

Outline

The Lymphatic System and Lymphedema

Diagnosis
Lymphedema types and staging
Risk and prevention

Assessment Strategies and Considerations for Common Co-Morbidities

Patient history: the best questions to ask
Cancer
Obesity
Cellulitis
Lipedema
Metabolic Syndrome
Wounds
Dysphagia
Venous Insufficiency - phlebo-lymphedema

Nutritional Management: Symptom Reduction and Improved Outcomes

Fluid
Sodium
Weight loss as a treatment
Fats and oils
Inflammation and anti-inflammatory diet
Nutrition and intestinal lymphatics
Ketogenic diet
Intermittent fasting
Wound care and healing
Dysphagia nutrition
Protein

Physical Management and Therapy for Lymphedema

Complete decongestive therapy – and where to refer
Skin care
Manual lymph drainage
Compression
Exercise
Self-care
When and where to refer

Surgery & Complementary Therapies

Lymphedema surgeries
Adipose derived regenerative cells (ADRC)
Complementary therapies

Solutions that Help Reduce Common Symptoms

Reduced range of motion
Reduced mobility
Pain
Swelling
Aches and pains
Pins and needles
Cellulitis
Dry skin
Thickened skin
Weight gain
Inflammation
Feeling of overwhelm/unsupported

Case Studies: Nutrition Interventions and Lymphedema Outcomes

Cellulitis
Reduced lymphedema/swelling
Weight loss
Feeling overwhelmed/unsupported

Safety and Science: Medication and Supplements

Medications
Selenium
Herbs
Synbiotics
Topicals

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2-Day

Clinical Nutrition Management of Lymphedema

A Dietitian's Comprehensive Guide to Empower Patients and Maximize Results

Lymphedema responds well to nutrition management, but if you're like most dietitians, you have no idea where to start.

- Bring your advanced nutrition services to a previously underserved community
- Confidently create actionable plans for management of swelling, pain, disease progression and more!
- Improve services in the cancer survivorship center
- Attain a measurable difference in results, even years after a diagnosis



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Thursday & Friday, February 16 & 17, 2023

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Clinical Nutrition Management of Lymphedema

A Dietitian's Comprehensive Guide to Empower Patients and Maximize Results

Lymphedema is more prevalent than HIV, Parkinson's, ALS, MS and Alzheimer's combined. It should be top of mind to anyone in healthcare, especially those who work in oncology, rehab, wound care and bariatrics. **Lymphedema responds well to nutrition management, but if you're like most dietitians, you've never dealt with it before and have no idea where to start.**

Dietitian. Author. Cancer survivor. I was diagnosed with Hodgkin's lymphoma at age 27, an experience that sparked my 20+ year career in understanding the interplay between nutrition and cancer. I've made it my mission to become an expert in evidence-based nutrition for lymphedema and want to share best practices to expand your clinical reach.

Nutrition is one of the best, but most overlooked, options for prevention and management of lymphedema. Even if you work with patients who have suffered for years, you can see a measurable difference in outcomes with these powerful strategies! We'll separate fact from fiction as we cover the most pivotal concepts for understanding the lymphatic system and debunk outdated methods that are holding your clients back:

- How much water should they drink?
- Is a gluten free diet the way to go?
- Should fat and protein be encouraged or restricted?
- Which dietary supplements are supported by today's science?

Lymphedema is common, but it's often misdiagnosed, underserved, misunderstood, and left out of university courses and internships. This changes now. This training will help you to **better understand lymphedema, reduce inflammation and improve the gut/lymphatic connection.** Redefine the standard of care for those facing lymphedema and empower them to take back control.

Objectives

1. Evaluate human lymphedema nutrition research on the topics of fat and weight loss.
2. Analyze non-lymphedema nutrition research and the implications for the lymphedema patient.
3. Assess the FDA's approach to nutritional supplements and the tools to evaluate supplement safety.
4. Determine the key herbal and nutritional supplements evaluated and/or recommended for lymphedema.
5. Evaluate the role of nutrition in the co-morbidities of lymphedema.
6. Appraise the role of protein in wound healing.
7. Justify the role that an anti-inflammatory diet could play in lymphedema disease progression.
8. Assess the role of the multi-disciplinary team members and how to make appropriate referrals.
9. Investigate the four components of complete decongestive therapy.
10. Demonstrate an understanding of the role of medications in treating lymphedema.

Target Audience:

Dietitians

Meet Your Speaker

Jean LaMantia, RD, is a registered dietitian, cancer survivor, author and speaker. She has been a dietitian for 30+ years and has written three books on the topics of cancer, lymphedema and intermittent fasting. Jean has worked in in-patient, diabetes education, home care, health club, cancer survivorship and now her virtual private practice and on-line school. Jean has been a repeat invited speaker for the National Lymphedema Network (NLN) as well as the Canadian Lymphedema Framework national conferences. She has been published in *Pathways* – Canada's national lymphedema magazine and spoken for several provincial lymphedema associations including Ontario, Manitoba and British Columbia. She is writing the nutrition position paper for the NLN and has been invited to speak at the American Vein & Lymphatic Society conference. She has spoken to the Oncology DPG as well as state conferences.

Speaker Disclosure:

Financial: Jean LaMantia maintains a private practice and has employment relationships with Markham Lymphatic Centre and Wellspring Cancer Support Agency. She receives royalties as a published author. Jean LaMantia receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Jean LaMantia is a member of Dietitians of Canada, the Academy of Nutrition and Dietetics, and the Oncology DPG.

Live Webinar Schedule (Times listed in Eastern)

Day 1:

9:00 Program begins
12:00-1:00 Lunch Break
4:30 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Day 2:

9:00 Program begins
1:30 Program ends

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