



# *Lymphoedema & Obesity support Association of Australia Inc*

*Summer edition newsletter*

*December 2014*

## **Lymphoedema Awareness month is MARCH 2015**

The Association would like to ask everyone to participate in a fun day, by putting on a High Tea Party to raise money for the Lymphoedema Association.

Funds raised will help towards running costs, community seminars and funding for bandages and support garments for your clients.

We have submitted an application for a grant and will hear about this early February 2015.

The association was started with the plan to be able to raise money so we can help people in the communities who are in need of our help.

The more members we have, the better our chances are to raise this awareness and receive funding.

Please support the association by being a member.

Only financial members will be able to apply for help through the Lymphoedema Association.



**LADIES, PLEASE GET TOGETHER  
AND SUPPORT THIS WORTHY  
CAUSE. START PLANNING A DAY  
AND RUN A HIGH TEA PARTY IN  
YOUR AREA TO RAISE MONEY FOR  
LYMPHOEDEMA AWARENESS.**

**IT MAY BE ONE OF YOUR CLIENTS  
THAT NEED OUR HELP ONE DAY !!**

*A big thank you for all the members who have joined the Association.*

*We could not do this without your ongoing support.*

*Special thanks go to **3M** and **Morris Medical** for your support with product, and **Websites With Purpose** for always being a phone call away with website related enquiries.*

*Thank you to Pauline Wallace, Lymphology Clinician from **Palms Lymphoedema Clinic** Brisbane & Rural Q'land, your generosity with lymphoedema clients is overwhelming.*

*The Association would also like to thank Pauline, who is our advisory member, for all her advice and unconditional support.*

*Any student who is not a member of the L.A.A. "**Clinician face book page**" and would like to, please let us know and we will add you. On the face book page, you can share ideas of **High Tea suggestions, recipes** and any other lymphoedema stories.*

## The Association would like to welcome all the new Lymphoedema Therapists of 2014



It is a pleasure to welcome you all to this challenging yet rewarding stage in your life.

The association along with the Lymphoedema Academy of Australia, welcome your input and stories as you start working with your lymphoedema clients.

The Principal of the Academy (Pauline Wallace) is only a phone call away to offer you any assistance you may have with Lymphoedema queries. (ph. 0408704088)

### L.A.A. Level 1 & Level 2 combined Course dates for 2015:

[www.lymphoedematrainingaustralia.com.au](http://www.lymphoedematrainingaustralia.com.au)

Email: [academyofaustralia@gmail.com](mailto:academyofaustralia@gmail.com)

#### BRISBANE:

15th to 19th June 2015

Beenleigh Distillery

117 Distillery Road

Beenleigh.

07 3287 4777

#### PERTH:

31st August to 4th September 2015

H.I.Association Ltd

22 Parkland Road

Osborne Park.

08 9492 9223

#### MELBOURNE:

Melbourne Room Hire

5th to 9th October 2015

Level 1/446 Collins Street

Melbourne.

03 8679 6899

The L.A.A. starts their new condensed training course in June 2015 offering 150 hrs Level 1 & Level 2 combined education and training to minimise travelling for interstate students.

All courses are accredited with the L.A.A. and covered by Medicare if you have a Medicare provider number.

## Coping with Lymphoedema in the summer weather.....

- Never stop wearing your support garments.
- Keep your lymphoedema limb as cool as you can.
- Soaking your limb in cool water and light exercise is recommended.
- Keep well hydrated in summer. Drinking water **WILL NOT** make your swelling worse, unless you have been instructed different by your Dr.
- Reduce the amount of sugar in your diet and starchy Carbs.
- Keeping your weight down in summer with lymphoedema is essential.
- **Hydrotherapy exercise is the better for any lymphoedema limb.**
- **Avoid alcohol, smoking and acidic foods with chronic lymphoedema & cellulitis.**

Lymphoedema is from congested/obstructed/damaged lymph vessels. Don't add more congestion to the lymphatic system with what you put in it.

### Recipes for Summer with lymphoedema:

#### Breakfast Muffins: (No carbs, no sugar, no added fat)

2 eggs/ 6 Tablespoons low fat milk/ chopped parsley.

Line each muffin tin with a slice of low fat ham.



#### **In your muffin tins put a selection of the following chopped ingredients.**

Grated zucchini/ grated carrot/ shallots/ tomato/ mushrooms/ feta cheese.

Add egg mixture to each one, and cook until golden brown in oven 200 deg.

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#### Breakfast cleansing juice:

1 small raw beetroot/ 1 carrot/ 1 green apple/ 1 stick celery/ parsley/ small piece ginger/ 1 lev teaspoon cinnamon.

Start the day with a fresh juice to boost your immune system, cleanse the lining of the stomach and good cleanser for the liver.

**THE LYMPHOEDEMA & OBESITY SUPPORT ASSOCIATION OF AUSTRALIA Inc**

ABN 29437052249

Annual membership is 12 months from the date of joining.

Thank you for choosing to become a member of L.O.S.A.A.

Company details.....

First name.....Surname.....

Postal address.....

.....

Email.....

Web site.....

**Membership Category**

⇒ Pensioner’s                               **\$25.00**    Quarterly newsletter, no voting rights

⇒ General membership                   **\$50.00**    Quarterly newsletter, no voting rights

⇒ Corporate membership               **\$300.00**    Quarterly newsletter, no voting rights

Company logo advertised for free on the LOSAA and LAA website linked to business

⇒ FULL membership                   **\$125.00**    Quarterly newsletter, voting rights

(Lymphology Clinicians level 2 only) subject to the criteria set out by the LOSAA

Please return printed application form with cheque or Direct Debit details as follows.

**N.A.B            Lymphoedema & Obesity support Association of Australia Inc**

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**Penny Stockwell**

President

Ph. 0402 204 611

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Secretary

07 41661571

Office use only

Date received..... Membership number.....

Payment type..... Receipt number.....