



# Lymphedema Matters

Association of Ontario

SUMMER 2014

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## Executive Director Update by Radosna Bijukovic

### Office Move

The LAO has a new home: **4800 Dundas St. West, Suite 203!** We just moved down the street to our new location at the corner of Dundas and Islington on May 5th.



The new office space is large enough to accommodate LAO's two part-time staff plus a summer student and/or volunteer. It is cheery and bright with a wall of windows and easily accessible by public transit. The office has been mainly furnished with donated office furniture and now we are in the midst of unpacking and settling in.

We invite all members to visit us at the new LAO office when in the area! We also have some archived newsletters, magazines and conference bags for you to take away.

### The LAO Team

The LAO team welcomes JoAnne Raditz as Project Manager. You will have already received electronic newsletters and other correspondence from JoAnne. JoAnne is a graphic design professional with strong administrative and technical skills, just a few of her many talents!

LAO has received a Canada Summer Jobs Grant again this year. This grant provides a subsidy, allowing the LAO to hire a university student for approximately nine weeks to assist with outreach and administrative duties. This year the LAO welcomes Chloe Rizzo. Chloe is a student at the University of Toronto studying Psychology. Her priority projects will include outreach activities to increase lymphedema awareness and administrative assistance to update our records and plan for upcoming events such as the Charity Walk and Conference.

### YE 2013 AGM Update

Anna Kennedy hosted the May 29th AGM for the Year Ending 2013. We are pleased to have had numerous members join the event and thank Dr. David Keast on his informative presentation on the topic of Skin Care for Lymphedema. If you missed the AGM and are interested in viewing the event at your convenience, it has been recorded and is available at the following link:

<https://lymphontario.adobeconnect.com/p33ck5o4349/>

Pass Code: **AGMMAY2014**

### 2014-15 LAO Board of Directors

The LAO thanks our Board of Directors who have accepted another term:

- **Ruby Kreinder**
- **Janice Goldberg**
- **Barbara Foster**
- **Matthew Fawcett**
- **Ben Ciallella**
- **Anna Kennedy**

# LAO Charity Walk

We are counting on your support and on the communities across Ontario to make this year's event a huge success!

Date: **September 21, 2014**

Theme: **One Step at a Time  
—Every Step Helps**

## New this year is our VIRTUAL TEAM

This TEAM concept includes everyone who wishes to support the LAO through this event, regardless of where they live. We understand that it may be daunting for some individuals to walk 5km all at one time and also to accomplish this on a specific day. The **VIRTUAL TEAM** concept is an idea where individuals can participate in their own community by

### Start Walking Today!

Look on last pages for

- Pledge Form
- Walk Recording Form for Virtual Team Members

walking at their own pace whenever it is convenient, with the goal of completing the 5km by the end of September. We hope that this way we can get more participants and supporters involved and also encourage exercise as it is beneficial for lymphedema management and overall well-being. Also, it is a way to engage more LAO supporters and sponsors, and to spread the word and help the cause.

## Benefits of exercise for lymphedema

Exercise done regularly and in moderation is helpful in maintaining muscle tone. Good muscle tone helps improve lymph flow. In addition, exercise mobilizes the joints and strengthens the muscles of the involved limb(s), thus decreasing the risk of strain/sprain.

## Exercise for lymphedema is best done with compression

When lymphedema exists, the lymph vessels that are functioning are working double time to try to circulate the lymphatic fluid. These vessels can become stretched. Over time and without consistent compression, the lymph vessels can overstretch and fail causing a worsening of the swelling.

Wearing compression bandages/garments provides support to the skin and to the lymphatic vessels that carry the lymphatic fluid.

Walking is a safe  
and effective exercise  
for all!

## Outreach Event

The Mississauga Halton and Central West Regional Cancer Program invited the LAO to participate in the 1st annual Primary Care Oncology Day on June 4th. This event provided primary care providers and allied health professionals with the tools, updates, and information needed to care for their patients who have undergone a cancer diagnosis. This was a great opportunity to raise awareness regarding lymphedema. We thank the volunteers who assisted with this event.

## LAO Annual Conference: SAVE the DATE: March 6 & 7, 2015

We listened to your feedback and made the decision to hold the annual conference in the spring of next year. This will also coincide with Lymphedema Awareness month and free up the busy time of fall schedules. The event will again be held at the Sheraton Airport Hotel and Conference Centre. **We hope you will set the date aside in your calendar.**