

NATIONAL LYMPHEDEMA NETWORK



INTERNATIONAL CONFERENCE

Shaping the Future Through
Commitment, Evidence, and New Frontiers

Preliminary Program

August 31 - September 4, 2016

Omni Dallas Hotel, Dallas, TX

NATIONAL LYMPHEDEMA NETWORK

12TH

INTERNATIONAL CONFERENCE

Shaping the Future
Through Commitment,
Evidence, and New Frontiers

The NLN Welcomes You

The National Lymphedema Network (NLN) Board of Directors and Scientific Conference Committee invite you to attend our 12th Biennial NLN International Conference: Shaping the Future Through Commitment, Evidence and New Frontiers, which will be held August 31 – September 4, 2016. This conference will take us to new pinnacles in the world of lymphology. We are returning to beautiful Dallas, Texas and the luxurious setting of the Omni Dallas Hotel. This venue offers stunning views, inspirational art at every turn, and state-of-the-art amenities and modern luxury for you to relax and unwind while you pursue your educational endeavors.

The tradition of educational excellence continues through Pre-Conference sessions, Instructional sessions, and Plenary sessions. The Pre-Conference line-up includes the popular Physician Intensive as well as opportunities to take your knowledge and practice to the next level in the areas of Advanced Compression Strategies, Wound Care Management, and evaluation and intervention for the Head and Neck patient population. The Instructional sessions allow you to delve into widely varied areas of interest to further your clinical performance and depth of clinical understanding. New topics include Nutrition, Effects of Radiation and Chemotherapy, and Measurement Techniques and Tools; which are all in addition to some of our recurring, well-received topics such as Axillary Web Syndrome, Morbid Obesity, Pediatrics, and Exercise. Led by distinguished investigators in the field of Lymphology, the Plenary sessions will present the latest research and evidence-based strategies. Research is always at the forefront of the NLN Conferences— to honor the tremendous importance that it holds, awards for one Best New Investigator and one Best Career Investigator will be presented to acknowledge outstanding individual research efforts.

The Lymph Science Advocacy Program (LSAP) is integral to supporting the efforts of the NLN and the field of Lymphology as a whole. Five newly chosen delegates, comprised of patient advocates or caregivers, will be granted the same opportunity as healthcare professionals to attend the conference so that they may make a difference in their unique ways.

The Exhibition Hall will be filled with leading industry representatives whose extraordinary contributions make the Conference possible. They will showcase their latest tools and innovations and be ready to answer your questions, provide samples, and help you meet all your clinical needs. A very special “thank you” to each and every one of them.

The Conference would not be complete without time to connect with friends old and new. There will be plenty of networking opportunities throughout the five days to mingle and strengthen established relationships, whether it is with a fellow colleague or with a good friend from halfway around the world. You can also take advantage of the Conference by creating new relationships and exploring new frontiers in the field of Lymphology.

Over the past few decades, the NLN conferences have been instrumental in bringing together top educators and clinicians, innovative and cutting-edge technologies and treatment techniques, and unparalleled networking opportunities. The 2016 NLN Conference promises to be one of our best and, whether you are just starting to become interested in Lymphology or a well-recognized contributor, we hope that you will join us.

We look forward to seeing y'all in Dallas!

Sincerely,

The 2016 Conference Scientific Committee

Conference Objectives

At the conclusion of the Conference, participants will be able to:

- Discuss advances in understanding of lymphatic system physiology and pathophysiology
- Present the latest basic and clinical research in the field of lymphology
- Describe surgical approaches to treatment of lymphedema
- Incorporate the principles of advanced wound care into lymphedema management
- Present fundamentals and advances in the management of head and neck lymphedema
- Demonstrate a collaborative approach in application of advanced compression treatments
- Clarify the role of exercise in the lymphedema setting
- Identify and discuss specific challenges in the treatment of individuals with congenital lymphedema and angiodysplasias
- Understand the role of manual lymphatic drainage in lymphedema management
- Identify challenges related to lipedema management
- Discuss issues related to lymphedema management in the medically complex patient
- Define approaches for measuring functional outcomes in patients with lymphedema
- Understand the role of pre-surgical education on risk reduction and early intervention for cancer-related lymphedema
- Describe complications of cancer treatment and strategies to navigate these barriers for improved outcomes in lymphedema management
- Recognize challenges to global filariasis control
- Understand the causes of obesity and its relationship to development and management of lymphedema
- Discuss comprehensive lymphedema measurement and tools
- Describe the psychosocial impact of lymphedema and implications for self-care
- Identify nutritional influences on lymphedema
- Understand strategies for the management of lymphatic cording
- Discuss genetics, diagnosis, and treatment of lymphedema
- Describe issues related to insurance reimbursement
- Discuss the value of adjunct therapies in lymphedema management
- Provide rationale for and utilize Kinesiotape in the management of lymphedema
- Demonstrate enhanced practical and clinical skills in the management of lymphedema

Who Should Attend

This educational program is intended for all medical professionals, including physicians, nurses, allied healthcare professionals and scientists interested or involved in the field of Lymphology. Program will focus on basic and clinical research in the field of lymphedema and related disorders. While this program will include the most current research and practice trends related

to lymphedema care, we encourage professionals with limited knowledge of the lymphatic system to participate and expand their practice to include this exciting and under-recognized aspect of medicine.

Medical Education

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The University of Chicago Pritzker School of Medicine and National Lymphedema Network (NLN). The University of Chicago Pritzker School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Nurses and other healthcare professionals will receive a Certificate of Participation. For information on the applicability and acceptance of Certificates of Participation for educational activities certified for *AMA PRA Category 1 Credit(s)*[™] from organizations accredited by the ACCME, please consult your professional licensing board.

Call for Abstracts

The 12th NLN Conference Committee welcomes submissions of abstracts on topics concerning the lymphatic system and related disorders.

Abstract submissions will be accepted on-line beginning January 1, 2016. For abstract submission information, please visit the NLN website at www.lymphnet.org. You can also contact the NLN Conference Secretariat by phone 800-541-3259, or email at nlncf@lymphnet.org.

Deadline for on-line abstract submissions is midnight, April 4, 2016.

What the NLN Offers

The NLN provides: LymphLink, a quarterly journal featuring cutting-edge articles, a Resource Guide (listing of treatment centers, healthcare professionals, etc), Support Groups, PenPals/NetPals; updates on conferences and professional training courses; a toll-free recorded Infoline (800-541-3259) and a direct-dial line for information and referrals to healthcare professionals, treatment centers and local support groups, etc; an extensive and educational website (www.lymphnet.org). The NLN is supported by tax-deductible donations.

NLN Mission Statement

The NLN's mission is to create awareness of lymphedema through education and to promote and support the availability of quality medical treatment for all individuals at risk for or affected by lymphedema.

The NLN is dedicated to: promoting research into the causes, prevention and treatment of lymphedema; securing adequate insurance coverage for medically necessary, safe and effective treatment, and expanding the number and geographical distribution of lymphedema treatment facilities and certified therapists.

To achieve these goals, the NLN disseminates information about lymphedema to healthcare professionals so they can appropriately counsel their patients on risk reduction, and prescribe safe, effective treatment for those affected by this condition.

The NLN also provides this information to patients, families and the general public.

Daily Program: Sessions Breaks Exhibits Posters

Wednesday, August 31, 2016

PRE-CONFERENCE INSTRUCTIONAL SEMINARS

- [PC1]** 9:00am - 5:00pm: "Heads Up" Fundamentals and Advances in Head & Neck Lymphedema Treatment
- [PC2]** 9:00am - 5:00pm: Clinician Management & Surgical Approaches for Lymphedema
- [PC3]** 9:00am - 5:00pm Advanced Compression: A Collaborative Approach
- [PC4]** 9:00am - 5:00pm: "How To's" of Advanced Wound Care in Lymphedema Management

12:00pm-1:00pm **Lunch**

Thursday, September 1, 2016

- 6:30am-8:00am **Registration Check-In**
- 6:30am-8:00am **Continental Breakfast / Exhibits / Posters** (In Exhibit Hall)
- 8:00am-8:30am **Opening Ceremony**
- 8:30am-5:15pm **PLENARY SESSIONS**
- 10:00am-10:30am **Break / Exhibits / Posters**
- Noon-1:30pm **Lunch Break / Exhibits / Posters**
- 3:00pm-3:30pm **Break / Exhibits / Posters**

Note: The 12th NLN Conference is a forum for presentation of the latest developments in Lymphology related to the Conference theme. We are soliciting abstracts for oral and poster presentations featuring original research, theoretical development and clinical management in Lymphology.

6:00-8:00 pm **Reception** - (Exhibit Hall)

Friday, September 2, 2016

7:00am-8:00am **Registration Check-In / Continental Breakfast / Exhibits / Posters**

INSTRUCTIONAL SESSIONS –

(outlines & speakers for each session can be found on the NLN website)

8:00am-9:45am

- [H1]** Progress in Exercise for Lymphedema
- [H2]** Congenital Lymphedema and Angiodysplasias
- [H3]** The Who What When and Why of MLD
- [H4]** Lipedema: Research and Clinical Management
- [H5]** Unraveling the Knotty Problems: Assessing and Treating the Medically Complex Patient

9:45am-10:15am **Break / Exhibits / Posters**

10:15am-12:00pm

- [H6]** Does it Measure Up? Assessing Functional Outcomes
- [H7]** Screening and Early Intervention for Breast Cancer-Related Lymphedema: Lessons Learned and

Future Goals

- [H8]** Implications for Lymphedema Management: Peripheral Neuropathy and Radiation-Induced Fibrosis
- [H9]** Lymphedema: Surgical Treatments
- [H10]** Fighting Global Filariasis One Patient at a Time
- 12:00pm-1:30pm **Break / Exhibits / Posters**
- 1:30pm-3:15pm
- [H11]** The Skinny on Obesity and Lymphedema
- [H12]** Comprehensive Lymphedema Measurement and Tools
- [H13]** Psychosocial Impact of Lymphedema and Implications for Self-Care
- [H14]** Food for Thought: Nutritional Considerations for Lymphedema
- [H15]** Assessment and Management of Lymphatic Cording

3:15pm-3:45pm **Break / Exhibits / Posters**

3:45pm-5:30pm

- [H16]** Genetics of Lymphedema
- [H17]** Imaging Techniques in the Diagnosis and Management of Lymphedema
- [H18]** Payback: Current Update on Reimbursement
- [H19]** Adjunct Therapies
- [H20]** Kinesiotaping: Hands-on Techniques

Saturday, September 3, 2016

7:30am-8:30am **Roundtable Sessions I
Registration / Continental
Breakfast, Exhibits, Posters**

8:30am-5:00pm **PLENARY SESSIONS**
The Lymphatic System and Management of Lymphedema Basic, Applied and Translational Research (Posters / exhibits morning only)

10:00am-10:30am **Break / Exhibits / Posters**

Noon-2:00pm **Keynote Luncheon, Awards**

3:30pm-4:00pm **Break / Exhibits / Posters**

6:30pm-10:00pm **Faculty Dinner**

Sunday, September 4, 2016

7:30am-9:00am **Roundtable Sessions II / Continental Breakfast**

8:30am-11:30am **PLENARY SESSIONS - Late Breaking Research**
The Lymphatic System and Lymphedema Management

10:00am-10:30am **Break**

11:30am-12:00pm **Conference Wrap-Up**

Please Note: Program is Subject to Change.

Pre-Conference Instructional Seminars

Pre-Conference Instructional Seminars are 8-hour educational intensives. Pre-registration is mandatory for these special courses as space is limited. Deadline for pre-registration is August 26, 2016. Limited on-site registration will be available. Fee for an 8-hour seminar is \$275 pre-registration, \$325 on-site.

[PC1] “Heads Up” Fundamentals and Advances in Head & Neck Lymphedema Treatment

Objectives - At the conclusion of this course participants will be able to:

1. Describe radiation techniques used to treat H&N cancer and the impact of those techniques on the lymphatic system/lymphedema;
2. Describe surgical techniques used to treat H&N cancer and the impact of those techniques on the lymphatic system/lymphedema;
3. Describe techniques used to assess/measure lymphedema in the H&N region;
4. Describe the surgical techniques used to treat lymphedema of the H&N cancer;
5. Describe basic approaches for manual lymph drainage in patients with H&N lymphedema;
6. Describe common compression strategies for patients with H&N lymphedema;
7. Describe basic clinical evaluation procedures for H&N lymphedema.

[PC2] Clinician Management & Surgical Approaches for Lymphedema

Objectives - At the conclusion of this course participants will be able to:

1. Examine the anatomy and physiology of the lymphatic system;
2. Define lymphedema including differential diagnosis, incidence, and co-morbidities;
3. Demonstrate pathophysiology of lymphedema including diagnostic imaging and genetics;
4. Describe conventional therapeutic options for lymphedema;
5. Understand the different surgical options for lymphedema;
6. Understand the appropriate selection of surgical lymphedema options;

7. Understand the integration of surgical options for lymphedema into a comprehensive lymphedema treatment system.

[PC3] Advanced Compression: A Collaborative Approach

Objectives - At the conclusion of this course participants will be able to:

1. Achieve a more effective compression wrap;
2. Deal with unusual limbs and with body parts other than limbs;
3. Understand alternatives/additions to traditional compression wrapping;
4. Understand ways to adapt compression when there are co-morbidities (such as wounds, active cancer, arterial insufficiency, etc.).

[PC4] “How To’s” of Advanced Wound Care in Lymphedema Management

Objectives - At the conclusion of this course participants will be able to:

1. Differentiate various wound types and skin lesions commonly associated with lymphedema, and understand how to treat each type;
2. Perform a vascular assessment as it pertains to edema management and wound care;
3. Assess a wound and identify barriers to wound healing;
4. Identify advanced wound care products and their functions, and how they perform under compression bandaging;
5. Discuss the role of the lymphatic system in wound healing and perform manual lymphatic drainage techniques for wounds;
6. Differentiate between various types of edemas and select appropriate products for edema reduction and long-term management.

The 12th NLN Conference Committee

Program Director

Joseph L. Feldman, MD, CLT-LANA

Program Co-Director

Eva M. Sevick-Muraca, PhD

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Jie Deng, PhD, RN, OCN

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Lymphology Association of North America **5**

Current Exhibitors Attending the 2016 NLN Conference:

Academy of Lymphatic Studies

American Lymphedema Framework Project

Bandages Plus

Biacare

BSN Medical Inc.

Carolon

FarrowMed

Fat Disorders Research Society

Healthy-Steps/Lebed Method

International Lymphedema & Wound Care

Training Institute

JoViPak

Juzo

Klose Training and Consulting, LLC

Lohmann and Rauscher

Luna Medical, INC

Lymphatic Education & Research Network

Lymphedema Advocacy Group

LympheDIVAs, LLC

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National Lymphedema Network

North American Rehab

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PhysioTouch Inc

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Tactile Medical

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General Information

Instructional Sessions

Instructional Sessions are a highlight of NLN Conferences and fill up quickly. Each session accommodates approximately 150 people. Instructional Sessions are filled on a first-come, first-served basis. The NLN is not responsible for accommodating registrant requests once these sessions are filled. If you are attending the Conference especially for these sessions, we recommend early registration to secure a spot.

Roundtable Sessions

Roundtable Sessions offer an opportunity for attendees to meet casually to discuss topics of interest. Blank sheets will be posted on Thursday and Friday morning at the registration desk. Simply fill in your topic of interest and your name; those who are interested will sign up below you. Roundtable Sessions will take place Saturday morning from 7:30am to 8:30am and Sunday morning from 7:30am to 9:00am in the breakfast area.

Lymph Science Advocacy Program (LSAP)

The NLN, in response to needs identified by lymphedema patients, caregivers and advocates will conduct its ninth Lymph Science Advocacy Program (LSAP). Nominated candidates will be able to attend the entire conference. The program is limited to 5 new participants. The goal of LSAP is to engage and motivate patient advocates and caregivers to action in issues of treatment and research of the lymphatic system through education and a more comprehensive understanding of the scientific and clinical research aspects of primary and secondary lymphedema and related disorders. The LSAP application is available on the NLN conference website.

Exhibit Hall Reception

The Exhibit Hall Reception is included with your registration and is open to all registered attendees. You must be wearing your name badge to gain entrance. The reception will feature special presentations, light hors d'oeuvres, and opportunities to meet and mingle with exhibitors, faculty and other conference attendees. Guest passes are available for purchase.

Exhibitors

Manufacturers and distributors of products and information related to the healthcare or management of lymphedema and related disorders are invited to exhibit at the 12th NLN International Conference. The 2016 Conference offers a large, secure Exhibit Hall. The conference reception will be held in the Exhibit Hall on Thursday evening. Special support opportunities are available.

The Exhibitor Application is now available on-line in PDF file format at <http://www.lymphnet.org/events/2016-nln-conference>. Call 800-541-3259 or email nln@lymphnet.org to request an Exhibitor Application by fax or post. First options are reserved for those exhibitors who also supported the 11th NLN International Conference. Priority placement will then follow in the order received.

Support Opportunities:

A myriad of support opportunities are available, including the Exhibit Hall Reception on Thursday evening, Saturday luncheon, scholarships for therapists, just to name a few. Conference supporters reap the benefits of increased, and in some cases constant, exposure and attention before, during and after the conference.

For support opportunities call 800-541-3259 or visit our website, <http://www.lymphnet.org/events/2016-nln-conference/exhibitors-and-support-opportunities>.

Best Investigator Awards

Supported by the Lymphology Association of North America (LANA)

The NLN and the Lymphology Association of North America (LANA) are pleased to announce two very special 2016 NLN Conference Research Awards: "Best New Investigator Award" and "Best Career Investigator Award." Recipients will receive a \$500 honorarium for Best New Investigator and \$1,000 honorarium for Best Career Investigator, plus complimentary Conference registration. The award-winning research, chosen by members of the NLN Research Committee, will be published in article format in an upcoming issue of LymphLink, the NLN quarterly news publication, and in the Research section of the NLN website. Awards will be presented on-site during the NLN Conference Luncheon.



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Online

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