What We Learned at our 26th Annual Conference

The LLN's Lymphedema Education and Awareness Conference

Speakers, therapists, providers, and patients gathered in Atlanta on October 18-19, 2024, for informative lectures about lymphatic disorders, treatments, and coping strategies.

Therapists enjoyed a lively pre-conference continuing education session with Karen Ashforth.

Featured Presenters - Stephen Boukovalas, Robert Erkstam,

Shelley DiCecco, Jodi Ganz, and Karen Ashforth

Lymphedema Experts Share Knowledge and Coping Strategies

Stephen Boukovalas, MD helped to organize a new center for lymphedema treatment and research in Knoxville, TN. He described different kinds of surgery he performs to reduce lymphedema and lymphedema risk.

Robert Erkstam, OTR, CLT-LANA is a lymphedema therapist and health and wellness coach who owns a clinic in Wilmington, NC. He talked about Healthy Lifestyle Practices patients and therapists can personalize to support lymphedema maintenance and feel better.

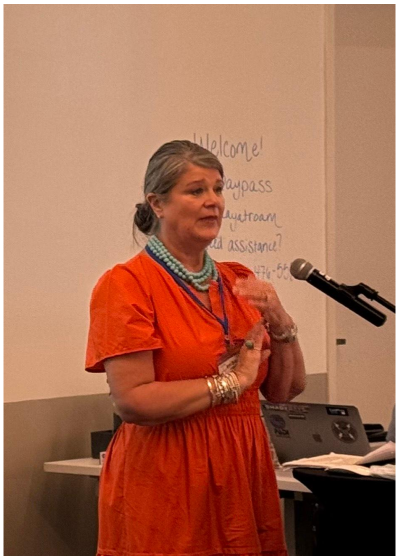
Shelley DiCecco, PT, PhD, CLT-LANA, CI-CS is a lymphedema therapist, Associate Professor at the Philadelphia College of Osteopathic Medicine, and board member of the LLN. She spoke about new research on and treatment for the Central Lymphatic System and its disorders.

Jodi Ganz, MD is a dermatologist in private practice in Atlanta. She also serves on the volunteer faculty at Emory University, where she teaches medical students about genital dermatology. She spoke about the relationship between skin disorders and lymphedema.

Our keynote speaker, **Karen Ashforth, MS, OTR/L, CLT-LANA** came from California to share her experience practicing and teaching therapeutic techniques to reduce inflammation and fibrosis associated with lymphedema. Her wholistic approach includes techniques to quiet the autonomic nervous system, as stress can lead to an inflammation response.

For more information from each of our speakers, please click here to open our online, printable newsletter!

Patient Stories About Lipedema and a Central Lymphatic Disorder



Denise Jones now realizes her lipedema began during puberty. No amount of diet or exercise would reduce the size of her legs, and the problem got worse after

Amiya Shah is a 12-year-old lymphedema patient who lives in Canada with her mom, Dr. Priya Sood. Amiya had unusual swelling at birth. She vomited breast milk, pregnancy.

Lipedema runs in her family and leads to self-criticism. Denise didn’t want her daughters to feel bad about their bodies.

Even after knee replacements, Denise did not hear about the disease of lipedema until another woman referred to it. Denise underwent lipedema surgery three times, and she feels 100% better medically.

She is now more active and able to play with her granddaughter, which makes her happy.

and had poor weight gain, followed by fever and a diagnosis of Citrobacter sepsis. Her diagnosis was Intestinal Lymphangiectasia and right-sided Hemi-Lymphedema.

Amiya has tried several treatment techniques, undergone various diagnostic procedures, and even consulted international experts to finally be diagnosed recently with **WILD Syndrome** (Warts Immunodeficiency, Lymphedema, and Anogenital Dysplasia), for which there is currently no genetic test. Her condition is so rare that her best PT treatment and support (besides her mom) have come from Camp Watch Me and Dr. Shelley DiCecco.

Click Here to Read More of Amiya's Story

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Lymphedema Treatment Act Advocates Reunite in Atlanta

These wonderful women worked and lobbied locally and in Washington for over ten years to finally convince Congress to pass the **Lymphedema Treatment Act** in December 2022.Thank you to everyone who helped pass this legislation!

Back Row (left to right)
Debbie Labarthe, Kathy Weatherly, Yolanda Martin, Sherilyn Bell, Joan White, Kimberly Glover, Lindsay Ryback, and Rebecca Hammad
Front Row (left to right)
Andi Heinemann, Cindy Cronick, Becky Sharp, Naydza Muhammad, Angeline Gallow

Upcoming Event for Therapists and Patients

Fat Disorders Resource Society - Conference in Atlanta - March 21-23, 2025

$129/ night

Crowne Plaza Atlanta
Perimeter at Ravinia
Atlanta, GA

TREATMENT
AND MANAGEMENT

Lipedema
Dercum's Disease
Madelung's Disease
Familial Multiple Lipomatosis

FDRS
2025
CONFERENCE
New Format

21-23
MARCH
8AM- 5PM FRI-SAT
8AM- 1PM SUN

BOOK ONLINE
https://bit.ly/FDRS2025-Hotel

FAT DISORDERS
RESOURCE SOCIETY

Your Contributions help the Lighthouse Lymphedema Network bring internationally-recognized researchers and medical providers to Atlanta for our yearly conferences. Thank you for helping patients and therapists learn more about cutting-edge research and treatments that can improve quality of life for every person.

We now know that every kind of inflammation, every illness, every good night's sleep, and the digestion of every meal is supported by our lymphatic system. Our invisible lymphatics enhance our lives in ways we are only beginning to understand.

Click below if you would like to donate to the Lighthouse Lymphedema Network.
And **Thank you** for helping us make the invisible visible!

Donate to the LLN

Lighthouse Lymphedema Network