shopper's Card, your organization earns money.
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The 10th International Conference of the International Lymphoedema Framework
Join us for the ILF 2021 Conference on Thursday 18 November to Saturday 20
November 2021 in Copenhagen, Denmark.

The abstract submission and registration are now open. Deadlines are 15 June 2021 for
abstracts and 1 September 2021 for the early registration fee.

Read more about the conference at www.2021ilfconference.org

Update 23 November 2020

The International Lymphoedema Framework (ILF) has - in collaboration with the Danish Wound Healing Society (DSWS) and the Danish Lymphoedema Framework (DNL/DLF) - decided to reschedule the 10th International Lymphoedema Framework conference to **Thursday 18 November to Saturday 20 November 2021. The venue remains The Hangar at Comfort Hotel Copenhagen Airport, Copenhagen, Denmark.** The corona pandemic is still restricting most travel and face-to-face conferences globally. Clinicians and other health care staff are in particular affected as they are in most countries facing a heavy workload as well as restrictions on participation in scientific conferences etc. The boards of the ILF, DSWS and DNL/DLF find that at this stage a postponement is the best option available to envision a successful conference with the expected number of participants, sharing of experiences and networking between representatives from all over the World as well as, obviously, to guarantee the safety all conference participants including patients.

The boards of the three organisations are encouraged by the recently announced expectations of vaccine(s) becoming available during the first or second quarter of 2021. The board members expect that the situation will improve during 2021 and have therefore taken the decision to move the conference as they are positive that a conference of minimum 500 participants including health care professionals and patients as originally expected will be possible towards the end of 2021.

We will work hard to plan and offer an attractive and memorable conference for the lymphoedema and wound care communities on the 18 - 20 November 2021. We will keep the topics already announced and will announce the preliminary scientific programme as soon as possible.

On behalf of the conference organising and scientific committees, Susan Bermark (DSFS chair), Tonny Karlsmark (DNL/DLF chair) and Christine Moffatt (ILF chair)

The Gwen Forbes-Kirby Foundation Fund, Benefiting Lymphedema Patients through the Lighthouse Lymphedema Network



The Lighthouse Lymphedema Network is excited to announce the Gwen Forbes-Kirby Foundation Fund honoring Gwen Forbes-Kirby, PT, CLT-LANA, Star, for her years of service to the LLN and her dedication to her patients. The fund has been started by an anonymous donation of \$5,000. We offer our sincere thanks to the donor for honoring Gwen. 100% of all donations will benefit patients who live in Georgia even if they are treated in another state.

Please consider making a donation to this Fund. To make secure donations by credit card, please visit our website: www.lighthouseymphedema.org

If you prefer to mail a check, you can send it to Lighthouse Lymphedema Network, 10240 Crescent Ridge Drive, Roswell, GA 30076. Any amount is greatly appreciated, and 100% will go to help this great cause. The LLN will administer the fund through our Bandages and Garment Fund.

Gwen has always been a great LLN supporter. She has served on the LLN board of directors for many years and has been a pivotal contributor in securing speakers for our annual medical conference. We thank Gwen for her expertise and for speaking at many of our events. As a lymphedema therapist, she has always been dedicated to helping her patients learn exercises to help with their swelling, along with wrapping and bandaging their limbs affected by lymphedema. She has been an advocate for breast cancer awareness and for promoting rehabilitation for lymphedema patients.



Gwen (4th from right) with other speakers at our 2016 Fall Conference

Thank you, Lighthouse Lymphedema Network:

Please accept my gift/donation in appreciation for your efforts to support, educate, and create awareness about a serious medical condition called lymphedema.

Donor's Name: _____

Address: _____

Phone: (Home) _____ (Work) _____ (Cell) _____

E-mail: _____

Enclosed is my tax deductible donation of \$_____, to be used for the General Fund _____, or the B.A.G. Fund _____

The Lighthouse Lymphedema Network is a 501(C) (3) non-profit organization. Please make all checks payable to the Lighthouse Lymphedema Network and mail to the LLN, 10240 Crescent Ridge Drive, Roswell, GA 30076. Call 770-330-0036 for information, or e-mail joanwhite59@gmail.com. You can also make a donation on-line by credit card: The donation page is: <http://lighthouselymphedema.org/get-involved/donate.htm>.

Change of Address Request: We try to keep our mailing list updated constantly; if you have any changes that should be made to your mailing or e-mail addresses, please send this information to the LLN address above, or by e-mail to elaine.gunter@comcast.net.

Remember: Don't forget to give us your e-mail address if you want to be reminded about meetings, to receive the LLN newsletter as a PDF file (in color!), and to help us save mailing costs! elaine.gunter@comcast.net

Return service requested to:

***LLN Newsletter Editor
1625 Sprucewood Court
Decatur GA 30033 USA***

