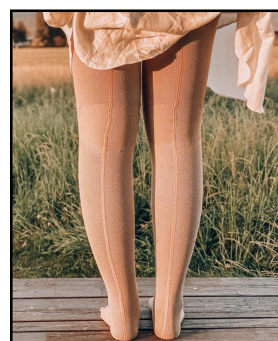




Professional Directory & Resource Guide 2020 ~ 2021



**Mission**

We are the provincial resource to promote optimal healthy living with Lymphedema.

Goals

- Advance awareness and knowledge about Lymphedema and available management options.
- Advocate on behalf of people and families affected by Lymphedema.
- Encourage patients to take an active role in the management of their condition.
- Liaise with and contribute to the Canadian Lymphedema community.
- Become known, respected and promoted as a resource by our key stakeholder groups.
- Encourage and support local, national and international Lymphedema research and development.

The BC Lymphedema Association is here to support people living with Lymphedema. Please note we are not able to provide medical advice.

The resource directory has been prepared entirely by BCLA Directors and administrator. It is intended to help you find the resources you need within your health region.

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STAGES OF LYMPHEDEMA

Whether Primary or Secondary, Lymphedema usually progresses through a series of stages from mild to severe. That's why it's important to get help right away, even if your initial symptoms don't seem like a big deal or they come and go. One episode of numbness, tingling, or swelling will very often lead to more. If you don't act on early symptoms, the buildup of fluid can cause permanent damage to the tissues under the skin.

There are many methods for staging, which are frequently being upgraded. Currently, the Canadian Lymphedema Framework (CLF) is using a system outlined by the International Society of Lymphology (ISL). The stages are:

Stage 0 (refers to subclinical or latent condition): There may be no changes visible to the naked eye despite impaired lymph transport. Symptoms such as mild tingling, unusual tiredness, or slight heaviness, may be palpable or “felt” by the patient (sometimes, by the trained therapist). At this stage the body's homeostasis is trying hard to cope with the change that has occurred due to organic and/or functional alterations to the lymphatic system. The changes can come from a variety of causes (some examples: surgery, trauma, radiation). Due to subtle alterations in lymph system transport capacity, the potential exists for Lymphedema to occur at any time from a few months to several years after the alteration occurred. Then, visible symptoms develop, which are general descriptions of the following stages:

Stage 1 (early or mild): Swelling occurs where the lymph transport capacity is altered. The swelling could be in any affected area, such as limbs, hand/feet, trunk, breast, or other areas, as the protein-rich fluid starts to accumulate. The symptoms are visible and palpable. When the skin is pressed, a temporary small dent (or pit) forms; this may be referred to as “pitting edema.” Such early-stage Lymphedema is considered reversible, as the swelling will disappear with elevation or bed rest. While the swelling resolves, however Lymphedema is still present.

STAGES OF LYMPHEDEMA (continued)

Stage 2 (moderate): Elevating the arm or other area does not resolve the swelling. The swelling tends to increase. Pressing on the skin may or may not leave a pit (non-pitting edema). Some changes to the tissue under the skin start happening, such as accumulation of fat and/or fibrosis which is a hardening, or thickening of the tissue. The more fibrosis is present, the harder it is to produce pitting. Stage 2 Lymphedema can be managed with treatment. However, at this stage, the tissue changes are difficult to completely reverse.

Stage 3 (severe): This is the most advanced stage, the affected limb or area of the body tend to become very large and/or misshapen with the amount of swelling present, Fibrosis is hard and difficult to soften. If Stage 3 is present in distal extremities, the skin thickens and may even shed the outer layer. It may take on a leathery, wrinkled appearance, and may have small/tiny projections like little warts or bumps. Stage 3 may also be managed with treatment.

It should be noted that it is possible to have mild, moderate and severe of any of the stages. Once you have mild Lymphedema, you are at higher risk for moderate-to-severe Lymphedema than someone who has never had any symptoms. This risk persists even if your symptoms reduce with treatment.

Treatment of Lymphedema should be done by a Health Care Professional (HCP) who has been trained in the care of Lymphedema/lipedema/lymphatic pathologies. Treatment may be with Combined Decongestive Therapy (CDT). CDT consists of Manual Lymph Drainage, Skin Care, Compression and Exercise. Or, it may be possible to use compression alone, under the supervision of a trained HCP.

DIAGNOSIS, ASSESSMENT & MONITORING

The diagnosis or early detection of Lymphedema is difficult. The first signs may be subjective observations such as "my arm feels heavy" or "I have difficulty these days getting rings on and off my fingers". These may be symptomatic of early stage (stage 0) Lymphedema, where accumulation of lymph is mild and not detectable by any difference in arm volume or circumference.

As Lymphedema develops further, then definitive diagnosis is commonly based upon an objective measurement of difference between the affected or at-risk limb to the opposite unaffected limb (e.g. in volume or circumference). A generally accepted minimum criteria is a volume of difference of 100 ml between limbs or a 2 cm difference (measured at set intervals along the limb) is often used.

Recently, the technique of bioimpedance spectroscopy measurement (a method that measures the amount of fluid in a limb) has been shown to have greater sensitivity than these existing methods and holds promise as a simple diagnostic and screening tool. Impedance analyzers specifically designed for this purpose are now commercially available. Similarly, assessment and monitoring of Lymphedema progression, or its response to treatment, is usually based on the changes in volume, circumference, or impedance over time.



Image used with permission from Joachim Zuther
www.lymphedemablog.com

A NOTE ABOUT INFECTION

Erysipelas is an acute infection typically with a skin rash, usually on any of the legs and toes, face, arms, and fingers. It is an infection of the upper dermis and superficial lymphatics, usually caused by A *Streptococcus* bacteria on scratches or otherwise infected areas. Erysipelas is more superficial than cellulitis, and is typically more raised and demarcated. Signs and symptoms may include high fever, chills, shaking, headaches, fatigue or vomiting; a general feeling of un-wellness. The rash is typically red, warm and can be painful. It can change and grow in surface area in a very short period of time (a few hours to 48 hours).

Cellulitis is a bacterial infection involving the inner layers of the skin. It specifically affects the dermis and subcutaneous fat. Signs and symptoms include an area of redness which increases in size over a few days. The borders of the area of redness are generally not sharp and the skin may be swollen. While the redness often turns white when pressure is applied, this is not always the case. The area of infection is usually painful, and the person may have a fever and feel tired. It is an aggressive infection which can affect lymphatic transport capacity. Group A *Streptococcus* and *Staphylococcus* are the most common of these bacteria, which are part of the normal flora of the skin, but normally cause no actual infection while on the skin's outer surface. If you are suspicious about the possibility of either of these infections, please see your doctor immediately.



Image used with permission from Joachim Zuther
www.lymphedemablog.com

COMPRESSION GARMENTS FOR LYMPHEDEMA

There is a wide array of compression garments to choose from and deciding which one is suitable can be daunting. Having the right fit is the most important aspect - compression garments are effective only if they are worn consistently and the patient is satisfied. Therapeutic benefit is lost if the garment is stored away. Please consult with your Lymphedema therapist, doctor and fitter to find the best one for your unique needs.

The “**grades**” for compression are measured in mmHg (millimeters of mercury just like the pressure of a blood pressure cuff):

- 15-20mm Hg – no prescription required; preventative; for tired achy legs; good for mild swelling experienced on airplane flights
- 20-30 mmHg (class I) – prescription required; for mild Lymphedema in upper or lower extremity
- 30-40 mmHg (class II) – prescription required; for moderate Lymphedema in upper or lower extremity
- 40-50 mmHg (class III) – prescription required; for severe Lymphedema especially of lower extremity
- 50-60 mmHg (class IV) – prescription required; for severe Lymphedema of lower extremity

Flat Knit vs. Circular Knit Material

Most ready made garments are circular knit and flat knit are generally custom made. Higher levels of pressure (>50mmHg) can only be achieved with flat knit garments. Circular knit fabrics are less expensive and cosmetically more attractive because they do not have a seam and can be produced using finer and sheerer materials. Flat knit garments are more dense but provide a more precise fit, but because of their construction when stretched over a limb there are more holes for the skin to breathe.

Custom measure vs. Off-the Shelf / pre-made

Custom fitted garments are made for limbs that have an unusual shape such as the top of the limb is much larger than the bottom, or the limb does not fit into the manufacturer sizing charts. Since the greatest compression needs to be at the distal end (lower arm or leg) of the limb if the garment fits the top of the limb and is loose at the bottom this may cause the fluid to travel down to the hand or foot. If the limb is symmetrically larger all over, the person may be able to fit into a ready made “off the shelf” garment. At no time should the garment have a tourniquet effect which will cause more swelling below the level of the tight area.

THE ROLE OF SHORT-STRETCH BANDAGES IN THE MANAGEMENT OF LYMPHEDEMA

Modified from a blog by Joachim Zuther

(used with permission from Joachim Zuther www.lymphedemablog.com)

Compression therapy, like manual lymph drainage (MLD), exercises and skin care, is a main element of Complete Decongestive Therapy (CDT). In most cases of Lymphedema, the elastic fibers in skin tissues affected by Lymphedema are damaged and unable to provide adequate resistance against the musculature working underneath, and the blood and lymph vessels within these tissues. External compression compensates for the elastic insufficiency of the affected tissue, providing the resistance necessary to maintain the reduction of the swelling and to prevent re-accumulation of Lymphedematous fluid. Crucial in Lymphedema management is to provide the skin tissues with a solid counterforce against the muscles working underneath, particularly while standing, sitting, walking, or performing therapeutic exercises.

Why short-stretch bandages?

There are two distinct types of compression bandages – short-stretch and long-stretch bandages. The difference refers to the extent the bandages can be stretched from their original length. Short-stretch bandages are made from cotton fibers, which are interwoven in a way that allows for about 60% extensibility of its original length, whereas long-stretch bandages, commonly known as “Ace” bandages contain polyurethane, which allows for an extensibility of more than 140% of the bandages’ original length.

The high working pressure of short-stretch cotton bandages provide the necessary solid counterforce and make them the preferred compression bandage in the management of Lymphedema. Due to the low resting pressure of short-stretch bandages, tourniquet effects are prevented – provided these bandages are applied correctly.



Long-stretch (“Ace”) bandages have the exact opposite effect and are not suitable for Lymphedema management. The low working pressure these bandages provide does not offer adequate resistance, and fluid would inevitably

accumulate. In addition, the high resting pressure of long-stretch bandages could constrict veins and lymph vessels during rest.

Koban Wrap is an alternative to short stretch bandages providing the same type of compression, which once applied can stay on for several days with less volume, waterproof and has less slippage due to the cohesive quality.

LYMPHEDEMA EDUCATION SCHOOLS

There are several private Lymphedema education schools in North America who meet the educational requirements of LANA – and provide the required minimum 135 hours of post graduate training for therapists to be listed as certified Lymphedema therapists.

- **Academy of Lymphatic Studies** (www.acols.com)
Courses in Manual Lymph Drainage and Complete Decongestive Therapy
- **Klose Training and Consulting** (www.klosetraining.com)
Online and classroom Lymphedema education
- **Norton School of Lymphatic Therapy**
(www.nortonschool.com)
Lymphedema Therapy certification courses and workshops
- **Vodder School International** (www.vodderschool.com)
Professional training in manual lymph drainage and combined decongestive therapy
- **Foeldi College** (www.foeldicollege.com)
Teaching Institute for Manual Lymph Drainage and complete Physical Therapy
- **Casley-Smith International** (www.casleymithinternational.org)
- **ILWTI International Lymphedema and Wound Training Institute** (www.ilwti.com)
- **Monarch Continuing Education** (www.monarchce.com)

DR VODDER SCHOOL™ INTERNATIONAL

Vancouver | www.vodderschool.com

Tel: 1-800-522-9862 | info@vodderschool.com

The Dr. Vodder School International offers full Lymphedema training to health care professionals in CDT/MLD. Training is offered in many locations worldwide with the head office in Vancouver, BC.

For those living with Lymphedema, go to our website and click on FIND A THERAPIST to find a Vodder-trained therapist in your home area.

QUALIFICATION ABBREVIATIONS

AGF	Advanced Garment Fitter (Vodder School)
BAET	Bachelor of Athletic & Exercise Therapy
BSc	Bachelor of Science
BScN	Bachelor of Science in Nursing
CAT(C)	Certified Athletic Therapist
CHE	Certified Health Executive
CLT-LANA	Certified Lymphedema Therapist (Lymphology Association of North America)
CO	Certified Orthotist
MD	Medical Doctor
MLD/CDT	Manual Lymph Drainage /Combined Decongestive Therapist (Vodder School)
MTC	Master Therapeutic Counselor
OT	Occupational Therapist
PGC	Pain Post Graduate Certificate in Pain
PN	Practical Nurse
PT	Physiotherapist
RMT	Registered Massage Therapist
RN	Registered Nurse
RTC	Registered Therapeutic Counselor
WOCC	Wound, Ostomy & Continence Certified
WOCN	Wound, Ostomy, Continence Nurse
CSEP-CEP	Exercise Physiologist
NSWOC	Nurse Specializing in Wound, Ostomy, Continence

QUALIFICATIONS OF MLD / CDT THERAPISTS

All therapists listed in the BCLA Directory have been trained by a school approved by the Lymphology Association of North America (LANA) and have received a minimum of 135 hours of post graduate training specific to the treatment of Lymphedema including the following: Manual Lymph Drainage (MLD) Combined or Complete Decongestive Therapy (CDT), Decongestive Lymphatic Therapy (DLT) or Complex Lymphatic Therapy (CLT). Components include: Manual Lymph Drainage, compression bandaging/garments, exercise, diet/nutrition and skin care.

Trained therapists are primarily from the following health care professionals: registered massage therapists (RMT), physiotherapists, (PT) occupational therapists, (OT) and nurses.

Vancouver Coastal Health Region

BRENDA COLAIRE, RMT, MLD/CDT

Bayswater Neuromuscular Massage

218-2475 Bayswater St Vancouver BC V6K 4N3

bayswater.ca | Tel: 604-732-4665 | brenda@bayswater.ca

SAMANTHA DEAKIN, MPT, CLT-LANA **NEW**

Go! Physiotherapy Sports + Wellness Centre

2-3657 W 16th Ave Vancouver BC V6R 3C3

gophysiotherapy.ca | Tel: 604-568-4628

sam@gophysiotherapy.ca

GRACE DEDINSKY-RUTHERFORD, BSc, RMT, MLD/CDT

North Shore Lymphedema Clinic

2165 William Ave North Vancouver BC V7J 2P7

www.northshorelymphedemaclinic.wordpress.com

Tel: 604-551-8202 | gracermt@gmail.com

CHRIS JUOZAITIS **NEW**

Howe Sound Pharmacy

#208 1100 Sunshine Coast Highway Gibsons BC V0N 1V7

Howesoundpharmacy.ca

Tel: 1-800-886-3365 | admin@howesoundpharmacy.ca

MELISSA KRULL RMT, MLD/CDT

Garment Fitter

Flow Lymphatic Health Clinic

1803-805 West Broadway Vancouver BC V5Z 1K1

www.lymphatichealthclinic.com | Tel: 604-875-8695

krull.melissa@gmail.com

DIANA LJULJOVIC RMT, MLD/CDT

Northview Health & Wellness Centre

300 1124 Lonsdale Avenue North Vancouver BC V7M 2H1

northviewhealth.com | Tel: 604-986-3771 | ljuljovic@telus.net

Vancouver Coastal Health Region

AMANDA McILWRAITH, RMT, MLD/CDT

Wellstream Massage Therapy Centre
203 - 938 Gibsons Way Gibsons BC V0N 1V7
wellstreammassagetherapy.com
Tel: 778 462-3226 | wellstreammassagetherapy@gmail.com

MIYUKI NUMATA, RMT, MLD/CDT

Cedar Hills Lymphatic and Massage Clinic
9474 126 St Surrey BC V3V 5C5 | Tel: 604-589-2291
Flow Lymphatic Health Clinic
1803-805 West Broadway Vancouver BC V5N 1K1
flowlymphatichealthclinic.com
Tel: 604-875-8695 | miyukinrmt@gmail.com

DAWN SPARKS, RMT, MLD/CDT

Crossroads Physiotherapy & Massage Therapy
350-507 W Broadway Vancouver BC V5Z 1E5
crossroadsphysiotherapy.com
Tel: 604-568-1337 | dawnmsparks@yahoo.ca

JANET SPRAGUE, BHSc, PT, CLT-LANA **NEW**

BC Cancer Agency
576-600 West 10th Ave Vancouver BC V5Z 4E6
janetspraguept.ca | Tel: 604-568-4628
janet.sprague@bccancer.bc.ca

LESLIE WILLIAMS, RMT, MLD/CDT

Flow Lymphatic Health Clinic
1803-805 West Broadway Vancouver BC V5N 1K1
flowlymphatichealthclinic.com
Tel: 604-875-8695 | leslieannewilliams@hotmail.com

Vancouver Coastal Health Region

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Toll Free (within BC): 1-888-675-8001 Ext 8001

library@bccancer.bc.ca

BC MEDEQUIP HOME HEALTH CARE LTD

Patricia Montagano, RN, BScN, AGF

Burnaby | bcmedequip.com

Tel: 604-888-8811 | Cell: 604-218-0700

patricia@bcmedequip.com

JOANNE MORGAN, KINESIOLOGIST **NEW**

Personal Best / Back on Track Fitness

731 West 16th Avenue Vancouver BC V5Z 1S8

pbet.ca | Tel: 604-569-3390 | jo@pbet.ca

NIGHTINGALE MEDICAL SUPPLIES

Karen Virag—District Manager

#104 – 950 West Broadway Vancouver V5X 1K7

nightingalemedical.ca | Tel: 604-563-0422 |

info@nightingalemedical.ca

Book appointment for complimentary compression garment fitting and for post surgical mastectomy bras and breast forms.

Personal Notes:

Vancouver Coastal Health Region

DOCTORS

DR ERIN BROWN, MD, PhD, FRCSC **NEW**

Head of New Lymphedema Clinic

Fellowship & Research Director, UBC Plastic Surgery

Gordon & Leslie Diamond Health Care Centre

Plastic Surgery, 3rd floor, Reception 8

2775 Laurel Street, Vancouver BC V5Z 1M9

Ph. 604.875.5866 ext 2 | Nazarene.Que@vch.ca

See Pg 29 for more information on the Lymphedema Clinic

DR ELLIOTT WEISS, MD

Providence Health Care

408-1160 Burrard St Vancouver BC V6Z 1Y6

eweiss@providencehealth.bc.ca

Fraser Valley Health Region

DR WENDIE DEN BROK, MD, FRCPC

Medical Oncologist

Clinical Associate Professor – UBC

BC Cancer – Surrey

13750 96th Ave Surrey BC V3V 1Z2

wdenbrok@bccancer.bc.ca

Fraser Health Region

KRISTEN AVERY-GIRARD **NEW**

BSN RN NSWOC, MLD / CDT, CLT

Abbotsford BC | Tel: 778-551-2803 | kaverygirard@gmail.com

LINDA (KOBY) BLANCHFIELD

RMT, MLD / CDT, CLT-LANA

Cedar Hills Lymphatic & Massage Therapy Clinic

9474-126 Street Surrey BC V3V 5C5

lindakobyblanchfield.ca

Tel: 604-589-2291 | kobymld@gmail.com

SAMANTHA DEAKIN, MPT, CLT-LANA

Tri-Cities (Coquitlam, Port Moody, Port Coquitlam), BC

lymph-physio.ca

info@lymph-physio.ca

KYLIE HALL, RMT, MLD/CDT

Pebble Hill Massage Therapy

5426 5B Ave Delta (Tsawwassen) BC V4M 1K5

pebblehillclinic.ca | Tel: 778-434-2083

kylie@pebblehillclinic.ca

YVONNE HOGENES **NEW**

Malary's Fashion Network

Tab Custom Fitted Bras & Firmawear

5755 176th St Surrey BC V3S 4E1

malarys.com; firmawear.com; www.tabbra.com

Tel: 604-838-6402 | info@malarys.com; info@firmawear.com

MAY LY, PT, MLD/CDT

Restore Physiotherapy Clinic

402-555 6th Street New Westminster BC V3L 5H1

restorephysiotherapy.ca | Tel: 604-553-4799

may@restorephysiotherapy.ca

Fraser Health Region

MIEKO RENNIE, RMT, MLD/CDT

Cornerstones Chiropractic & Complementary Therapies
305-2502 St Johns St Port Moody BC V3H 2B4
cornerstoneschiropractic.ca | Tel: 604-931-7797
mieko@rennie.com

CHIARA SINGH, PT

SMH Physiotherapy
Surrey | Tel: 604-585-5666 local 778710
chiara.singh@fraserhealth.ca

KELLY SKELTON, PT, MLD / CLT-LANA

Renew Physical Therapy
Abbotsford BC V3G 0A2
renewphysicaltherapy.ca
Tel: 778-808-4686 | kskelton@renewphysicaltherapy.ca

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library@bccancer.bc.ca

BC CANCER LIBRARY – SURREY

13750 96th Ave, Surrey BC V3V 1Z2
Tel: 604-930-2098 Ex 654576
Toll-free (within BC): 1-800-523-2885 Ext 654576
library@bccancer.bc.ca

BURNABY ORTHOPAEDIC & MASTECTOMY

Pamela Gardner, CO, AGF
Burnaby (Located Metrotown Area – Easy Access)
burnabyorthopaedic.com
Tel: 604-436-6092 | pamela@burnabyorthopaedic.com

List Continues Next Page

Fraser Health Region

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patricia@bcmedequip.com

NIGHTINGALE MEDICAL SUPPLIES

Karen Virag – District Manager

Langley: #103-19909 64th Ave | Langley Tel: 604-427-1988

White Rock: 1477 Johnston Road | White Rock Tel: 604-536-4061

nightingalemedical.ca | info@nightingalemedical.ca

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Patricia Montagano, RN, BSN

Certified Lymphedema Consultant, Advanced Garment Fitter

2230 Springer Ave, Burnaby, BC

Tel: 604-888-8811 • Cell: 604-218-0700

Email: patricia@bcmedequip.com



SUPPORT GROUPS

During his time of restricted service and contact due to Covid 19, the social and emotional connection provided by Lymphedema.

support groups has proven to be even more important.

Groups are connecting through e-mail, or holding occasional outdoor distanced gatherings.

For those without a local group there are province wide zoom chats, Facebook & Instagram posts or webinars on specific topics. Groups are open to any Lymphedema patient whether or not you are a BCLA member.

We would love to have someone step up to initiate a group in Kelowna and Kamloops. You can join at any time, just call one of the contact people on the list below.

BC LYMPHEDEMA SUPPORT GROUP LEADERS

Abbotsford	Sharalyn Cronan	778-908-6902
Kelowna	Sandi McConnach	778-839-3577
Kootenays (East & West)	Willa Condry Seymour	250-364-1120
Prince George	Sophia Neppel	613-809-4303
Sea to Sky	Christine Chandler	1-866-991-2252
Surrey (incl. Delta, Langley, White Rock)	Sandi McConnach	778-839-3577
Tri-Cities	Katherine Butler	604-941-5809
Vancouver	<i>Contact Person Needed</i>	1-866-991-2252
Vancouver Island North	Lynn Holloway	250-954-3883
Victoria	Gail Reichert	778-352-2020

Vancouver Island Health Region

CAROL ARMSTRONG, RMT, MLD/CDT, AGF

307 Beechwood Ave Victoria BC V8S 3W8

Tel: 250-598-8004 | carmstrongrmt@telus.net

BETH ATKINSON, RMT, MLD/CDT

Foundations Complementary Health Centre

172 Weld St Parksville BC V9P 2H4

foundationshealthcentre.com

Tel: 250-586-5442 | info@foundationshealthcentre.com

MELANIE BRANCATO, RMT, MLD/CDT

4560 Waldy Rd Cowichan Bay BC V0R 1N2

Tel: 250-748-3351 | melaniebrancato@hotmail.com

BRYAN HILL, RMT, MLD/CDT

Courtenay

bryanhill.ca | Tel: 250-702-7048 | rmt@bryanhill.ca

JENNA LAFLECHE, RMT, MLD/CDT

Royal Bay Massage Therapy

Custom Garment Fitter

(Compression Sleeves & Pneumatic Pump Devices)

275 Haystack Road Metchosin BC V9C 4B6

royalbaymassagetherapy.com

Tel: 250-474-2433 | jennalaflechermt@gmail.com

SHANNON LAWRENCE PT, MLD/CDT **NEW**

Comox Physiotherapy Clinic

264 Anderton Road Comox BC V9M 1Y2

comoxphysio.com

Tel: 250-339-6221 | shannon@comoxphysio.com

RACHEL LUMSDEN, RMT, MLD/CDT **NEW**

Certified Compression Garment Fitter

Rachel Lumsden RMT

231 Meade Ave Victoria BC V9C1C8

Tel: 250-893-4177 | clinicalrmt@gmail.com

Vancouver Island Health Region

LAURIE OTTENBREIT, PT, MLD/CDT, LANA Certified

Form Health Clinic

3034 Ross Rd Nanaimo BC V9T 3Z1

formclinicnanaimo.com | Tel: 250-756-9722

formclinic@shawbiz.ca

PATTY SMYTH, RMT, MLD/CDT

#550-2950 Douglas St. Victoria BC V8T 4N4

Tel: 250-882-8292 | pattysmythrmt@gmail.com

KAREN WHITEHOUSE, RMT, MLD/CDT

Village Massage Therapy Clinic

3536 Watson Ave Cobble Hill BC V0R 1L0

karenwhitehouse-rmt.ca

Tel: 250-929-2248 | karenwhitehouse.rmt@shaw.ca

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library@bccancer.bc.ca

SHAWNA BOND, RN ~ Breast Health Navigator

Breast Health Centre - Victoria General Hospital

Victoria | Tel: 250-727-4467 | breasthealth@viha.ca

NIGHTINGALE MEDICAL SUPPLIES

Robin Hryciuk – Supervisor

#815 Bay Street, Victoria, BC V8T 1R3

nightingalemedical.ca/pages/locations-victoria

Tel: 250-475-0007 | info@nightingalemedical.ca

Book appointment for complimentary compression garment fitting and for post surgical mastectomy bras and breast forms.

Interior Health Region

JANICE BRYANS, RMT

Kimberley | Tel: 250-427-2300 | jbryans@telus.net

JENNIFER COLLINS, RMT, MLD/CDT

Balance RMT & MLD

Kelowna | downtownkelownamassage.com

Tel: 250-718-9584 | Balance.rmt.mld@gmail.com

RUTH FRISBY, RMT, MLD/CDT **NEW**

Ruth Frisby, RMT

201-3200 30 Ave Vernon BC V1T 2C5

Tel: 250-309-2760 | rfrisbyrmt@gmail.com

GLENDA HART, PT

Glenda Hart Physical Therapy

4654 Raymer Rd Kelowna BC V1W 1J3 |

glendahartphysiotherapy.ca

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Back Layout

PROVINCIAL LYMPHEDEMA ASSOCIATIONS

Canada Lymphedema Framework - canadalymph.ca

Alberta Lymphedema Association - albertalymphedema.com

Atlantic Clinical Lymphedema Network - atlanticlymph.ca/en

British Columbia Lymphedema Association - bclymph.org

Lymphedema Association of Manitoba - lymphmanitoba.ca

Lymphedema Association of Nfld & Labrador - lymphnl.com

Lymphedema Association of Ontario - lymphontario.ca

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A gradient, sequential, multi chambered pump has been proven to be the best approach to reduce the excess lymphatic fluid, decreasing limb size and improving lymphatic flow. *

- Proven safe for use by the patient at home
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- Improves results of MLD/CDT
- Proven to reduce progression of Lymphedema
- Improves healing of venous ulcers
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- Reduces pain
- Prolonged use reduces risk of ulcer recurrence
- Effective prophylaxis for venous thrombosis
- Relieves restless leg syndrome
- Adverse results are very rare if used correctly
- Covered by most Canadian private insurance and some provincial health care plans.



* Decongestive Lymphatic Therapy for Patients with Breast Carcinoma-Associated Lymphedema: When IPC is used adjunctively with other, established elements of DLT, it provides an enhancement of the therapeutic response. Szuba A, Achalu R, Rockson SG: *Cancer* 2002, 95:2260-2267 (RCT).

Intermittent Pneumatic Compression Enhances Formation of Edema Tissue Fluid Channels in Lymphedema: Compression of limb lymphedema tissues leads to formation of tissue channels as pathways for evacuation of edema fluid. M. Zaleska et al: *Lymphatic Research and Biology* Volume 00, Number 00, 2015.

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NOTE: Prescription is required. These are Class II Medical Device and are manufactured with the highest quality standards to ensure efficacy and safety. Purchasing a pump online or out of the country is not recommended since careful fitting and selection is required and not doing so could put your health at risk.

CAUTION: Many non-medical pumps are marketed for the treatment of edema. These products are typically used for cosmetic purposes in spas and are not recommended for use in the treatment of Lymphedema.



A training session in accurate measurement for compression garments.

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Macdonald's Prescriptions Vancouver, Macdonald's Prescriptions #3

Kitsilano, Kootenay Columbia Home Medical Equipment (see page 27 for contact info), & Nightingale Medical (Vancouver, Langley, White Rock, Victoria, Kamloops and Vernon (see regional listings and below for contact info) Pharmasave in Mission & Health Source Specialty Medical Supplies in Penticton.

NIGHTINGALE MEDICAL SUPPLIES

Nightingale Medical Supplies provides complimentary measuring and fitting for compression garments and mastectomy bras and breast forms from various suppliers. Please book your private and custom appointment with our fitters throughout B.C. Nightingale works with your healthcare professional to find the best solution for you. Visit one of our six locations at <https://nightingalemedical.ca/locations/> or email info@nightingalemedical.ca for more information.

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VANCOUVER LYMPHEDEMA CLINIC

Mandate – Assessment and Management of British Columbians with primary or secondary Lymphedema.

Dr. Elliott Weiss has been caring for and advocating on behalf of individuals with Lymphedema in British Columbia for decades. Over the past 10 years, he recognized the potential for enhanced surgical management of these patients, as reports of successful reconstruction were published. The Division of Plastic Surgery at UBC also observed this gap in patient care and supported a sabbatical for Dr. Erin Brown to travel to Japan, Korea and Taiwan to receive exposure to the world leaders in Lymphedema reconstruction. Together with Dr. Kathryn Isaac, the Patricia Clugston Chair in Breast Reconstructive Surgery, Drs Elliott and Brown form the physician leads for the Provincial Lymphedema Program. We look forward to expanding our program to continue to improve the care we deliver. For example, Dr. Moira Stilwell has redesigned the technique for lymphoscintigraphy which has dramatically improved our ability to map out lymphatic flow and function.

Our approach to patient care has been comprehensive assessment, with the goal to provide the most accurate diagnosis and staging, maximize conservative management and determine if surgical treatment may be beneficial. Both lymphaticovenous anastomosis (LVA) and vascularized lymph node transfers (VLNT) will be offered to appropriate patients, along with other interventions, such as liposuction and skin resection. The exact nature of treatment will be guided by the assessment of each patient and the best available evidence to support the most effective interventions.

We will be gathering detailed information about all patients to ensure that our evaluations and treatments provide the highest level of care, and continue to improve over time.

Referrals from across the province can be made through your GP to Dr. Brown's office. (See Pg 14 for contact details)

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1. Murlatt C et al (2012) A preliminary randomized controlled study to determine the application frequency of a new lymphoedema bandaging system. British Journal of Dermatology 166.3: 624-632. 3M, Coban and 3M Science, Applied to Life, are trademarks of 3M. Used under license in Canada. Please recycle. © 2013, 3M. All rights reserved. 2008-1796-00 E

WE NEED YOUR SUPPORT!

PLEASE DONATE

Did you know that there are an estimated **one million Canadians living with Chronic Edema or Lymphedema?**

The province of BC currently has no medical coverage for the management of this disease and prior to Jan 2020 no treatment facility.

BCLA Has Two Significant Goals:

- 1.To provide education workshops around the province, to teach "Risk Reduction " strategies to help Lymphedema patients learn how to manage their edema. Donations are essential to support the costs of providing education days.
- 2.To raise sufficient funds to provide the diagnostic & surgical equipment for a dedicated Lymphedema clinic and surgery to provide specialized care for Lymphedema patients.

We hope that you will consider making a donation to either one of these causes.

Donations can be made to either;

1.The **BC Lymphedema Association** via:

- E-transfer to info@bclymph.org
- Mail a cheque to:
PO Box 34527 Pemberton Plaza,PO, North Vancouver, BC
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- Donate on-line through Canada Helps.org

2.Or to the **VGH Foundation Lymphedema Program** fund by pasting this link in your web browser

www.vghfoundation.ca/give/lymphedema

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