

Outline

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

- Gain confidence in screening techniques and taking action!
- Fluid
- Sodium
- Weight loss as a treatment
- Fats and oils/blood lipids
- Inflammation and anti-inflammatory diet
- Nutrition and intestinal lymphatics
- Ketogenic diet
- Intermittent fasting
- Wound care and healing
- Dysphagia nutrition
- Protein
- When to refer

Safety and Science: Medication and Supplements

- Medications
- Selenium
- Herbs
- Synbiotics
- Topicals

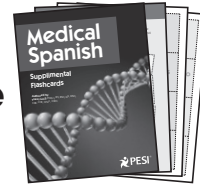
Complimentary Therapies

Objectives

1. Evaluate human lymphedema nutrition research on the topics on fat and weight loss.
2. Assess 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. Investigate the role of nutrition in the co-morbidities of lymphedema.
6. Justify the role of nutrition in wound healing.
7. Apply the role of inflammation in lymphedema and the role that an anti-inflammatory diet could play in lymphedema disease progression.

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Nutrition Strategies for Lymphedema

Practical Solutions to Improve Patient Outcomes

Live Interactive Webinar
Monday, April 3, 2023

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Nutrition Strategies for Lymphedema

Practical Solutions to Improve Patient Outcomes

- See a measurable difference in results, even years after a diagnosis
- Reduce inflammation and swelling
- Enhance your therapeutic outcomes with nutrition!



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Nutrition Strategies for Lymphedema

Practical Solutions to Improve Patient Outcomes

More common than HIV, Parkinson's, ALS, MS and Alzheimer's combined, lymphedema should be top of mind to anyone in healthcare, especially those who work with cancer treatment and cancer survivors. It's complicated, reoccurring, and frustrating to treat. If you want to be sure you're doing everything you can for your patient population, I invite you to a one-of-a-kind lymphedema nutrition program developed specifically with you in mind.

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-informed nutrition for lymphedema and want to share best practices with you.

Nutrition is one of the best, but most overlooked, options for lymphedema prevention and management. Screening for lymphedema and taking appropriate action does not have to be an intimidating or difficult task. Even after YEARS of suffering from lymphedema, 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 and debunk outdated methods that are holding your patients back:

- How much water should they drink?
- Is a gluten free diet the way to go?
- Implications for fat and protein intake
- What dietary recommendations and supplements are supported by today's science?
- Discover strategies to improve patient investment and compliance

Lymphedema isn't rare, but it's often mislabeled, underserved, misunderstood, and left out of university courses and practicums. This changes now. This training will help you to reduce flare ups and inflammation while improving the gut/lymphatic connection. Redefine the standard of care for those facing lymphedema and empower them to take back control.

Live Webinar Schedule

(Times listed in Eastern)

8:00 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.

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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 and now her virtual private practice and on-line school. Jean has been a repeat invited speaker for the National Lymphedema Network 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 currently writing the nutrition position paper for the NLN and has been invited to speak at the AVLS conference. She has spoken to the Oncology DPG as well as state conferences and Dietitians of Canada, oncology network and diabetes, obesity and cardiovascular network.

Speaker Disclosure:

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

Non-financial: Jean Lamantia has a professional relationship with the National Lymphedema Network. She is a member of Dietitians of Canada, the Academy of Nutrition and Dietetics, and the Oncology DPG.

Target Audience:

NP, PA, RN, PT, OT, LMT, Athletic Trainers, CSCS, Physicians, Chiropractors

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