

OCTOBER 18, 2008, PROCLAIMED LYPHEDEMA AWARENESS DAY IN GEORGIA BY GOVERNOR SONNY PERDUE

Governor Sonny Perdue proclaimed October 18, 2008, as Lymphedema Awareness Day in the State of Georgia. The formal signing of the proclamation was held in the Governor's office on October 15, 2008.



To celebrate Lymphedema Awareness Day, the Lighthouse Lymphedema Network and Piedmont Hospital Rehabilitation Services co-hosted the 11th State of Lymphedema Education and Awareness Program, October 18, 2008, in the Richard H. Rich Auditorium at Piedmont Hospital.

Patient, caregivers, family members, and medical professionals came with great enthusiasm and curiosity to increase their knowledge of lymphedema, explore new products with numerous vendors and intermingle with others interested in the condition.

A high caliber program was presented by four medical doctors and several other professionals:

- Dr. Peter Rossi, Assistant Professor of Radiation Oncology, Emory University Hospital “What to expect of tissue after radiation? What is the physiology response of radiation? What does radiation do to the lymph nodes?”
- Dr. Kenneth Harper, Medical Director of Vein Specialists, Macon, GA discussed: “How does vascular flow affect lymphatics?”
- Dr. John David Mullins, Plastic Surgeon, Piedmont Hospital, discussed: “What are expectations of Surgery?”
- Dr. Paula Stewart, Medical Director, HealthSouth Lakeshore Rehabilitation Hospital, Birmingham, AL discussed: Managing infections and other Pharmaceutical considerations in lymphedema.
- Laura Hoffman and Tammy Malone presented on compression garment problem solving; getting a properly fitting garment is so important to the patient for daily comfort.
- Shelley Smith, PT, CSLT presented on exercise, nutrition, wound care and sexuality. We cannot stress enough the importance of exercising and eating healthy. If you want to be an active healthy person, you must take the time each day to exercise.
- Kathy Kearse, PT, CLT-LANA led the Parent Networking session. Parents and family members are always so grateful to have other families to meet with and discuss treatment, growth questions, and how does one's child, who has lymphedema face other children with inquisitive questions? How to answer when someone asks, “Why do you wear garments?” “Why is your limb so swollen?”

- Gwen Forbes-Kirby, PT, CLT-LANA presented the aquatic exercises. Exercising in a pool is one of the best exercises for a lymphedema patient and combining aquatic exercise with MLD therapy is ideal.
- DeCourcy Squire, PT, CLT-LANA and Dr. Paula Stewart led the expert panel discussion. This was a question and answer time from attendees to physician and therapist.

The quality of this program can best be described by comments from our attendees:

- The conference was great! We only wish we had come before. Kudos go to the organizers. The facility, food, etc was great
- I was impressed and pleased with your program. It was my first attendance and it isn't likely to be my last.
- I appreciate the effort and planning that went into this informative conference.
- Very glad we came!
- I appreciated talking to the vendors and seeing the different products available for patients.



VOLUNTEERS OF THE YEAR
CLINT LABARTHE and DEB COZZONE with LLN Director Joan White

Clint Labarthe joined the LLN because his grandson was born with lymphedema. Carson is our poster child for lymphedema. He is most fortunate to have an extremely supportive family. Each of the grandparents learned how to do MLD, bandaging and all have the basic knowledge to take very good care of Carson. We are honored to recognize Clint Labarthe as our “Volunteer of the Year” for his talent in accounting, computers, and the laughter he always brings to our group.

Thank you Clint for keeping our records perfect! We appreciate you, thank you and honor you for your volunteerism.

Deb Cozzone has been part of the LLN for many years. In fact, we all feel like her twins grandparents. When you have lymphedema and want to be a parent, there are so many options to consider. What a loving journey it has been for Deb and her husband, Mike and their twin sons Justin and Kyle. Deb’s story will be included in our book that we hope to publish in 2009. Deb has served as chair of our silent auctions, has cooked for us at one of our meetings, made craft items and worked at the Piedmont Hospital Craft Bazaar and she made the name tags for this conference. Deb is the coordinator of our Bandages and Garment Fund (BAG Fund). This fund was established in 2004 to help needy patients who have no medical coverage for bandages, garments and other devices. To date, this fund has helped over 50 patients.

With appreciation and love, we honor Deb Cozzone as our “Volunteer of the Year”.

LIGHTHOUSE LYMPHEDEMA NETWORK

10240 Crescent Ridge Drive, Roswell, GA 30076
770-442-1317 www.lymphedemalighthouse.org

Dear Lymphedema Family,

The Lighthouse Lymphedema Network needs your financial support.

At this time of the year, when you are thinking of giving, please include the LLN. As a 501C3 non-profit organization, all donations are tax-deductible.

The LLN continues to meet its goals of education, awareness, service to others, and giving support:

- Educating our patients, caregivers, family members and the medical professionals is ongoing – monthly meetings – annual conference with invited guests to present on their expertise – vendors demonstrating the latest in products.
- Creating awareness for lymphedema – Legislative efforts – Mugs in the Morning - Joan White, the LLN Director, was an 11 Alive Community Service Award Honoree at the formal ceremony in April 2008.
- Bandages and Garment Fund (BAG Fund) to date has helped over 50 patients to purchase garments and other devices when they did not have insurance or Medicare coverage.
- In 2009, the LLN will officially launch our **e-mail program**. Those who have valid e-mail addresses, will begin receiving the LLN newsletters via email. This will save the LLN a tremendous amount of money that we can better use for our Bandages and Garment Fund and other projects. If you have not already received a test email from Elaine Gunter (our newsletter editor), please be sure to fill out the attached form and make sure we have all your correct information. Don't worry, if you don't have an e-mail address, you will still be getting the newsletter via US mail.

Mark your calendar for our 2009 schedule of programs: For specific locations and times, please go to the LLN website in 2009 = <http://www.lymphedemalighthouse.org>.

- January 29, 2009 – Thursday – LLN Meeting at DeKalb Medical Center – Pros and Cons of Pump Use for Lymphedema Treatment– Samantha Cannon and DeCourcy Squire
- March 11, 2009 - Wednesday – LLN Legislative Education & Awareness Day at the Georgia State Capitol, South Wing, downtown Atlanta
- March 26, 2009 – Thursday – LLN Meeting at Northside Hospital Auditorium – Discussion by Peninsula Medical representatives on laser therapy treatment of lymphedema and Reid Sleeve products
- September 24, 2009 – Thursday – LLN Meeting at Tuscan Wellness, downtown Decatur – Exercise and Diet/nutrition for Lymphedema Patients – Sandi Stephens
- October 24, 2009 – Saturday - 12th State of Georgia Lymphedema Education & Awareness Program, 7:30 AM – 5:00 PM, St. Joseph's Hospital Auditorium

In 2009, the Lighthouse Lymphedema Network hopes to launch the publication of our book entitled:

“LIFE IS WORTH LIVING WITH LYMPHEDEMA”

We are looking for inspirational short stories of why “Life is Worth Living with Lymphedema”. These stories may be:

- Patients who developed lymphedema after surgical, chemotherapy, or radiation treatment for breast cancer or other types of cancer (secondary lymphedema), or patients who were born with lymphedema (primary lymphedema).
- Patients who developed lymphedema from other surgeries such as: knee or hip replacement, abdominal surgeries, fracture, infection, other.
- Therapists: successful treatment stories, caring family stories, unusual stories.
- Physicians: Personal observations and comments.

The main goal of our book is to let patients and family members know they are not alone. We care and we are here for you – always. Help us to help others! The money raised from the sale of the book is to help needy patients through our Bandages and Garments (BAG) Fund. All patients have a story to tell, so let us hear from you. Please submit your story

to the LLN, 10240 Crescent Ridge Drive, Roswell, GA 30076 or you may email to joanwhite59@charter.net or kak@midspring.com.

The Lighthouse Lymphedema Network sincerely thanks you for your generous gift! Your contribution assists us in continuing our efforts in supporting patients and others through education & awareness.

Donor's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____
Home Work Cell

E-Mail: _____

My gift is made in memory of: _____

My gift is made to honor: _____

Please send acknowledgement to: _____

Address: _____

City: _____ State: _____ Zip: _____

Enclosed is a tax deductible donation in the amount of \$ _____

I would like my contribution to be used for: General Fund _____ BAG Fund _____

If you work for a company that provides **matching funds for charitable organizations** (i.e., those with a 501(C) (3) status), please be sure and take advantage of this mechanism to double the power of your gift to the LLN.

Please make all checks payable to the Lighthouse Lymphedema Network and mail to the LLN, 10240 Crescent Ridge Drive, Roswell, GA 30076

I appreciate the work of the LLN and I am interested in volunteering to help with LLN activities:

- Serve on the Fund Raising Committee _____
- Bake or bring refreshments for a group meeting _____
- Serve on the 2009 Lymphedema Education & Awareness Program Committee _____
- Become a member of the Board of Directors _____
- Help and/or bake for the legislative day at the Capitol _____
- Call me and I will help where needed _____

My suggestions for future meetings: _____

Change of Address Request: We try to keep our mailing list updated constantly and currently have over 1,000 names to receive each newsletter! If you have any changes that should be made to your address, or know of other changes that should be made, e.g., names to be added, deleted or corrected – or address and email changes, please send this information to the LLN address or elaine.gunter@comcast.net. We strive for accuracy on our list, and also to keep costs down. Thanks for your help!

Website: www.lymphedemalighthouse.org **Therapists and Clinics**, please go to the LLN website and verify the information. Please call Joan at 770-442-1317 for changes, additions, or deletions.