




www.lighthouselymphedema.org

LLN September 2018 Newsletter

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LLN: Serving the lymphedema community for 25 years

All-day LLN-Sponsored Fall Medical Conference Saturday, October 20th 2018

Brad Smith, MS, CCC-SLP, CLT will speak on Head and Neck Lymphedema at the Lighthouse Lymphedema Network-sponsored all-day medical conference on Saturday, October 20, 2018.

Location: the conference will be held at the ROAM Perimeter Center, 1151

Hammond Drive, NE, Suite 240, Atlanta, GA 30346, located less than one-tenth of a mile off I-285 at the Ashford-Dunwoody Rd exit and within 100 yards of the Dunwoody MARTA station, ROAM Perimeter Center is easily accessible for Metro Atlanta commuters. (Note: This is NOT the Sandy Springs ROAM location we used previously – This ROAM facility is located on the upper level of the strip mall area on Hammond Drive *across from Perimeter Mall and close to I-285.*)

Topics: Head and neck lymphedema, obesity and lymphedema, patient speakers, discussions of the latest surgical & drug treatment options, updates on the National Lymphedema Treatment bill & insurance coverage changes (More information to come!)

Registration: Patients, family members and caregivers may register on-line securely using the LLN website: www.lighthouselymphedema.org. The conference registration fee is \$50.

IMPORTANT NOTE TO CERTIFIED LYMPHEDEMA THERAPISTS: This all-day forum will be preceded by a half-day Short Course for Head & Neck Lymphedema Management - 4 hours - on Friday, October 19, 2018, 1-5 PM, also at the ROAM Perimeter Center. The course, taught by noted lymphedema therapist Brad Smith, will include measurement for head & neck lymphedema, treatment pathways, compression and kinesiotape for head & neck lymphedema, troubleshooting and Q&A time. The course will include CEU credits. The cost is only \$120.00 for the course and includes your attendance at the all day conference on Saturday. Register for the course starting March 1 at the LLN website: www.lighthouselymphedema.org. Sign up ASAP – space is limited to 24 seats!

Special deal on registration fees for certified lymphedema therapists only: Short course on 10/19 only - \$120, conference on 10/20 only \$90; both events \$120 (a \$90 savings!)

Our hotel of choice will be the **Atlanta Marriott Perimeter Center**, 246 Perimeter Center Parkway, Dunwoody, GA 30346. (Toll-free reservation center: 1-888-858-2451) The hotel is under complete renovation to be completed this spring. The cost per room is \$119.00. A Continental breakfast and lunch will be provided at the Saturday program.



&

**EMORY
JOHNS CREEK
HOSPITAL**

An Open Forum Meeting,

Thursday September 13th, 2018, 6:00-8:00 PM

The Lighthouse Lymphedema Network and Emory Johns Creek Hospital invite you to an Open Forum Meeting

LOCATION: Emory Johns Creek Hospital
Education Center, Classrooms A&B

6325 Hospital Parkway,
Johns Creek, GA 30097

Light Refreshments will be served

Certified Lymphedema Therapists Crystal Champion, PT, DPT, CLT and Terry Sylvester, PT, CEAS, CLT, Dry Needling Certified will present on the **"Elements of Breast Cancer Rehabilitation: Lymphedema Management, Treatment of Axillary Cording, and Restoration of Physical Functioning through Exercise and Dry Needling"**.

Crystal Champion, PT, DPT, CLT, certified lymphedema therapist, earned her doctorate and master's degrees in physical therapy from Medical College of Georgia. She received lymphedema training and certification through the Academy of Lymphatic Studies. Ms. Champion has served on the Oncology Committee since 2012. She has been instrumental in helping to develop the Oncology Rehabilitation program, as well as, the Lymphedema treatment program at Emory Johns Creek Hospital. Champion has worked for Emory Healthcare since 2009.

Terry Shea Sylvester, PT, CEAS, Dry Needling Certified, CLT, is a certified lymphedema therapist and physical therapist with more than 25 years of clinical experience. Ms. Sylvester gained her Bachelor of Science degree in physical therapy from the Medical University of South Carolina. She received her certification for lymphedema from the Academy of Lymphatic Studies. She is certified in dry needling from Dr. Ma's Integrative Dry Needling and Dr. Janet G. Travell's series of Trigger Point Dry Needling from Myopain seminars. Ms. Sylvester is also a certified ergonomist who is qualified to evaluate and make recommendations on proper and safe ergonomic work environments in the office and industrial settings. Her strong interpersonal skills coupled with her clinical experience and desire to optimize health have created excellent relationships with her patients and positive outcomes clinically.



Eve Panek with Juzo will also be in attendance to highlight her company's products

BELLMERE LUNCHEON AND GARDEN TOUR
Saturday, May 5, 2018

The rhododendrons were in bloom! The weather was perfect! Lunch was delicious and the guests were enlightened by the succulent presentation by master gardener, Rita Boughrum. After lunch, those who toured the grounds of Bellmere were pleasantly surprised with the roses in bloom, plus other spring flowers.

Rita's creations were our raffle items. We thank Vera Newman, co-chair of the event, for her donation of the small succulents for each guest. Especially, we thank our event chair Vicky Day and her family for the use of the garden house for our fundraiser. The LLN made \$1,806.00. Thank you to our guests for your support of the LLN.



Vicky Day, Susan Prophitt, and Samantha Cannon Martin



Our speaker Rita Boughrum & Vera Newman



Rhododendrons at Bellmere



Go to the LTA website for more information and a handy script to use when contacting legislators:
<http://lymphedematreatmentact.org/> As of 8/1/2018, there were 365 cosponsors in the House and 60 in the Senate.

The 2018 Georgia 2 Day Walk for Breast Cancer will be held on September 29-30, 2018. LLN will have a cheering station on the 29th – stay tuned for its location!

GEORGIA
2-DAY WALK
FOR BREAST CANCER



Donate now to support the Lighthouse Lymphedema Network on (or before!)
November 27, 2018

www.gagivesday.org

The Lighthouse Lymphedema Network (LLN) was founded in 1993 with the mission to increase awareness and general knowledge of the condition known as lymphedema and to ...

LLN direct donation link:

<https://www.gagivesday.org/c/GGD/a/lighthouselymphedema/>



Run/Walk
to Fight Lymphedema & Lymphatic Diseases



Lymphatic Education
& Research Network

Help LE&RN celebrate our 20th year by running or walking in New York City on behalf of the estimated 10 million Americans and 140 million worldwide who are fighting this "Lymphedemic." LE&RN's mission is to fight lymphatic disease and lymphedema through education, research and advocacy, but it doesn't happen without you.

Register here: <https://grouprev.com/NYLymphWalk>



LLN BANDAGES & GARMENTS FUND 2018 UPDATE

The BAG FUND has been busy distributing the It's The Journey's generous grant monies for the qualified Breast Cancer applicants. We serve all counties in the state of Georgia with the ITJ grant. We have been contacted by therapists in adjacent states for help in getting compression garments for their patients. We cannot help those patients, but we encourage starting programs like LLN for patient assistance. As always, we want to thank all our therapists, providers, and compression garment companies who provide services and garments at their lowest rates, which helps us serve as many patients as possible. As of March 2018, we have served 18 patients with our new grant monies, with a total of \$7000.00 distributed.

Unfortunately, we have not been able to replenish our non-breast cancer-related lymphedema fund. Therapist Rebecca Hammad has been able to assist some of the applicants through her comp garments given by our providers. Rebecca and I attended a 2018 Grantee Lunch & Learn given by It's The Journey. It was a great opportunity to learn more about best practices to use when writing applications for future grants. We are always in need of ideas to raise monies for our funds to help patients with their much-needed compression products.

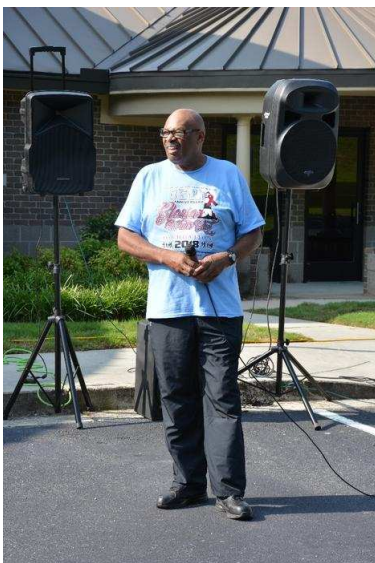
We are encouraging all patients, caregivers, families, and professionals to continue to support the Lymphedema Treatment Act through your e-mails, letters and phone calls to your representatives.

(<http://lymphedematreatmentact.org>).

Contact me Janie at darnofell@aol.com with any questions or concerns you may have about the BAG FUND assisting with compression garments.



The 16th Annual Gloria Watts-Cox Lymphedema Run/Walk was held on Saturday, June 2, 2018. Thanks to LLN Board member Deb Cozzone, who attended and enjoyed this fun occasion to raise funds for lymphedema research and to help LE patients. Although the weather was stormy earlier in the morning, it cleared up in time for the Run/Walk. Deb brought the LLN wheel and participants spun the wheel for great prizes.



Lee Cox – program director



GWC helpers with the 2018 shirts



Deb Cozzone and the LLN prize wheel

10 ways to cut 500 calories a day -

<https://medlineplus.gov/ency/patientinstructions/000892.htm>

No matter what type of diet you follow, to lose weight, you need to burn more calories than you take in each day. For most overweight people, cutting about 500 calories a day is a good place to start. If you can eat 500 fewer calories every day, you should lose about a pound (450 g) a week.

How to Cut Calories - try these 10 ways to cut 500 calories every day; it's easier than you may think.

- **Swap your snack.** Many people reach for a snack or two in between meals. Snacking is fine, just be sure to choose lower-calorie options. The key is to have some [healthy snacks](#) ready when hunger hits. Instead of a 3-ounce (85 g) bag of flavored tortilla chips (425 calories), choose a cup (250 mg) of air-popped popcorn (31 calories), a cup (250 mg) of grapes and a low-fat cheese stick (180 calories) or a small apple and 12 almonds (160 calories). Choosing healthy snacks twice a day will save you 500 calories.
- **Cut one high-calorie treat.** Try to nix one high-calorie food item each day. Whether it is a donut in the morning, a brownie or bag of chips at lunch or chocolate cake after dinner, you will save 250 to 350 calories or more. **To burn another 150 calories take a 40-minute brisk walk after lunch or dinner.**
- **DO NOT drink your calories.** One 12-ounce (355 mL) regular soda has about 150 calories, and a 16-ounce (475 mL) flavored latte can pack 250 or more. Even fruit smoothies have lots of calories, as many as 400 in a 16-ounce (475 mL) serving. A couple of sweet drinks a day can easily add up to 500 calories or more. Choose water, sparkling water, or black coffee or tea instead and save your calories for foods that will help you feel full.
- **Skip seconds.** Taking a second helping can add up to unwanted calories. It is easy to keep filling your plate when you serve food family style on the table. Instead, fill your plate once and keep extras in the kitchen. Or, if you still do not feel satisfied, add a second helping of vegetables, fruit, or salad.
- **Make skinny substitutions.** Substitute lower-calorie options for some of your high-calorie favorites. For example, if a recipe calls for a cup (250 mL) of sour cream (444 calories) or heavy cream (821 calories), use plain low-fat yogurt instead (154 calories).
- **Ask for a doggie bag.** The [portions](#) at most restaurants are much larger than recommended serving sizes. Instead of cleaning your whole plate, ask the server to put half in a container for you to take home for another meal. You can also share an entrée with a friend, or make a meal out of an appetizer and a large salad. Just be sure to go easy on the dressing and high calorie toppings.
- **Just say "no" to fried food.** Frying food adds lots of unhealthy calories and saturated fat to any dish. Instead of fried chicken or fish, choose grilled, broiled, or poached instead. And skip the French fries. A large serving of fries alone can add almost 500 calories to a meal. Instead, see if you can substitute for the vegetable of the day or a side salad.
- **Build a thinner pizza.** Skip the meat toppings, extra cheese, and deep-dish crust, and have a couple slices of thin-crust vegetable pizza instead. You will save a little over 500 calories.
- **Use a plate.** Eat all food from a plate or bowl, including snacks. When you snack out of a bag or box, it is easy to eat more than you intend to. This is especially true if you are sitting in front of the TV. You may be surprised to learn that a large bag of chips will run more than 1000 calories. Instead, place one portion in a bowl, and put the rest away.
- **Avoid alcohol.** Cutting back on alcohol is an easy way for many people to trim [calories](#). Alcohol does not have any nutritional value, so when you imbibe (drink) alcohol, you are getting empty calories, up to 500 for some mixed drinks made with syrupy sweeteners, fruit juices, and ice cream or heavy cream. If you do order a drink, choose a 12-ounce (355 mL) light beer (103 calories) or a 5-ounce (145 mL) glass of wine (120 calories).

More guidance from Kaiser Permanente:

Fill up with fiber (fruits & vegetables)

High-fiber foods fill you up without filling you out. Getting the right amount of fiber a day can help you lose weight, regulate your blood sugar, and lower your cholesterol — all without counting calories.

Make time to move

Cutting calories can help you lose weight, but keeping it off long-term is a different story. Exercise is a must — aim for 3 to 5 hrs of physical activity a week to keep extra pounds you've lost from coming back.

ILF 2019 Conference

The 9th International Lymphoedema Framework Conference will be held Chicago, USA, 13 – 15 June 2019 and co-hosted by the American Lymphedema Framework Project (ALFP).

The conference venue is the Hyatt Regency Chicago, which is located downtown, and is only steps from the Magnificent Mile and other iconic Chicago destinations.

The scientific committee, consisting of representatives both from ILF and ALFP will during the coming months work on the program for the 9th International Lymphoedema Framework Conference that will be of relevance for healthcare professionals, patients, & researchers, as well as industry.



2018 Lighthouse Lymphedema Network Calendar Dates to Remember:

- LLN Board Meeting, Country Club of Roswell, Saturday September 15th, 9:30 AM
- LLN Open Forum Meeting, Emory Johns Creek Hospital, Thursday September 18th, 6:00-8:00 PM (see page 2)
- LLN Certified Lymphedema Therapists training course, October 19th, 2018 to be held at the ROAM facility at 1151 Hammond Drive, NE, Suite 240, Atlanta, GA 30346 (near Perimeter Mall).
- **LLN annual all-day Fall Medical Conference October 20, 2018; also to be held at the Hammond Drive ROAM facility** (see front page for more details)

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 770-442-1317 for information. 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

LLN's website is <http://www.lighthouselymphedema.org>

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