

**March is Lymphedema Awareness Month.**

Keep up to date on our awareness activities by following us on Facebook.

## Have you seen our banner?

Thanks to our generous supporters, the LANL banner has been set up around the province so that we can raise awareness of lymphedema and its treatment. Lawton's Drugs in Corner Brook and St. John's along with HealthQuest in Grand Falls-Windsor and St. John's have displayed the banner and distributed lymphedema pamphlets.



Libby and Diane from Lawton's Home HealthCare on Topsail Road with the LANL banner.

## Contact us

We love hearing from you!

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[www.lymphnl.com](http://www.lymphnl.com)

[www.facebook.com/lymphnl](https://www.facebook.com/lymphnl)

Lymphie Connections Support Group:  
<https://www.facebook.com/groups/318289785606424/>

## Talks with Government of NL ongoing

In January, the first meeting of a Provincial Lymphedema Working Group occurred. This working group has been "under construction" for over two years, so we're excited that it has become a reality. There are representatives from each of the provincial health boards, government's primary care and chronic disease area, the Newfoundland and Labrador Centre for Health Information, and of course, LANL! Many thanks to Martina Reddick, one of LANL's

founding members and the first Lymphedema Coordinator at the Dr. H. Bliss Murphy Cancer Centre and Elaine Kennedy, current Board Director in charge of membership, for their persistence in getting this committee going. We look forward to collaborating on getting more education on lymphedema out to all the regions, so that diagnosis and treatment become more commonplace in the province.

## Report from the 2019 National Lymphedema Conference

Part of LANL's mission is to support additional education for Certified Lymphedema Therapists. In our 2019/2020 fiscal year, we were happy to provide financial assistance for Jean Ann Ryan, RN, BN, CLT (current Lymphedema Coordinator at the Dr. H. Bliss Murphy Cancer Centre) to attend the national conference. Here's Jean Ann's report.

"In October of 2019, I had the pleasure of attending the Canadian Lymphedema Conference in Toronto with financial support from LANL. The three-day conference was an opportunity to network with other health care professionals and industry, as well as learn about the recent trends in lymphedema management. The educational sessions were fabulous, and included sessions on vascular impairment, wound care, palliative care, pediatric lymphedema and gynecology cancer related lymphedema.

One of the areas of interest was the pre-conference meeting among health care

professionals working in this area across Canada. Guidelines for managing lymphedema, especially breast cancer related lymphedema, were discussed. This has not been looked at in a formal manner since 2001. ([Clinical practice guidelines for the care and treatment of breast cancer lymphedema, Susan Harris, CMAJ, 2001](#)). We were fortunate that the author of this 2001 article, Susan Harris, attended this session.

I was happy to hear Newfoundland and Labrador's oncology guidelines for managing lymphedema are consistent and, in some areas, ahead of the rest of the country. However, there was a consensus that many of the guidelines and practices need to be revisited and updated. Working groups were formed to address questions such as who is diagnosing lymphedema and taking ownership of this chronic condition, who is at risk, what education are we providing, what resources are available in each province and what is the standard of care of treatment, just to name a few. A national committee has been formed to review and update breast cancer lymphedema guidelines for the country. It will provide education and treatment based on evidence and research. It will also help with managing other areas of lymphedema, both primary and secondary.

The keynote speaker, Dr. Machteld Huber from the Netherlands gave a wonderful session about how we look at health and the health continuum. Her session was titled, "Positive Health: A New Approach to Health". She looked at parts of the world where people grow very

old with little illness and wondered if there were any similarities among these areas.

Common threads among these areas included:

- (1) **Nutrition:** mostly plant based, fresh food and little processed food. People ate until satisfied and did not overeat.
- (2) **Movement:** people moved “naturally” within the community. Walking within the community, moving within their homes. People just moved within their environment and were not sedentary.
- (3) **Meaningful life:** People were satisfied with their life and felt they had a purpose. Every day you get up and have something you need to achieve. It can be very small, but it provides meaning.
- (4) **Interconnected:** People were part of society, either through church, volunteerism, community, friends, families, support groups.

Dr. Huber empowering session focused on prevention of illness, managing chronic illness, stress management and overcoming adversity by managing your life.

Thank you to LANL for their sponsorship and continued support.”

## Lymphedema and cellulitis wallet card

With a lot of help from Jean Ann Ryan, RN, BN, CLT (current Lymphedema Coordinator at the Dr. H. Bliss Murphy Cancer Centre), LANL has produced a cellulitis wallet card for those with lymphedema to carry. It includes the symptoms of cellulitis, and the necessity for urgent

antibiotic treatment. You can use the card to help educate your healthcare professional if cellulitis occurs. Members will have received their card and a cellulitis fact sheet be now. The wallet cards will be made available to CLTs and fitters to give to lymphedema patients throughout the province.

## Lymphedema Information for Physicians

If you need help talking to your physician about lymphedema, LANL has a brochure we can send you, along with a card directed at healthcare professionals informing them about the disease. Contact us to get what you need.

## Ad in HealthQuest magazine

HealthQuest generously offered free of charge, and helped LANL design, an advertisement for their Winter health magazine. The magazine includes a profile on Terry Walsh-Oakley, a Board Director with LANL. Check it out at <https://bit.ly/2Lr4eiX>



**Supporting lymphedema patients  
in Newfoundland and Labrador**  
And most important...just being there!

- Linking patients with health care professionals and medical suppliers
- Providing access to lymphedema educational materials and public forums
- Facilitating access to aquatic lymphatic therapy sessions
- Promoting lymphedema awareness among health care professionals and patients
- Hosting support group meetings led by knowledgeable professionals addressing multiple aspects of lymphedema care
- Advocating with government



Contact Us: 709-763-5125 • [lymphedema@nflnl.com](mailto:lymphedema@nflnl.com) • [www.lymphnl.com](http://www.lymphnl.com) • [www.facebook.com/lymphnl](https://www.facebook.com/lymphnl)

<b>CERTIFIED LYMPHEDEMA THERAPISTS IN NEWFOUNDLAND AND LABRADOR</b>				
<b>Chelsey Billings, RMT, CLT</b> Healthy Balance Holistic Health Group	6 Duffy Pl St. John's NL	709-697-9022	chelsey.rmt@gmail.com	<a href="https://chelseyrmt.janeapp.com">https://chelseyrmt.janeapp.com</a>
<b>Bev Lanning RN, BN, CLT-LANA</b> Home & Community Nursing Central Health	3 Bell Place Gander NL	709-651-6266 Fax: 709-651-2394	bev.lanning@centralhealth.nl.ca	
<b>Jodi MacPhail PT</b> Labrador Health Center	Happy Valley-Goose Bay NL	709-897-2124	jodi.macphail@lghealth.ca	
<b>Emily O'Brien</b> Be Well Therapeutics	39 Pippy Pl St. John's NL	709-753-4050	emilyobrmt@gmail.com	<a href="https://www.bewelltherapeutics.ca/">https://www.bewelltherapeutics.ca/</a>
<b>Ingrid Lindner RMT</b> Labrador Massage Therapy Clinic	Happy Valley-Goose Bay NL	709-896-3843	Ingrid.lindner@outlook.com	
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<b>Martina Reddick RN</b> Consulting & Nursing Services		709-746-2136	martinareddick@gmail.com	
<b>Jean Ann Ryan RN, BN</b> Lymphedema Coordinator Dr. H Bliss Murphy Cancer Centre Eastern Health	St. John's NL	709-777-8713	jeanann.ryan@easternhealth.ca	
<b>Deanna Skinner RN, BN</b>				
<b>Melissa Stickley, BA, MBA, RMT, CLT</b> Cabot Massage and Lymphatic Clinic	26 Highway East Victoria NL A0A 4G0	709-597-6501	cabotclinic@bellaliant.net	
<b>Teresene Walsh Oakley RMT</b> Pro Motion Therapeutic Services	HealthQuest Bldg. 300 Kenmount Rd St. John's NL	709-690-5747	tad.oakley@hotmail.com	
<b>FITTERS IN NEWFOUNDLAND AND LABRADOR</b>				
<b>Cabot Pharmachoice</b>	105 Manitoba Dr., Clarenville NL 709-466-3236			
<b>Green's Pharmacy</b>	Kelligrews NL 834-1420			
<b>Health Quest</b>	<ul style="list-style-type: none"> <li>• Kenmount Road, St John's NL 709-754-5944</li> <li>• 19 Cromer Ave, Grand Falls-Windsor NL 709-489-2111</li> </ul>			
<b>Lawton's Home HealthCare</b>	<ul style="list-style-type: none"> <li>• 496 Topsail Rd, St John's NL 709-364-2500 Press 5</li> <li>• 11 Elizabeth Avenue, St. John's NL 709-722-3171, Press 5</li> <li>• 48 Kenmount Road, St John's NL 709-722-5460</li> <li>• 137 O'Connell Dr., Corner Brook NL 709-639-8971</li> </ul>			
<b>Medical Supplies Specialty</b>	Carbonear NL 709-596-0484			
<b>Orthotic Aids</b>	335 LeMarchant Rd, St. John's NL 709-579-2135			
<b>Pharmachoice</b>	Gander NL 709-651-2003			