

Swelling with Emotion

President's message

Welcome to the first 2019 edition of *Swelling with Emotion*. I anticipate that many of us will just have had the pleasure of meeting over our breakfast event celebration in association with March 6th – Lymphedema Awareness Day.

That said, as I write this, spring is not yet in our sights as Manitoba is in the grip of a very cold snap. The weather forecasters are busy issuing warnings and the sun is shining brightly. For long-time Manitobans, a key sign of a super frosty cold day.

Your LAM Board members continue to be busy, planning upcoming events, pondering how to reach and support more of you and problem-solving the best way to educate our health care providers and government leaders. We are exploring how to increase our use of social media and how to collaborate with partners as we spread the word about lymphedema.

In this insert, we want to shine a light on some of those partners and profile one business owner's approach to supporting rural Manitobans with lymphedema. Two of the partners we have selected for this issue are the Never Alone Foundation and South Central Cancer Resource. With community partners like these non-profits, the awareness and support for lymphedema is growing.

I invite you all to keep a close eye on our website and social media platforms. I anticipate that we will be posting our video stories in the coming weeks. We are so proud of our participants for sharing their stories and are very excited to share these videos with you. We believe that putting a face to this chronic condition will be helpful as we go out and speak to the community, health care providers and government representatives in the future.

One of our primary goals of 2019 is to increase the number of members, supporters and friends of LAM. Join us. Invite your friends and colleagues to join us. We need all of your voices and your support.

Happy reading!

Susan Stratford
LAM President



Contact the Lymphedema Association of Manitoba via email at lymphmanitoba@gmail.com if you have questions, concerns or suggestions. We would love to hear from you!

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LAM PARTNER PROFILE



The South Central Cancer Resource (SCCR) is a local community based, non-profit organization.

SCCR’s mission is to provide support, information, resources and education regarding cancer, cancer prevention and screening to individuals living in the service area.

Services are provided by Emerson and Letellier in the east to Cartwright in the west to RM of Dufferin to the north of the Canada US border to the South.



SCCR offers a Lymphedema Support Program that provides assistance for transportation for lymphatic drainage treatments and they may assist with compression garments and the cost of lymphatic drainage treatments.

Please read more about SCCR’s efforts on their website at <https://sccr.mb.ca>

Thank you to the South Central Cancer Resource!



LAM SERVICE PARTNER PROFILE

“Lymphedema is not specific to gender, race, age, or geographical location. It affects people from all walks of life in our province, country, and certainly beyond”, says Linda Menzies, Certified Lymphedema Therapist

I realized this early on in my career as a Registered Massage Therapist. Patients were asking me for treatments after breast cancer. This modality was outside my scope of practice at the time, so I sought out the nearest care centres.

This is when I realized the closest Lymphedema Therapist was in Winnipeg. That would result in a 3-5 hour round trip travel for patients, not to mention the extra financial expense in fuel, meals, accommodation, time away from family and work, and added physical and psychological stress.

This ignited a strong passion to bring this care to my region. My first step was to talk to a local doctor to see if he shared my concerns. Provincially renowned, Dr. Bob Menzies specialized in the Cancer Care unit at Boundary Trails Health Centre near Morden. His excitement when I mentioned I was considering taking my training in lymphedema therapy fueled my desire to advance my training in this field.

I moved my clinic, Morden Massage Therapy Centre into Morden’s Medical Mall where I would be surrounded by a vast team of health care professionals.

LAM PARTNER PROFILE



The Never Alone Foundation (NAF) is a nationally registered charity committed to improving the lives of people affected by cancer.

It was founded by Winnipeg Blue Bomber Alumnus and former CFL Executive Lyle Bauer in 2004. Over \$1,000,000 has been donated to date towards cancer research, revitalizing the rooms of palliative care units, supporting a camp for children with cancer, and providing direct support to individuals and families, amongst many other activities.

One of the programs that the Never Alone Foundation has developed is a lymphedema support program for individuals with lymphedema caused by cancer treatments who are unable to afford the proper care required.

Please read more about NAF’s efforts on their website at <https://neveralonefoundation.ca>

Thank you to the Never Alone Foundation, its staff, Board members and all of its volunteers!

LAM SERVICE PARTNER PROFILE—continued

I realized soon after I started my career as a Certified Lymphedema Therapist that there were still several missing pieces to the puzzle in providing the Gold Standard of care for my patients. I provided them with manual lymph drainage. But when it came to getting them measured for a compression garment, it again required my patients to travel to Winnipeg – the nearest location with Expert Certified Fitters. This seemed so unfair for patients who had already faced so many hurdles in life.



l-r Brent Menzies, Linda Menzies, Hon. Cameron Friesen, MLA/Minister of Health, Seniors and Active Living, Shelley Friesen

The more involved I became in many aspects of lymphedema care, the more I realized how much the patients appreciated being able to stay close to home for this part of their well-being. I continued to pursue my passion of creating a 'one-stop-shop' in Southern Manitoba for patients with lymphedema. This involved opening up MENZIES ProCare that would provide more than massage therapy. This would encompass becoming an Expert Certified Fitter and providing a showroom with a large variety of compression garments, post mastectomy bras and breast prosthesis. I wanted to offer my patients options during a time in their life when many options were taken because of cancer. I wanted them to have color and style to choose from in both over the counter and custom-made compression garments. Connecting with CancerCare Manitoba has allowed us to offer mastectomy bras and breast prosthesis through Manitoba Health which we are all so grateful for.

I work together with many of the health professionals in my region to provide optimal care for our patients. Whether a patient has Milroy's disease, head and neck lymphedema, prostate cancer, post mastectomy lymphedema, or any other forms of lymphedema, I want my patients to feel confident in the Gold Standards of care that MENZIES ProCare strives to provide.

Patient care takes an entire team. This includes our team of 9 Registered Massage Therapists at Morden Massage Therapy Centre. We also facilitate college massage students with a rural setting to do their internship. From this evolved our 360 degree program. It engulfs an entire community to benefit. Morden Massage Therapy Centre offers student massage treatments for \$29.00. They benefit from learning from a team of awesome RMTs. Patients benefit from getting a great massage. Local non-profit organizations like South Central Cancer Resource (SCCR) benefit because the clinic gives all the proceeds from student massage back into the community. SCCR provides funding for patients to help offset their many expenses such as fuel, meals, wigs, compression garments, or therapy. Thus, the benefits have come full circle.

Morden Massage Therapy Centre, along with the new expansion into MENZIES ProCare, has had a powerful impact on our community. In recognition of the extensive care and unique one-of-a-kind facility created in Manitoba, I was awarded the Entrepreneur of the Year by our local Chamber, and Merit Award recipient through the Massage Therapy Association of Manitoba. Both awards were a huge honour!

It is estimated that over 30 thousand Manitobans have lymphedema. It is my objective to educate the public and make lymphedema resources more available to every person in Manitoba. I recently joined the Lymphedema Association of Manitoba board of directors to pursue this goal.

Together we are stronger!

Linda Menzies, RMT, CLT, CEF
Menzies ProCare





Resources:

Manitoba Lymphedema Support Group, Winnipeg

Event: Support Group Meetings
Time: 6:30-8:30 pm 3rd Tuesday each month
Place: Upper Lounge, MERC
691 Wolseley Ave, Winnipeg, MB

Open to everyone with lymphedema

Facebook: Lymphedema Support Manitoba
"Lymphedema Support Group"

Email: lymphedemagroup7@gmail.com



If you know of additional support groups in Manitoba, please contact LAM lymphmanitoba@gmail.com

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Physician referral required for Lymphedema treatment

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