

Swelling with Emotion

President's message

Hello LAM Members and Supporters,

After a very wet fall, Manitoba is starting to dry out with the sun shining today after a bit too long of a break! As you read this, LAM has hosted another AGM On October 24th. With the publication deadlines, you are going to have to wait until the next issue to hear about all of the details. But as a sneak peek, the Board of Directors will be sharing several activities that have kept us busy over the past year, including a presentation to the Manitoba Conservative Caucus in March and our hiring of a summer student for the first time. We also published several YouTube videos (and created our own channel!), and hosted a successful March breakfast event. Busy busy!

We are rapidly gearing up for the LAM Symposium 2020 scheduled for March 6 and 7 (Friday and Saturday). We have confirmed that Dr. Alex Munnoch and Dr. Kathleen Francis will be amongst our speakers. If you haven't subscribed to our regular updates, please do so on our website – that will be the best way to keep abreast of the latest information regarding the symposium. This is one you will not want to miss!

As an association we have big dreams, but they can only be realized with your support. Volunteer to join the Board, host an event, advocate for improved government support.

We are only a few voices – we need many more if we are going to successfully ride a wave of change in Manitoba. Please consider stepping up and joining LAM in whatever capacity you can.

Happy Reading!

Susan Stratford
LAM President

Lymphedema
Association
of Manitoba

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LAM Summer Student

We were fortunate to secure funding from the federal government funded - Canada Summer Jobs program, to host a summer student for 8 weeks. Meghan joined us in July and worked out of the Morden area until the end of August.

Meghan is entering her final year of high school with plans to attend Asper School of Business at the University of Manitoba followed by a law degree. For 10 years, Meghan is a member of the 4-H Canada youth organization, and is presently the president of the Morden achievers and assistant leader for the Winkler Trailblazers. In her free time, she enjoys curling, showing her horses at AQHA events and reading poetry.

As Meghan was not familiar with lymphedema when she started, she spent some time researching and spoke with a local Manitoban living with lymphedema. This is an article Meghan edited as she learned about the complexities of lymphedema and how it can impact individuals' everyday lives:

My name is Michelle Grabowski and I was diagnosed with multiple sclerosis 26 years ago. I was able to walk for about 15 years but am now in a power wheelchair. My feet and ankles have been swollen for about 10 years. My GP told me that the swelling was probably because I'm not walking and my feet are just hanging down too much. He recommended using compression stockings to help get the swelling down but made no mention of the possibility of lymphedema. The stockings made me too hot and I felt like a weak noodle so I quit wearing them. Just recently I had to see a specialist doctor and he too recommended I wear the compression stockings. I requested to have the homecare ladies put on the stockings for me. I first had to have a type of ultrasound test (duplex/doppler) to find out how well my blood was flowing in my legs and feet. A nurse with homecare did the test which resulted in a lymphedema diagnosis. Nurses came to put on Coban wraps to bring down the swelling. I wore them for 2 weeks and the swelling came down quite a bit. I was then measured for compression stockings. I now wear them every day and my family takes them off at bed time. The stockings have helped keep the swelling down. I've probably had lymphedema for several years but myself and many of my healthcare professionals were unaware of it .



Meghan Sandercock



Michelle Grabowski



It was a learning experience for all of us, and we are very grateful for all of the commitment and dedication Meghan exhibited during the summer.

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Cheer on Valour Football team

On July 31, 2019, in support of the Lymphedema Association of Manitoba, a group of us made it out to Investors Group Field to cheer on Valour FC. It was a beautiful summer evening and an exciting game that ended in a tie.



Chris Golden, Susan Stratford and Edith Mulhall



Susan and Wayne Tole



David, Scott and Helena Van Hellemond,
Megan Neufeld and Dan Neufeld



Mike Kulasza, Chris Gala, Adam Pawlak,
George Sage, Kathleen Olivier, Pat Deighton,
Brianna Patrick, Dave Deighton and Danys Delaquis



Lee and Lilianne Foster



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Resources:

Contact the Lymphedema Association of Manitoba
lymphmanitoba@gmail.com
if you have questions,
concerns or suggestions.

We would love to hear from you!

Manitoba Lymphedema Support Group, Winnipeg

Event: Support Group Meetings
Time: 6:30-8:30 pm 3rd Tuesday each month
Place: Bardal Funeral Home
843 Sherbrook St., Winnipeg, MB
free parking

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

MENZIES ProCare

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