

## Understanding and Managing Symposium Report

A successful Understanding and Managing Lymphedema Symposium was held in Prince Albert, May 26<sup>th</sup> and 27<sup>th</sup>, 2017. 86 people from 4 different provinces attended part or all of the very informative sessions. The cost was kept low so more people could attend. The cost for Friday was \$10 and for Saturday it was \$30 for non-members and \$20 for members.

The symposium began afternoon with 50 health care professionals attending the session “ Is it Lymphedema?” given by John Mulligan from Lymphedema Depot LTD. On Friday evening, we sponsored a networking session which allowed guests to visit the booths of our sponsors The Canadian Bandage Shoppe, Lymphedema Depot LTD and Victoria Square Compounding .LAS also had a table that displayed information about our organization and a few items to buy such as log books and lymphedema bracelets. It was also a good time just to visit with other LAS members and friends,

Saturday morning began with greetings read from the Honourable Joe Hargrave by Verna Schneider. Minister Hargrave was unable to attend because of a family funeral. Dr. David Keast started the educational day with a session on Understanding Lymphedema: Characteristics, Genetics and Obesity. This was followed by John Mulligan who spoke about managing lymphedema. Over lunch Dr. Keast updated us on LIMPRINT and the approximate numbers of lymphedema patients in Canada and the world. After lunch Julie Jensen, CDT trained therapist and physiotherapist from Saskatoon, gave a very interesting demonstration on kinesio taping and its value. We finished off the afternoon participating in Barbara Cunnings Versaevel’s “Lymphedema and Movement Therapy “.

I must thank Gail Swain, a LAS member from Prince Albert, made and donated a beautiful quilt. This quilt netted over \$1300 and helped pay many expenses. It was won by Vauna Nordin from Prince Albert Because of the sponsors’ generous donations and the quilt draw, we only needed to spend \$1161.64 of the budgeted \$5000 from LAS.

Another thank you must go to the organizing committee. Evelyn Huber, Sandra McMillan, Annette Schaan, Donna Braham, Jean Freeland and Gail Swain are all LAS members from Prince Albert, who worked very hard to ensure that everything ran smoothly and everyone was looked after.

For those who were unable to attend, some of the key note speakers’ presentations are on the website [www.sasklymph.ca](http://www.sasklymph.ca). The Prince Albert Daily Herald and PA Now each carried a very good article on Lymphedema prior to the symposium.

Thank you to LAS for providing me the opportunity to chair this symposium where 10 new members joined our organization and over \$500 was donated to help our cause.

Submitted by

Verna Schneider

Symposium Chair