

Shining a Light on our Annual Fall Conference

Lymphedema and Lipedema Surgical Options, Requirements, and Post-Care

Stefanos Boukvalas, MD

Assistant Professor and Surgeon
Division of Plastic and Reconstructive Surgery
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Knoxville, TN



Since joining the University of Tennessee Medical Center, Dr. Boukvalas has led development of their Comprehensive Lymphedema Service and is co-chair of the TN Chapter of the Lymphatic Education & Research Network.

His clinical interests include oncologic and trauma reconstruction, microsurgery, lymphedema surgery, and general plastic and cosmetic surgery. His passions involve innovative and cutting-edge surgical techniques, including DIEP and PAP flaps for breast reconstruction, neurotized free flaps, head and neck reconstruction using virtual surgical planning (VSP), lymph node transplantation and lympho-venous bypass surgery using super-microsurgery techniques.

On the academic side, Dr. Boukvalas has a strong interest in research, surgical education, and contributing to scientific societies. He is affiliated with the American Society of Plastic Surgeons and the American Society of Reconstructive Microsurgery. He has served on several national scientific committees and as a member of task forces contributing to guideline development and patient care quality improvement. His research is focused on clinical outcomes, healthcare disparities, and guideline development.

Dr. Boukvalas has published more than 40 peer-reviewed articles along with five individual book chapters. He has presented research at numerous regional, national, and international conferences, and has earned prestigious research and teaching awards, including the Resident Alpha Omega Alpha, Outstanding Plastic Surgery Resident, and the ASRM Outstanding Paper Awards.

Dr. Boukvalas was born and raised in Athens, Greece. He earned his medical degree at the University of Athens School of Medicine. After completing his Plastic Surgery Residency at the University of Texas Medical Branch in Galveston, he moved onto a fellowship in Microsurgery and Complex Reconstruction at the University of Texas MD Anderson Cancer Center.



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

**Friday, October 18, 2024, 9 am – 4:30 pm Pre-Conference
Saturday, October 19, 2024, 8:30 am – 4 pm**

Speakers for 2024 Lymphedema Education and Awareness Conference



Fibrosis Techniques for Breast Cancer, Lymphedema, and Lipedema

Karen Ashforth, MS, OTR/L, CLT-LANA

Occupational Therapist, Researcher, and Adjunct Professor at the University of the Pacific, Stockton, CA

Pre-Conference and Keynote Speaker



Lymphedema and Lipedema Surgical Options, Requirements, and Post-Care

Stefanos Boukouvalas, MD

Surgeon with the University of Tennessee Medical Center in Knoxville



Optimizing Lymphedema Outcome Through Lifestyle

Robert Erkstam, OTR, CLT-LANA

Health & Wellness Coach and Lymphedema Therapist, Wilmington, NC



Dermatology Concerns: Lymphedema and Lipedema

Jodi Ganz, MD

Dermatologist and Faculty Member at Emory University, Atlanta, Ga



Signs, Symptoms, and Treatment Options for Central Lymphatic Dysfunctions

Shelley DiCecco, PT, PhD, CLT-LANA, CI-CS

Lymphedema Therapist and Associate Professor at Philadelphia College of Osteopathic Medicine, Georgia Campus

Plus: Patient Stories, Networking, & an Exhibits Hall

Patient Registration for Conference

Professional Registration for Conference



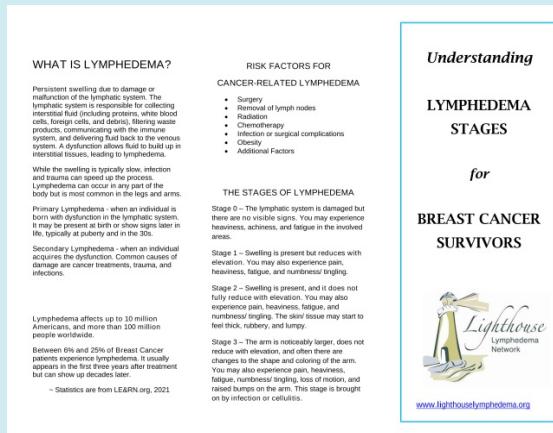
**Lymphedema Treatment Act
Information Shared with
Georgia Alliance for Breast
Cancer**

On Tuesday, June 4, LLN board member Debbie Labarthe talked about the history of the Lymphedema Treatment Act with attendees of a Survivor's Breakfast hosted by the Georgia Alliance for Breast Cancer.

Debbie shared the story of her grandson,

Carson, who was diagnosed with congenital lymphedema as a baby. With treatment and support, Carson grew up to play baseball and advocate in Washington DC for the Lymphedema Treatment Act. Debbie also shared Heather Ferguson's inspiring story of advocating for patients for more than ten years. Passage of the Lymphedema Treatment Act in 2022 will help compression and other lymphedema care be covered by insurance for all patients.

Debbie was joined by LLN board member, Sharon Shepard, who is a breast cancer survivor. Sharon shared the LLN's pamphlet on Lymphedema Stages for Breast Cancer Survivors, which can be printed from our website by clicking on the image below.



Thank You to Georgia Alliance for Breast Cancer!

Lighthouse Lymphedema Network was a proud recipient of a \$5,000 grant from Georgia Alliance for Breast Cancer (GAABC), formerly It's The Journey. GAABC is a registered 501(c)(3) non-profit that supports Georgia's breast cancer community by raising funds to support breast health and breast cancer programs throughout the state of Georgia. The LLN grant money is dedicated to the LLN Bandages and Garments Fund to purchase compression garments for qualified breast cancer patients. Janie Smith and Deb Cozzone accepted the check on behalf of the LLN. Many thanks to GAABC for their continued support!

Upcoming Events for Therapists and Patients

SuperSize Your Life Expo – June 29-30

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

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

[Lighthouse Lymphedema Network](#)



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