



Lymphatic News

Camp Watchme

Central Lymphatics

Therapists Make Connections and A Difference At Camp Watchme

The Brylan's Feat Foundation was started by the mother of a little girl with primary lymphedema. This organization supports hundreds of families around the world as they work to diagnose and find treatment for children with this rare disease. In 2021, they started Camp Watchme, the only summer camp in America focused on children with lymphedema.



For three five-day sessions in July, campers aged 18 months to 17 years visit the YMCA of the Rockies facility, near Estes Park, Colorado. Each child attends with a parent or caregiver, and is also assigned a certified lymphedema therapist who works with them each day. Therapists assess the children's needs, give appropriate therapy, and advise caregivers how to continue therapy and lymphedema maintenance when children return home. More than 60 families have attended Camp Watchme over four summers.

Therapists and other staff members donate their time and services to the campers. LLN Board Member, Dr. Shelley DiCecco, has found that, "the camp is also a great place for CLTs to connect with other therapists from the US, Canada, and even Costa Rica this year. Pediatrics is not covered significantly in lymphedema certification programs, so the camps help CLTs improve their skills. We have built some great relationships from these camps. Words truly cannot describe the bonds the therapists, kids, volunteers, and families form at this camp...it is just a wonderful experience that I am glad to be a small part of!"

When not receiving therapy, campers enjoy typical activities, like horseback riding, zip-lining, tubing, hiking, and campfire gatherings. Parents and campers benefit from doing these activities with other families also managing a disease that affects one in 100,000 children.





Donations are used for all things needed at camp. First time participants attend with a parent or caregiver for free, with only a \$100 deposit to hold their spot. Second-time campers and reunion participants pay higher fees to help cover the cost, but they receive generous support from the Brylan's Feat Foundation. Donations help cover lodging, food, activities, transportation, etc.

In the future, director Brittany Williams would like to expand Camp Watchme. Like the Foldi Klinik in Germany, she would like to provide services year-round for children and young adults with lymphedema.

If you would like to contribute to the Brylan's Feat Foundation or Camp Watchme, please visit their website: [Brylan's Feat Foundation \(brylansfeat.org\)](https://brylansfeat.org)



Signs, Symptoms, and Treatment Options for Central Lymphatic Dysfunctions

Some children and adults with primary lymphedema are found to have Central Lymphatic Dysfunctions. Blockage in deeper channels or organs that receive lymph can cause edema in the extremities or torso. This is a newer area of research and treatment

[Visit Shelley's Website](#)

[Read More about Shelley](#)

Shelley DiCecco, PT, PhD, CLT-LANA, CI-CS
Lymphedema Therapist and Associate Professor at Philadelphia College of Osteopathic Medicine, Georgia Campus will present current information about the diagnosis and treatment of Central Lymphatic Dysfunctions at our conference in Atlanta on October 19, 2024.

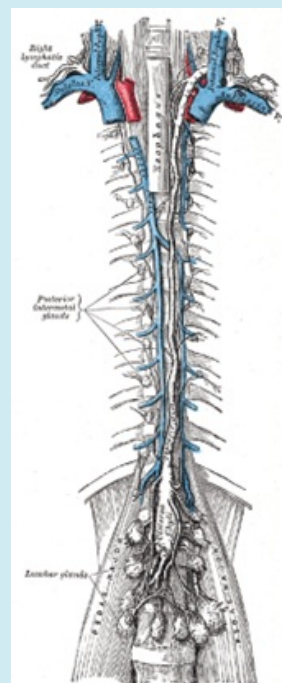
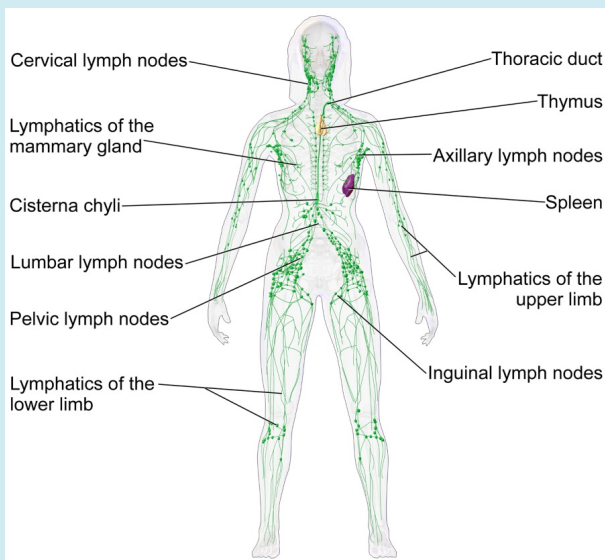


Diagram of the Lymphatic System

Diagram of the
Central Lymphatic Organs

By Henry Vandyke Carter
in *Gray's Anatomy*



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Lighthouse Lymphedema Network
26th Annual State of Georgia
Lymphedema
Education and Awareness
Conference

Upcoming Georgia Events for Therapists and Patients

Georgia Alliance for Breast Cancer – 2-Day Walk – September 28-29

EXPO and Check-In - September 27

Survivor's Lap - September 29

Lighthouse Lymphedema Network – Conference in Atlanta – October 18-19

ZOOM Attendance is available! Please see our registration page for options.

[Lighthouse Lymphedema Network](#)



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