

Lymphoedema Academy of Australia

Quarterly News Letter:

www.lymphoedematrainingaustralia.com.au

- New Seminars will be available in 2015 for training Nursing Home staff, Carers Organizations and Private Carers in the education of lymphoedema.
- Dates and times are on the Seminar drop down menu on the L.A.A web site.
- **MLDT Level 1 and Level 2** training course dates for 2015 are now available on the web site.



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**Excellent results in the latest trial case study
with 3M coban2 compression system.
Results in this month's news letter.**

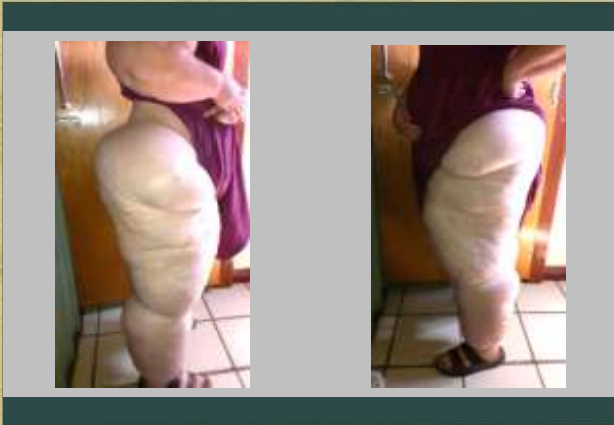
**“Don't wait until you have reached your
goal to be proud of yourself.**

**Be proud of every step you take toward
reaching that goal”**

LIPOEDEMA

Is this a medical problem?

June 2014



Brenda from Queensland 45 years old

Photo taken Dec 2013 (permission given)

Brenda's story

- ❖ Brenda has suffered from swollen legs since she was 8 years old. Hospitals have only ever offered her support stockings. As you can see stockings have not stopped her legs from becoming the size they are now. Support stockings are designed to help prevent a limb from becoming bigger. If no MLDT treatment and after care management is done on a regular basis, then the leg will slowly continue to swell and a larger garment will be needed. You can only keep refitting a limb with larger stockings for so long before you get a massive lymphoedema problem like Brenda.
- ❖ 30 years ago she was not this obese. Whenever Brenda has gone to Lymphoedema clinics in hospitals she has been told your FAT go away and lose weight, then we will organize Liposuction. Anyone with Lymphoedema knowledge knows Liposuction is not recommended for lymphoedema patients.

- ❖ The question is still being asked today. Is Brenda just FAT or does she have a medical problem causing her to have legs and buttocks the size they are?
- ❖ If Brenda was diagnosed with Primary Lymphoedema as a child, then she has a proven medical problem also known as Praecox Lymphoedema.
- ❖ Looking at her small waist, chest and feet, this shows symptoms of LIPOEDEMA. A problem mainly in women, causing obese legs and buttocks.
- ❖ Is this separate from the Primary Lymphoedema? Or did it cause the blockages in the lymphatic system, causing the Lipoedema?



Before treatment

May 2014

After 11 treatments



With Manual Lymphatic Drainage, compression bandaging using 3M Coban2 compression system I reduced both legs by R/leg 32cm and L/leg 29cm.

Noticeable difference behind and between the knees, also above the ankle is lesser and around the calf. Brenda requires months of MLDT treatment to reduce her legs, but finances are preventing this.

Is there a Diet for lymphoedema?

- ❖ It is most important to keep your daily intake of FAT to a minimum. Any fat that is not used or burnt off physically is stored. This causes a heavy load on your lymphatic system, adding to your already existing problem of fluid retention.
- ❖ Low carb, high protein, low acidic foods and lots of water and lots of fresh fruits and vegies are the best recommendation for lymphoedema.
- ❖ Reducing acidic foods, toxic foods in your diet will help towards preventing the growth of cancer cells. A healthy lymphatic system helps fight diseases, kills bacteria and cancer cells.
- ❖ Exercise is most important to reduce swelling as it requires the body's muscular system to promote lymph flow through the body. Sitting and immobility slows the lymph flow, causing fluid to retain in the tissues. Stagnant toxic fluid is a haven for infection.
- ❖ Skin needs to be kept clean and moisturized to prevent cracks. Open cuts are an opening for infection. This can bring on the onset of lymphoedema.
- ❖ Organic supplements are a necessity with the poor choices of fruit and vegies available in shops today. More information on web site.



Mango & prawn salad



Chicken & avocado salad.



GLYCONUTRIENTS

- Support cell to cell Communication
- Support Immune System Function
- Improve Cognitive Function
- Improve Memory
- Improve Concentration
- Improve Attentiveness
- Support Digestive System Function



Lymphoedema & Obesity support Association of Australia inc.

FUNDS ARE URGENTLY NEEDED TO SUPPORT THE ASSOCIATION:

- Memberships are now available to support the association to raise money to help people in the community who need help with treatment and garments.
- Also the association aims to be able to offer Seminars in the communities to educate people about the awareness of Lymphoedema.

Membership application forms.

These can be downloaded off the LAA website and sent

L.O.S.A.A
The secretary
34 Mouatt street
MONTO 4630
Queensland

Student/Pension	\$25.00
Full Members	\$50.00
Corporate	\$300.00
LAA Clinicians	\$165.00

Your support is greatly appreciated. Thank you.



Donations

Not everyone wishes to be a member of Associations.

Anyone who would like to make a Donation towards helping people in the community with Lipoedema and Lymphoedema, your help will be greatly appreciated and used wisely. The Association has a very experienced and professional executive committee with many years of experience in this field.

All enquiries re the Association can be emailed to: losaa2014@gmail.com

Executive committee

President	Penny Stockwell
Secretary	Amy Smith
Treasurer	Marie Wallace

Advisory member Pauline Wallace