



# Lymphatic Research Dermatology Conference Information

## Why is the Lymphatic System so Important?

A doctor friend asked why I'm so excited about lymphatic education. Doctors are only beginning to learn about 21st century lymphatic research and the [Revised Starling Principle](#). Many still think veins do the essential work of removing fluid and waste from interstitial tissues.

Lymphatic vessels support every organ and tissue in the body, and help heal every injury, illness, and case of inflammation. Understanding lymphatic functions can lead to better health for everyone, not just people with lymphedema.

New technology allows researchers to see and explore our microscopic lymphatics, which are as exciting as a Brazilian rainforest, ocean trench, or surface of Mars. I believe lymphatic discoveries will benefit humanity in ways we can only imagine.

Patients, therapists, and researchers share knowledge in our annual Lighthouse Lymphedema Network conferences. I hope readers will join me for our conference October 19, either in person or through Zoom.

Lymphatic education empowers us.

~Sharon Shepard, Newsletter Editor

PS. Discover this scientific explanation of the Revised Starling Principle on the LE&RN website: [Revising the Starling Principle - the Importance of the Glycocalyx](#)



## Dermatology Concerns Lymphedema and Lipedema

**Jodi E. Ganz, MD, F.A.A.D**

Dr. Ganz is a managing partner of a dermatology



practice in Atlanta, GA. She is an active member of the American Academy of Dermatology, where she serves on the Leadership Forum Workgroup.

She is also on the volunteer faculty at Emory University, where she teaches residents about Genital Dermatology. This is a passion of hers, as genital skin is often overlooked in both dermatology and gynecology exams. A large portion of her practice is dedicated to reaching this unmet need.

[Visit Jodi's Website](#)

Dr. Ganz has been named a "Top Doctor" by two different Atlanta magazines, as well as US News and World Report.

[Read More about Jodi](#)



The Lighthouse Lymphedema Network presents  
The 26<sup>th</sup> 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  
Lymphedema Therapist, Researcher, and Adjunct Faculty at the University of the Pacific, Stockton, CA  
Pre-Conference and Keynote Speaker

 **Lymphedema and Lipedema Surgical Options, Requirements, and Post-Care**  
Stefanos Boukovinas, 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 DiCicco, 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

**Register for the**  
**Lighthouse Lymphedema**  
**Network**  
**26<sup>th</sup> Annual State of**  
**Georgia**  
**Lymphedema**  
**Education and Awareness**  
**Conference**

[Click to Register](#)

**We heard you and added a few more slots for the pre-conference course for CLTs on Friday, October 18th. Don't wait; register and reserve your spot today!**

## Allies Fighting Lymphedema

Breast cancer treatment can lead to lymphedema through the removal of lymph nodes as well as effects of radiation and some chemotherapy. Early detection and

**GEORGIA**  
**2-DAY WALK**  
**FOR BREAST CANCER**

treatment can prevent later-stage lymphedema.

Money raised by the Georgia 2-Day Walk funds grants for many organizations that support breast health and breast cancer survivors. One grant helps the Lighthouse Lymphedema Network fund compression garments for under-insured breast cancer survivors. These garments help patients control their lymphedema.

The Lighthouse Lymphedema Network was proud to sponsor a cheering station for walkers on Saturday, September 28, and say **thank you** to all the volunteers, walkers and donors!

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## Pregnancy and Lymphedema - Survey for Clinicians

### **Attention: Therapists, Physicians, Nurses, Massage Therapists, and any other clinician treating lymphedema during Pregnancy**

How Confident Are You in Evaluating and Treating Lymphedema or Lymphatic Dysfunction During Pregnancy or the Post-Partum Period?

The training for lymphedema associated with cancer, venous disease, and primary dysfunctions is fairly standard across programs. The amount and type of training for pregnancy and post-partum concerns are not as consistent.

Please consider taking part in a short international survey to help us gain insight into the training, confidence levels, and educational needs of health care practitioners to provide safe and effective treatment for these two subsets! The survey is available in English, Welsh, Italian, Spanish, French, Turkish, Dutch, Hebrew, German, and Chinese.

The hope is that the information gained from this study will help shape future lymphedema training for care practitioner training! Please contact the primary investigator, Shelley DiCecco, at any time with questions:  
ShelleyDi@PCOM.edu

If you would like to participate in this study, please click or copy-paste the link below to begin the survey:

<https://www.surveymonkey.com/r/88YMD3M>

Please share with your colleagues.

Thank You!!

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## Upcoming Events for Therapists and Patients

[Georgia Alliance for Breast Cancer](#) – 2-Day Walk – September 28-29

[Lighthouse Lymphedema Network – Conference in Atlanta](#) – October 18-19

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

[Lighthouse Lymphedema Network](#)



Lighthouse Lymphedema Network | 5290 Matt Highway Suite 520-135 | Cumming, GA 30028  
US

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