



Node News

October-December 2020

NODE NEWS IS GOOD NEWS!

Since 1989

PRESIDENT'S MESSAGE



Uff. Hon. Teresa Gambaro GAICD

Welcome to our fresh look edition of Node News. I hope that you all have been taking advantage of the warmer weather to enjoy the outdoors. Spring is definitely my favourite time of the year.

We have had a busy time at the LAQ and our membership is growing. Welcome to all the new members and health professionals who have joined since the last edition.

July saw the start of our Support Groups. We now have Support Groups in many locations including Aspley, Caboolture, Sunshine Coast, Bundaberg, Kenmore Hills, Red Hill, Wynnum, Beenleigh and Southport.

Members enjoyed the opportunity to get together and learn about treatment options and services LAQ provides. The next round of Support Groups started on September 25th. Check out the Support Groups times on our Events section of the website. Please make sure you book and feel free to bring along friends and family. Everyone is welcome.

Our online Shop is now operational and we have included some wonderful organic health and well-being products from Australian company Sasy n Savy. Great for Christmas presents and at a special rate for our LAQ members, the products are heavily discounted from the normal recommended retail prices. Keep a lookout for more products being added



The LAQ relaunched their Support Group Meetings, kicking off at Aspley in July. LAQ President Teresa Gambaro (right) hosted the catch-up, enjoying social support with other lymphies after months of isolation due to COVID-19 restrictions.

to our online Shop in the weeks ahead.

Our new-look Treatment Directory is also more streamlined, and Health Professionals are listed by area and region. I encourage all LAQ Members to utilise the treatment services and support of our Health Professionals. They have undertaken many approved courses to specialise in providing excellent lymphoedema services for you.

A special thanks to our secretariat Lynette Palmén AM, who is behind the scenes making all these advancements happen.

I have made representations to the Health Minister Hon. Steven Miles regarding the provision of compression garments. The Queensland Health and Hospital Service (HHS) areas supply compression garments to holders of a Centrelink Health Cards and Centrelink Pension Cards. If you hold a Senior's Health Care Card you will need to check with your HHS to see if you are eligible, as it is determined by budget factors for individual hospital and health service areas. Thanks to members who contacted LAQ about this service.

I have also been involved in detailed discussions with our other State-based

lymphoedema organisations to form a national lymphoedema body. While talks are at an early stage, it is important that in order to lobby government for more research and services funding, that there be one body established. I will keep all members informed when more details come to light.

Due to the COVID-19 pandemic our AGM will be postponed until next year. After discussion with the committee and following Fair Trading advice, it was felt that we would prefer a live meeting so that LAQ members and guests could attend rather than conduct the AGM by Zoom. I will keep you all posted with the details of our AGM and guest speaker presentations.

I hope you enjoy this issue of Node News and remember to get in those walks, exercises and hydrotherapy sessions. Try to find an hour each day and get those special endorphins into your body. Remember, nothing in your life will change unless you take action.

Happy Spring time!

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Robyn Scheer – *Education Officer*

Jennifer Gilbert – *Education Officer*

Mia Stemm – *General Member*

Avon Mills – *General Member*

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MEMBERSHIP

The Lymphoedema Association of Queensland is a membership-based charity. Membership fees are paid annually and due 1 July each year.

Membership choices and costs are as follows:

- **General Membership:** \$30.00
- **Concessional Membership:** \$25.00
- **Friends of LAQ:** \$40.00
- **Professional Membership:** \$80.00

To join please complete the Online Membership Application on our website visit www.lymphqld.org/membership

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Birthday Wishes and Quarterly Prize

This quarter we are sending Happy Birthday wishes to the following LAQ Members:

October

Patricia Edmonds 3-Oct
Henrietta Ossendryver 6-Oct
Dana Crisan 10-Oct
Anne Saunders 10-Oct
Aidan Smith 11-Oct
Glenys Dittman 12-Oct
Jeanette Dunlop 15-Oct
Hannah Unwin 15-Oct
Kerry Burrows 18-Oct
Leila Bourke 20-Oct
Robert Duffy 23-Oct
Cheryl Cordon 24-Oct
Helen Thomas 24-Oct
Kaori Langley 25-Oct
Kerrie Babington 26-Oct
Gloria McLaran 26-Oct
Karen Wilson 27-Oct
Diane Strub 28-Oct

November

Joan Maher 3-Nov
Beverley Hovell 4-Nov
Evelyn Erye 10-Nov
Joy Jensen 12-Nov
Morag McGregor 13-Nov
Craig Sullivan 18-Nov
Katherine Turner 21-Nov
Colleen Stanley 24-Nov
Avon Mills 26-Nov
Susan Butcher 27-Nov
Teresa Gambaro 29-Nov

December

Prue Ryan 2-Dec
Loretta Cawley 5-Dec
David Irvine 5-Dec
Sally Lancaster 5-Dec

Carol Thorogood 5-Dec
Kitty Wren 6-Dec
Juanita Beckhaus 10-Dec
Julie Kuskopf 12-Dec
Alison Wilson 12-Dec
Joan Ferdinand 16-Dec
Joan Luhrs 16-Dec
Ian Bunce 20-Dec
Laura Cooney 21-Dec
Neradah Duncan 26-Dec
Noelene Kidd 24-Dec
Lorna Golombick 25-Dec
Merriel Hill 27-Dec
Irene Drummond 30-Dec
Sandra Lacey 30-Dec
Thelma Connors 31-Dec
Joan Peoples 31-Dec

Congratulations to LAQ Members who are celebrating their birthday this quarter. We hope you have a wonderful day surrounded by your friends and family.

Prize Draw

Each quarter we draw a birthday prize for a \$50 Coles Gift Card.

Prize Winner



Congratulations to this quarter's lucky birthday draw winner – **Julie Kuskopf**. As part of your birthday celebration on 12 December we hope you enjoy the opportunity to partake in some extra retail therapy.

NOTE: If you're celebrating a birthday in the months of October, November or December and we have missed congratulating you - it's because currently we do not have your birth date details on file. You can send an email telling us the date of your birthday or you can give us a call on 0403 782 795.

New Appointments



Jess Billiau

We are pleased to announce and congratulate Jess Billiau on

her appointment to the position of Secretary of the Lymphoedema Association of Queensland Inc. Sitting on the Committee as a General Member previously Jess's appointment as Secretary commenced on 1 August 2020. We thank Jess for her active involvement and participation and most importantly for keeping all that unfolds at our Committee meetings on the record.



Lynette Palmén AM

In May we welcomed Lynette on board as our Secretariat. Lynette's background

in networking, communications, marketing, fundraising and business growth are a welcome addition to our team. Lynette is the recipient of a Queen's Honour for her service to the community, particularly through promoting public awareness of existing and emerging issues affecting women, and for providing her cause related marketing and fundraising expertise to a range of charitable and not-for profit organisations.

Congratulations and Welcome to Our New Members

A big warm welcome to our new Members. We look forward to your input, participation and involvement over the year ahead.

Rosahlana Robinson
Esther Frizzo
Mary Ivett
Cathy Ener
Susan Butcher
Margaret Morrissey
Catherine Griffiths

Linda Boyer
Helen Tribe
Margaret Waterman
Dr Amanda Pigott
Diane Moller
Lurline Farmer
Jennifer Heyworth-Smith

Carlucia Mellick
Lorraine Owens
Caitlin Ryan
Dana Crisan
Jan Stephenson
Lana Cassar
Prue Ryan

Patricia Heipertz
Margaret Burey
Patricia Edmonds
Diane Hurring
Andrea Norris



Support Group Meetings

We never want you to feel isolated or alone, which is why we encourage you to come along to our Support Group Meetings. At these informal gatherings, you will meet others, just like yourself who are coping with the daily challenges of living with lymphoedema. You'll get to share ideas, treatment options and gain insights from the collective experiences.

Hosted by LAQ Ambassadors our Support Group Meetings are a great opportunity to network with members, make new friends and create connections. It's also an opportunity to learn about the support and services on offer as part of LAQ Membership.

To RSVP or find out more details for the meetings listed below visit our website www.lymphqld.org and click on the EVENTS tab.

If you are interested in being a guest speaker at future LAQ Support Group Meetings, please call our office on 0403 782 795.

October

Date: Thursday, 1 October 2020

Time: 10:00am – 11:30am

Venue: Fiori Kitchen + Bar – Kenmore

Host: Hon. Teresa Gambaro



Date: Monday, 12 October 2020

Time: 10:00am – 11:30am

Venue: Stellarossa – Aspley

Host: Hon Teresa Gambaro

Date: Monday, 19 October 2020

Time: 9:30am – 11:30am

Venue: Cancer Care Room Mater – Bundaberg

Host: Olga Beath

Date: Thursday, 22 October 2020

Time: 10:00am – 11:00am

Venue: Broncos Club – Red Hill

Host: Jeanine Mewburn

Date: Friday, 23 October 2020

Time: 10:00 – 11:30am

Venue: Revolution Espresso – Caboolture

Host: Nerida Smith OAM

November

Date: Friday, 6 November 2020

Time: 10:00am – 11:30am

Venue: Pelican's Nest Café – Wynnum

Host: Pamela O'Connor

Date: Friday, 6 November 2020

Time: 10:00am – 11:30am

Venue: Luv a Coffee – Beenleigh

Host: Jess Billiau

Date: Tuesday, 10 November 2020

Time: 10:00am – 11:30am

Venue: Southport Bowls Club – Southport

Host: Jess Billiau

Date: Monday, 23 November 2020

Time: 10:00am – 11:30am

Venue: Stellarossa – Aspley

Host: Hon Teresa Gambaro

Date: Friday, 27 November 2020

Time: 10:00am – 11:30am

Venue: Revolution Espresso – Caboolture

Host: Nerida Smith OAM

LAQ Support Group Meeting Ambassadors

Aspley

Hon. Teresa Gambaro | M: 0409 849 718

Beenleigh

Jess Billiau | M: 0408 781 914

Bundaberg

Olga Beath | M: 0429 877 100

Caboolture

Nerida Smith OAM | M: 0412 498 106

Kenmore

Hon. Teresa Gambaro | M: 0409 849 718

Red Hill

Jeanine Mewburn | M: 0419 022 985

Southport

Jess Billiau | M: 0408 781 914

Wynnum

Pamela O'Connor | M: 0403 683 963



Your Questions Answered



Let our panel of health experts answer your most pressing questions.

LAQ's Panel of Experts:

LAQ's health experts are Hildegard Reul-Hirche (Physiotherapist), Robyn Scheer (Occupational Therapist) and Jennifer Gilbert (Registered Nurse).

Q. I asked my doctor and he was not sure. Is it true that certain types of blood pressure medications could be exacerbating my lymphoedema symptoms?

A. The literature suggests that some antihypertensive medication may influence your lymphoedema.

If you are concerned, you need to discuss this further with your GP or cardiologist.

The management of your blood pressure is important and might not be well controlled with another type of antihypertensive medication.

If you have a question you would like our Health Panel to answer, please email it to newseditor@lymphqld.org

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The Lymphoedema Association of QLD



Spring Into Summer With Self Care

Author: Pam O'Connor

Spring has certainly sprung by now and here in sunny Queensland the weather is definitely warming up and constantly reminding us that summer is just around the corner.

Summer is a tough time for most lymphies as the heat usually makes our swelling worse. But as this summer approaches, it presents even more of a challenge in these COVID-19 times.

The restrictions, isolation and lockdowns of a global pandemic has led to more emphasis on the importance of self-management of our lymphoedema, even more so in our tropical Queensland climate.

To help us keep our cool this summer and manage this chronic condition during Coronavirus, we have looked to [The Lymphie Life's blog](#) for 5 top tips and adapted these for Queenslanders:

1. Create a routine – and stick to it.

Routines can help you foster and maintain a sense of purpose. During

this time of uncertainty and disruption, keeping a routine can be especially grounding. Create a routine around your lymphoedema treatment. Schedule it into your diary. Block out time to do your self-lymphatic drainage, pumping, dry brushing and exercising. Just like you do with your appointments to see your lymphoedema therapist. Life doesn't always go according to plan so don't get too hung up about it: like everything in life, a healthy balance is key. If you don't get to it today, get on to it tomorrow.

2. Make time for movement.

We all know exercise is good for our overall health, both mentally and physically, but it's even more crucial for lymphies. Lymph fluid relies heavily on muscle contractions to help move it along. If you're new to exercise, it's important to start slowly with gentle exercise and progress gradually. Get outdoors and enjoy our beautiful Sunshine State. Take care to avoid the midday sun, cover up and don't

“Create a lymphie-friendly space. Set up an ‘elevation station’ for your affected limb/s, for example, using leg rests or pillows. Keep your environment cool.”

forget your hat, sunscreen and insect repellent. Head to the pool if you can – it's a fantastic way to cool off as well as exercise without wearing compression and it's like having a manual lymphatic drainage. If you don't want to head outside for your exercise, there are plenty of other options you can do at home.

Look up YouTube for exercises such as yoga or join an online fitness class. If your mobility is restricted, seek advice from your lymphoedema therapist on how to modify your exercise.

Continued on page 5 >

3. Adapt your environment to your needs, lymphoedema and otherwise.

We're all spending more time at home lately so we might as well make it comfortable. Create a lymphie-friendly space. Set up an "elevation station" for your affected limb/s, for example, using leg rests or pillows. Keep your environment cool with airconditioning or fans, using cooling gel packs or chill towels in the fridge. If you're working from home, use a foot rest if you have lower extremity lymphoedema, but also get up and move around often if you can. For upper extremity lymphoedema, make sure your desk is set up ergonomically to support your arms. Don't forget your deep diaphragmatic breathing as well.

4. Lean on your support system.

You may be experiencing increased feelings of anxiety, loneliness, sadness and anger. Sometimes this can be

overwhelming. Be proactive in managing these feelings by reaching out and connecting with your support system.

This is where the Lymphoedema Association of Queensland comes in, offering support within our Queensland lymphie-strong community.

The LAQ offers support group catch-ups from Brisbane to Bundaberg and beyond. Visit www.lymphqld.org/events for our current events. If there's none near you, why not host a meeting? The LAQ can help you to set up an event and reach out to others in your area.

You can also join in the many online lymphoedema groups. **The LAQ is also on Facebook** and Instagram #lymphqld and you can post questions or topics on the LAQ private Facebook group, **Lymphoedema Queensland**.

If you can't be face-to-face with your loved ones, then reach out with a video chat (Skype, Zoom, FaceTime or simply

phone call) wherever they are in the world.

5. Do something fun and engaging.

Now is the time to explore hobbies or interests you've always wanted to do but never had the time to before. Challenge yourself to take up something new or to simply do something different. A change is as good as a holiday and will give you a fresh perspective when managing a chronic condition starts getting you down. To help get you going, why not challenge yourself to declutter one room at a time and donating things you no longer need. Then do something fun, such as learning new skills through a free online course, or experimenting with cooking an exotic recipe. If it's simply too hot in the kitchen for cooking, then head to the couch to elevate your legs and take a virtual tour to somewhere you've never been before – Antarctica sounds cool and inviting!



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World Champion Lifesaver

Champion surf lifesaver Liz Crilly is a true inspiration.

At the age of 73, Liz is the current State, Australian and World Champion in the Surf Race and Board Rescue events. She also competes in 2km Open Water races.

And she hasn't let a global pandemic get in her way either! Even when COVID-19 restrictions closed her local pool, she headed to the ocean instead to swim-train with a Master's Squad.

Liz also has lymphoedema and what makes Liz's achievements even more remarkable is that she took up surf lifesaving only nine years ago, at the age of 64. Liz loves swimming and the ocean, and her children had been involved with Nippers, so when Liz retired she decided to give surf lifesaving a go and also be involved with volunteer work. In 2011, she gained her Bronze Medallion in Surf Lifesaving and started doing beach patrols at Kurrawa SLSC and competing in surf carnivals.

Liz hasn't let lymphoedema get in her way of achieving her goals. She has secondary lymphoedema in her left leg.

"I was diagnosed with uterine cancer in 2014 and after surgery, chemotherapy and radiation I developed lymphoedema. Until then I had not heard of the condition," Liz says.

"My gynaecologist, medical oncologist and GP, while sympathetic and wonderful people, didn't have a lot of knowledge about it. I was eventually referred to a lymphoedema therapist who educated me and set me on the correct path for life-long management."

Liz enjoys exercise and her favourite sport is – you guessed it – swimming! Her love of sport and her competitive nature is evident in her successful pursuit to be able to wear her compression garments when competing in events.

"After much difficulty, determination,

and perseverance I was granted permission to wear full-length compression tights under my bathers when competing. This is a deviation from the accepted and approved swim costume as ruled by the governing body, Surf Lifesaving Australia," Liz says.

"I am required to submit a letter from my oncologist and GP each year stating that my lymphoedema is still present, and I have a need for compression.

"I was not going to let my lymphoedema hold me back!"

She was honoured to be chosen to be a Queen's Baton Bearer in the 2018 Commonwealth Games.

Liz is just as determined to look after her lymphoedema in her everyday self-management.

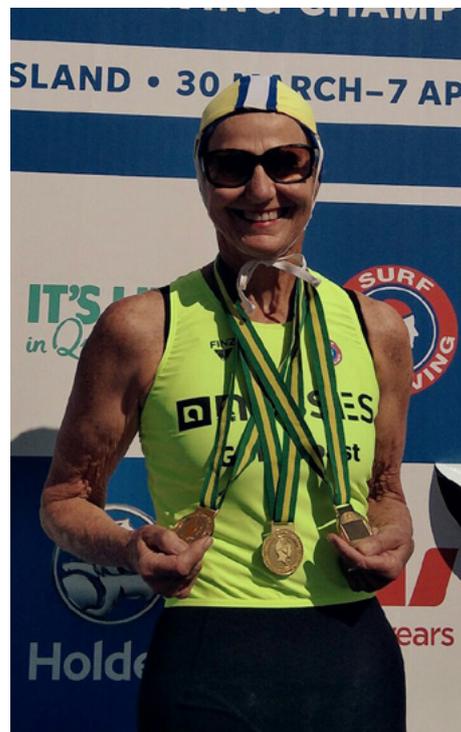
“I was not going to let my lymphoedema hold me back!”

"I try to be pro-active with the treatment. I now wear a full-length compression garment during the day and a Haddenham Comfiwave garment at night. I see my lymphoedema therapist each fortnight for manual lymphatic drainage and measurements and I do self-lymphatic drainage each day," Liz says.

She said she has tried using a compression pump but found it was unsuccessful. She is hoping to have an ICG (Indocyanine Green fluorescent imaging) procedure at Macquarie University in Sydney next year to learn more about her own lymphatic system. Apart from swimming and surf lifesaving, Liz enjoys yoga, deep water running and a daily 6km walk.

After 50 years as a primary school teacher and teaching English to international students, Liz retired from full-time work two years ago.

"I continue to tutor students after



Liz Crilly is the current State, Australian and World Champion in the Surf Race and Board Rescue events.

school. I have taught in Victoria, Papua New Guinea, England and Queensland. Teaching has been a wonderful and rewarding career," Liz says.

She celebrated with her husband their 50th wedding anniversary in August.

"Family, exercise and travelling are what I enjoy most," Liz says.

While the pandemic has thwarted her Lifesaving World Championships hopes in Italy this year, Liz is keeping busy competing in lifesaving events closer to home on the Gold Coast and Sunshine Coast.

"I became a member of LAQ two years ago. I joined to keep up-to-date with the latest research and to find tips about how to manage my lymphoedema. I greatly appreciate the support and understanding LAQ offers and I always enjoy reading Node News."

Liz's Top Tips:

Around work and caring for my grandchildren I make time for exercise every day. It has been so beneficial in keeping my lymphoedema under control.

Living a Marathon Lifestyle

Running marathons helps Ros Heit to gain control of secondary lymphoedema in her right arm.

Ros, 61, of Kingaroy, was diagnosed with breast cancer in 2015 and had a mastectomy, axillary node clearance, chemotherapy and radiation.

The following year, in 2016, she noticed swelling in her right arm and was diagnosed with lymphoedema after referral to Brisbane lymphoedema practitioner Lorna Golombick.

Lymphoedema has not stopped Ros from achieving her dreams and a year later, in 2017, she completed her first half marathon.

“A persistent seroma dogged my treatment and this seemed to exacerbate my lymphoedema,” Ros says.

“Lorna helped me with compression garments, treatment and advice. After completion of my radiation and an infected seroma, I started running.”

Her cancer diagnosis was a life-changing event for Ros, and she turned to exercise as a way to face the mental challenges of cancer treatment and to help reduce the chance of the cancer returning. So she decided to join some friends who were in a running club and enjoyed the social side of having coffee with them after the run.

“I had never run before so started pretty slow. I was still wearing compression garments and following all the exercises. I found a local manual lymphatic drainage therapist.

“By 2017, it was way more stable and I only wore compression garments for flying or long car journeys. I mastered arm massage while driving!

“Last year, I had a really nasty episode of cellulitis. It was a good reminder that I had a chronic condition. I had perhaps become complacent. A week in hospital and amazingly the arm went straight down.

“Now, while the arm is slightly larger than the other one, it gives me little grief although my cellulitis episode was a timely warning.”

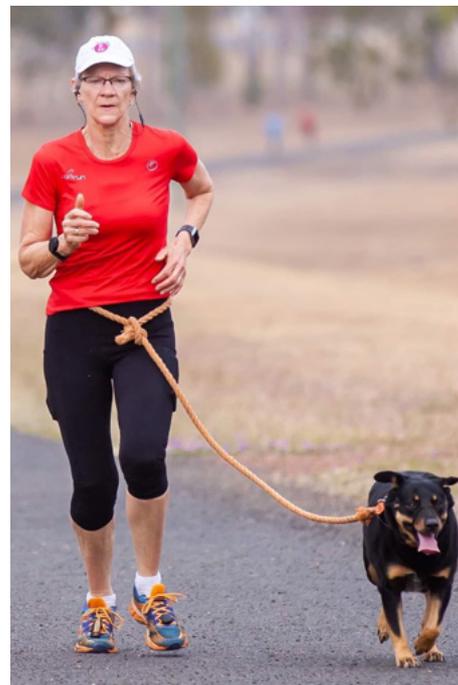
Ros says she joined the Lymphoedema Association of Queensland to follow treatment trends and to support the work of the organisation.

The former social services manager’s career turned to politics when she became a local councillor for the South Burnett Regional Council for the past six years, until the council elections earlier this year.

“Last year, I had a really nasty episode of cellulitis. It was a good reminder that I had a chronic condition. I had perhaps become complacent.”

In June she was busy organising the Wondai Country Running Festival, which was a huge success despite the added stress of organising a running event compliant with COVID-safe restrictions. About 500 runners descended on the small country town Wondai, which normally has a population of about 2000.

Ros plans to run a full marathon this year. The original plan was to run the London Marathon in April with her son to mark five years since her cancer diagnosis. That plan was derailed due to COVID-19, but that hasn’t stopped Ros from pursuing her dream and she now



Ros Heit running with her trusty training partner Tess.

has her sights set on the River Run full marathon in Brisbane in October.

Along with her running training partner, her dog Tess, we have no doubt Ros will achieve her full marathon goal.

Ros's Top Tips:

Take control of your own situation in partnership with your therapist but never take lymphoedema for granted. After three years with no problems I had a fast and vicious bout of cellulitis last year after a tiny splinter. A week on IV antibiotics and all under control again. It was a heck of a wake-up call and while my arm generally is now very good, I will never be complacent. Since my diagnosis and surgery, running has become a part of my life and I love it and I feel it contributes to keeping my arm down.

SHARE YOUR STORY WITH OUR READERS

We love sharing our Members’ journey with lymphoedema. Their real-life stories, tips, guidance and sharing of information helps to create an important resource for LAQ Members while also raising awareness.

If you would like to share your story and be profiled in the next issue of Node News please [click here](#) to make your submission.

Mobile Apps for Lymphoedema

Authors: Amanda Pigott and Megan Trevethan, Occupational Therapy Dept., Princess Alexandra Hospital, Brisbane

Many health professionals are currently working remotely from their patients due to the restrictions imposed by the COVID-19 pandemic response. While this is necessary to meet our healthcare obligations, it has placed increased emphasis on the need for self-management of lymphoedema.

There are many new technologies and web platforms emerging to support self-management. The use of mobile apps is one technological approach that can support the face-to-face or telehealth treatment provided by a lymphoedema practitioner.

The use of apps has become commonplace with some health conditions, however, there are only a few apps available to support people with lymphoedema. The growth of mobile phone usage makes apps readily available to support healthcare delivery to people with lymphoedema. They present a potentially convenient and accessible method for information delivery and self-management

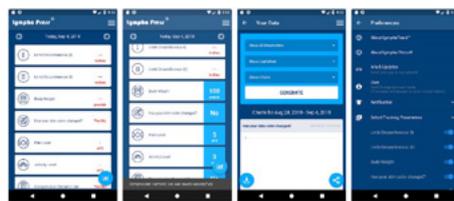
“*The use of mobile apps is one technological approach that can support the face-to-face or telehealth treatment provided by a lymphoedema practitioner.***”**

support. One of the challenges with app development is achieving consistent availability as there is a need to continually update programs to comply with updated software and hardware releases. This challenge has affected a number of lymphoedema apps that were previously available but are unfortunately no longer accessible.

Like all information sources, the quality and content of apps also requires review to find those which are reliable and most suitable for patients. This review summarises the features of some of the available lymphoedema apps. The LAQ does not endorse the use of any specific

apps and this information is provided for reference only. Some apps may have been designed for the therapist use but can also provide useful information for people with lymphoedema.

Lymphatrack



Produced by: LymphaPress

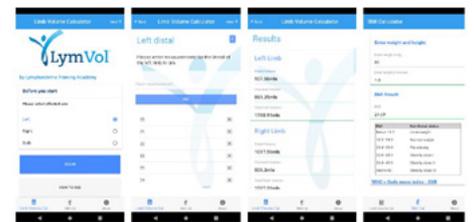
Availability: Free app available in English, Spanish, German, French and Russian versions. Available on Apple iOS via the App Store and in an Android version via [Google Play](#).

Features: Lymphatrack provides a platform for users to record lymphoedema symptoms and self-care treatments. Data can be entered daily, and the app creates graphs to monitor progress over time. Measurements are displayed graphically with one parameter per graph and can be shared with clinicians or others via email, message services or saved as a PDF. Users select the relevant parameters they wish to record from the list: limb circumference (only 2 points can be entered, location chosen by the patient), body weight, skin colour changes, pain, activity level, compression garment use, self-lymphatic drainage, pneumatic compression use, wound size, medical status change, falling incident.

Commentary: This is a simple app with easy-to-follow instructions for set-up and navigation. There is a website and a helpful [PDF available](#) for additional information if required. A limitation of the app is that only two

circumference points can be entered for tracking purposes. A positive feature is the inclusion of body weight tracking allowing a patient or therapist to monitor the interaction between weight and limb circumference.

LymVol – Lymphoedema Limb Volume Calculator



Produced by: Lymphoedema Training Academy

Availability: \$33.99 available on Android via [Google Play](#)

Features: Users enter their circumferences and the app calculates a limb volume. Volume calculations are used to produce:

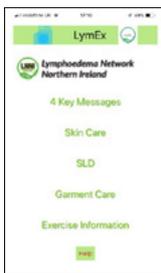
- distal, proximal and total volume(s) for each limb and a distal/proximal ratio
 - total excess volume in ml and as a percentage relative to the other limb
- Body mass index (BMI) calculations are also available.

Commentary: This is a volume measurement calculation app designed to support health professionals easily transform circumferential measurements of unilateral or bilateral limb lymphoedema into a limb volume calculation. It prompts the user to enter circumference measurements taken at 4cm increments along the limb and automatically calculates volume. The number of measurement points is not limited but must be the same for both limbs. It provides outputs for the whole

limb along with isolating proximal and distal segments.

The app is useful for converting point-in-time measurements to a limb volume calculation. However, it does not store data or compare volume change over time. Nonetheless, there is a downloadable form for manual recording of measurement circumferences and volume calculations for this purpose. The app also allows for weight and height entry for quick calculation of BMI, but again does not store information for comparison over time.

LymEx



Produced by: Lymphoedema Support Network, Lymphoedema Network Northern Ireland, MED

Availability: Free app available on Apple iOS via the App Store and Android via [Google Play](#)

Features: This is an information provision app with 4 key messages:

1. Skin care: how and why to care for skin and nails
2. Simple lymphatic drainage: arm,

leg and head and neck massage sequences

3. Garment care: tips for wear and care
4. Exercises: reasons for exercises and examples of lymphatic circulation exercises

Commentary: This is a simple app with 4 key areas of information that would commonly be provided by lymphoedema practitioners. The app could be useful to reinforce individualised education provided by practitioners. The app does not have any monitoring or reporting capacity and does not allow for personalisation.

Lymphedema Disease & Symptoms



Produced by: Unknown source

Availability: Free app available on Android via APK [download link](#)

Features: This is an information-only app with general information regarding:

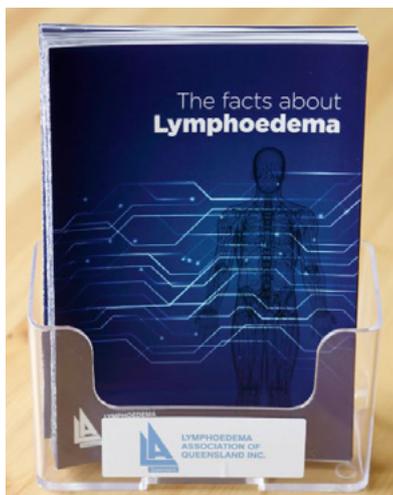
- definition, description of disease
- signs and symptoms

- causes of secondary and primary lymphoedema
- complications, including infections and lymphangiosarcoma
- preparing for your appointment
- tests and diagnosis
- lymphoedema treatment overview
- coping support
- prevention and risk reduction practices

Commentary: This is a simple app that provides information regarding lymphoedema background, diagnosis and management. The app is limited to brief snapshots of information with no reference material or source provided. Components may be useful for simple education information or reminders of general symptom and risk reduction practices, as well as encouraging patients to be proactive in seeking information and support for lymphoedema management. Accessing the app is complicated with no direct download from Google Play. There is also no information identified regarding the app developer, with the last version updates being in 2016.

*An abridged version of the article published in the *Australasian Lymphology Association's Lymph Exchange* August 2020.

Zonta Club Donation Funds New Brochure



In September LAQ President, the Hon. Teresa Gambaro addressed the Zonta Club of Brisbane Sunrise's breakfast meeting. At the invitation of Club President - Ally Green, Teresa spoke about lymphoedema while also thanking the club for their kind and generous donation to LAQ. Through the fundraising efforts of the club, LAQ's new 'Facts About Lymphoedema' brochure was produced and printed. The Zonta Club of Brisbane Sunrise may be small, but their fundraising efforts

and aims to improve the legal, political, economic, educational, health and professional status of women through service and advocacy are mighty. The club welcomes new members, so if you are interested in finding out more you can contact Flora Di Lizio on 0418 753 554. We acknowledge and appreciate the Zonta Club of Brisbane Sunrise for their generous donation and congratulate them on their fundraising efforts and the support they provide to assist women who suffer from breast cancer.



How to borrow up to \$250,000 more than you thought possible

All lenders are NOT the same!

You might be surprised to know that each Bank's lending criteria is different. One Bank might allow a couple to borrow \$400,000 and another Bank may allow that same couple to borrow up to \$658,000.

The difference is enormous. Unless you have an unlimited amount of time on your hands it can be time consuming running from Bank to Bank to find the institution that offers you the best deal. The good news is you don't have to.

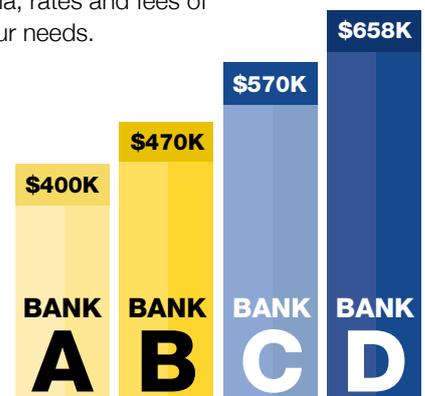
At Home Loan Connexion we'll do the legwork for you. We compare the lending criteria, rates and fees of up to 35+ financial institutions and recommend the most suitable loan package for your needs.

If borrowing the most amount of money is of most importance to you, we can instantly find the right lender for you.

To buy or refinance – contact the women you can always count on!



Tracy Kearey Toni Amato Eleanor Crosby Kristy Barnard Lauren Conde Taylor Kelly Rachael Scott



Figures quoted shows how different lenders might assess the maximum borrowing capacity of a couple with one child, earning \$110,000 p.a. A client's ability to borrow will be influenced by which lender they choose and their personal circumstances.

1300 888 299

www.homeloanconnexion.com.au



Australian Credit Licence 387419

Editor Says



Spring is here and it's my favourite time of year, but it also means summer is just lurking around the corner.

In fact, as I write this column it feels like spring has also skipped over to summer already with temperatures above 30 degrees.

In our tropical Queensland climate this means lymphies need to be extra vigilant to keep our cool and on top of our self-management routine to keep the swelling under control.

This year, thanks to COVID-19, has proved to be rather challenging for us to stay on top of our self-management.

Staying at home and being socially distant from family and loved ones can put a strain on our mental wellbeing.

Working from home may lead to being more inactive and perhaps some weight gain. Maybe COVID-19 has affected your employment or financial situation. You may not have been able to access the treatment you need from your lymphoedema therapist.

Hopefully in the past few months we have learnt to turn some of the negatives into positives as we look towards adapting to a new future living with this pandemic.

We are lucky to be living in beautiful Queensland and enjoying relative freedom compared to just a few short months ago. Let's all work together to see this continue.

It is heartening to see our support group catch-ups around the State building momentum. I encourage you to join in

a catch-up (or a few). It is a wonderful way to meet other lymphies over a cuppa for support and share each other's stories. You are not alone in dealing with this condition, and together we can be stronger.

As we head towards Christmas, I hope we will all be able to catch up with our loved ones in person. This year will be a Christmas like no other and it will be even more important to stay connected with each other, especially if we cannot see them in person. The LAQ can help you to connect with your lymphie community for support.

I hope you enjoy reading this bumper new-look issue of Node News. I would love to hear your thoughts, drop me an email at newseditor@lymphqld.org.

Favourite Recipe



This edition's Favourite Recipe is from our Editor Pam O'Connor. This light and moist recipe is adapted from Silvia Colloca's **Yoghurt, Blackberry and Olive Oil Loaf Cake recipe**, featured in her Cook like an Italian series on SBS Food.

Swap the butter for a mild extra virgin olive oil for a healthier option, team it with thick Greek yoghurt for a lighter cake and the addition of big juicy blueberries deliver an antioxidant kick. Blueberries and lemon are a perfect match so squeeze in the juice of a whole lemon along with the finely grated rind for extra zest. Top it off with crunchy flaked almonds for a protein boost. A cake with a healthy twist and tastes amazing – it's a winner in Pam's house!

Blueberry and Lemon Loaf Cake

Ingredients:

- ½ cup caster sugar
- 3 eggs
- 100ml thick Greek yoghurt
- 100ml mild extra virgin olive oil
- 1 1/3 cups self-raising flour
- 1 vanilla bean, split and seeds scraped or 1 tsp vanilla paste
- Finely grated zest and juice of 1 lemon
- 1 punnet blueberries
- 2-3 tbsp flakes almonds
- Icing sugar, for dusting

Method:

- Preheat oven to 180C. Line a 13cm x 28cm loaf tin with baking paper.
- Place the sugar and eggs in a bowl and whisk until creamy. Add the yoghurt, oil and flour and mix until smooth, then stir in the vanilla, lemon zest and lemon juice. Gently stir in three-quarters of the blackberries, then pour into the prepared tin. Top with the remaining berries and the almond flakes. Bake for 40-45 minutes or until pale golden and a skewer withdraws clean.
- Cool in the tin then turn out onto a rack to cool completely. Serve as is or dusted with icing sugar, or with a dollop of yoghurt or a scoop of gelato.

SHARE YOUR RECIPE WITH OUR READERS

Do you have a favourite recipe you would like to share with our readers? Share your recipe [here](#) along with a photo of yourself with your delicious creation.

In Honour of Carole Cooper's Life

We acknowledge and appreciate the kind donation made by James Cooper following the sad passing of his wife and LAQ member Carole Cooper. The generous donation received from the Cooper family honours Carole's life, her contribution and support for those with

lymphoedema and provides LAQ with much needed funds to continue with our mission.

In Honour of Carole Cooper
 The production of this brochure was made possible via a bequest from the estate of the late Carole Cooper. A dedicated and long serving Member of the Lymphoedema Association of Queensland Carole worked tirelessly providing support and guidance for those with Lymphoedema.

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Lymphoedema Association of Queensland
 Postal Address: PO Box 5058, Mackay Street QLD 4007
 Phone: 0403 782 795
 Email: info@lymphqld.org
 Web: www.lymphqld.org
 Visit our website for details of our Support Group meetings.

In Appreciation



A special thanks to Leisa Gill who started 'Cards for a Cause'. Leisa and her late Mum used to make cards together. Every Monday they would spend a couple of hours making unique cards. After her mother passed in 2010, Leisa and a friend started 'Cards for a Cause'.

The group has grown and now twice a year many friends come together to create beautiful cards. Over the past decade 19 card making events have been held and over 75,000 cards have been distributed across Australia raising funds for drought relief, flood, fires and the Women's League.



We thank Leisa for the generous donation of cards recently received by LAQ. They are helping our charity to raise much needed funds during COVID-19 restrictions. Leisa, you and your team are champions. If any LAQ members would like to assist Leisa by donating scrapbooking bits and pieces they would be greatly appreciated. **If you have items or would like to contribute, please contact Leisa Gill on 0478 738 824.**

Remember LAQ in Your Will



Including a gift in your will is an extraordinary way of creating a life-changing legacy. In a world that faces so many challenges, it is a means of making a genuine, lasting difference and helping to build the future for those living with lymphoedema.

Our Thanks

Our many thanks go to Cr Tracy Davis and her office for the invaluable assistance to LAQ with printing copies of Node News so they can be posted to those LAQ Members who do not have access to emails.

Your support makes a world of difference

LAQ is a beacon of light and the trusted resource Queenslanders turn to when their lives have been affected by Lymphoedema. Your contribution will help us to continue our services and support.



- Make a Donation
- Create a Facebook Giving Post
- Sponsor a Fundraiser
- Leave a Gift in Your Will

www.lymphqld.org

The Lymphoedema Association of QLD
M: 0403 782 795 E: info@lymphqld.org

\$2 Million Funding For Garment Subsidies

The Lymphoedema Association of Queensland welcomes the Federal Government announcement in July of a \$2 million a year commitment for lymphoedema support at the National level, giving Australians with lymphoedema greater access to therapeutic compression garments.

The federal funding will be used to boost state and territory schemes to subsidise compression garments for lymphoedema, and contribute to

establish schemes in South Australia and Western Australia, while the State Government funding will be focused on delivering better services closer to home.

Federal Minister for Health Hon. Greg Hunt said after extensive consultations, all states and territories agreed on outputs for the funding, which “represent a significant step towards a nationally consistent approach to this important issue”.



Card For Companion Support

If you have a lifelong need for ‘attendant care support’ in order to participate in community activities and attend venues, the Queensland Government’s Companion Card can help with the costs of getting out and about with the support of a companion.

Companion Card holders receive a second “companion” ticket at no charge at participating venues and on public transport. The “companion” ticket is also exempt from booking fees.

The Companion Card is issued in the



name of the person who has a disability and is valid for five years.

A companion is any person who accompanies a cardholder and provides attendant care support. The companion may be a paid or unpaid assistant or carer, family member, friend or partner.

Attendant care support means significant assistance with mobility,

communication, self-care or learning, where the use of aids, equipment or alternative strategies does not enable a person to carry out these tasks independently.

Attendant care support does not include the companion providing only social company, reassurance or encouragement.

The Companion Card is not income or asset tested.

For more information about the companion card, [click here](#).

Reach Out For Care Army

The Care Army is about bringing Queenslanders together to lend a hand to seniors and people most at-risk during the COVID-19 pandemic, while continuing to practice social distancing techniques.

There are three simple ways all friends, family and neighbours can help:

1. Reach out for a chat and stay connected. It’s incredibly important to stay connected with our seniors in this time of isolation – we need to watch out for their mental health, contribute to their happiness, and just remember to

have regular chats.

2. Make sure our seniors have enough food. We can see the stress that comes with access to food by watching the recent panic-buying. Help our seniors by picking up groceries for them or teaching them about online shopping if they’re not already a dab-hand.

3. Make sure they have access to all their medication needs. Many seniors need to visit the pharmacy more than others. When they’re self-isolating, they’ll need help to pick up medications and provide telehealth information when needed.



If you’re a senior and need the Care Army for community support, give them a call on 1800 173 349. For more information, [click here](#).

Just in Time For Christmas

These shopping ideas are designed to revitalise, restore and enhance a feeling of well-being. Every product you purchase from LAQ's Online Shop helps us to continue our mission to improve and support the lives of those living with the challenges of Lymphoedema.

Fig n Cedar | LAQ Revive Me Gift Bag



Price: \$34.95 (normal RRP \$85)

This Luxurious Sasy n Savy native Australian natural skin care and nurturing wash will leave your skin clean and refreshed. Nutrient-rich Fig oil helps to alleviate & rejuvenate dehydrated skin and enhance circulation. Gift Bag includes: Fig n Cedar Wash 350mL, Fig n Cedar Moisturiser 350mL and Empower Floral Spray 125mL. For more information or to purchase visit lymphqld.org/shop

Citrus Bloom | LAQ Refresh Me Gift Bag



Price: \$32.95 (normal RRP \$83)

Enriched with vitamins, antioxidants, avocado and jojoba oil to deeply cleanse and walnut shell to exfoliate and enriched with Kakadu plum and wild rosella extracts, aloe vera and jojoba oil to hydrate and nourish the skin. The Citrus Hand Cream with nutrient-rich shea butter and macadamia oil, orange,

lemon and grapefruit oils uplift and restore. Gift Bag includes: Walnut Citrus Body Scrub 100mL, Citrus Souffle Body Crème 180mL and Citrus Hand Cream 50mL. For more information or to purchase visit lymphqld.org/shop

Hand Made Christmas Cards



Price: \$10.00 (assorted pack of 4)

These hand-made Christmas cards have been lovingly created by the volunteers from 'Cards for a Cause'. A gift in themselves these beautifully designed cards will delight any recipient receiving them during the festive season. They come packaged in packs of four assorted designs. For more information or to purchase visit lymphqld.org/shop

NS Dry Skin Moisturiser - Dry Skin (100g Tube)

Price: \$8.95



NS Dry Skin Moisturiser is a light, non-greasy natural moisturiser for dry or sensitive skin. Rich in tissue nutrients, essential oils and soothing herbal extracts, it hydrates and nourishes dry skin to help maintain skin's natural softness. Shea Butter, Aloe Vera and Allantoin hydrate and soothe while vitamin B5, C and E nourish dry skin. For more information or to purchase visit plunketts.com.au

NS Dry Skin Moisturiser - Dry Skin (100g Tube)

Price: \$8.95



NS Sensitive Skin Cleanser is a natural non-foaming, pH balanced, 100% emollient cleanser for extra dry or very sensitive skin

conditions. It cleanses and moisturises your skin without stripping away natural oils. No tear formula and can be used without water – ideal for bed bathing. Contains no soap or surfactants (including NO SLS/SLES). For more information or to purchase visit plunketts.com.au

Face Masks - Reusable



Price: \$15.00 (2 per pack)

Add some colour to your face wear this Summer. Sold as a 2 pack these reusable, reversible and environmentally friendly face masks are made from three layers of good quality cotton fabric with adjustable wire nose piece and elastic over ear attachments. To see the full range of colours or to purchase visit lymphqld.org/shop

LAQ PROFESSIONAL MEMBERS DIRECTORY

Are you seeking services to assist with the management and treatment of your Lymphoedema? Our directory of Professional Members may help. For further information about a Professional Member, the range of services offered, hours of operation and areas of treatment and expertise please visit: www.lymphqld.org/treatment-facilities

BRISBANE

AUCHENFLOWER Wesley Hospital Lymphoedema Clinic | Miranda Hawke, Senior Occupational Therapist or Alexandria Rowbotham, Occupational Therapist.
 ☎ 07 3232 6190
 ✉ wesley-dayrehab@uhealth.com.au
 🌐 www.wesley.com.au

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FERNY HILLS Karen K Physiotherapy

Karen Kennelly, Physiotherapist.
 ☎ 07 3851 0762
 ✉ karen@karenkphysio.com.au
 🌐 www.karenkphysio.com.au

GRANGE QLD Lymphoedema & Breast Oncology Physiotherapy

Dr Robyn Box, Physiotherapist.
 ☎ 07 3356 7737
 ✉ qlbopreception@bigpond.com

KANGAROO POINT Kaori Langley Massage Therapy

Remedial/Oncology Massage Therapist and Lymphoedema Practitioner.
 ☎ 0411 380 986
 ✉ kaori@kaorilangley.com.au
 🌐 www.kaorilangley.com.au

KEDRON Feelfit Physiotherapy
 Rosemary McKeon, Physiotherapist.
 ☎ 07 3357 1803
 ✉ rosemary@feelfit.com.au
 🌐 www.feelfit.com.au

KENMORE Westside Lymphoedema
 Melody Brown, Occupational Therapist.
 ☎ 0401 862 133
 ✉ melody@westsidelymphoedema.com.au

**MIDDLE PARK Claire Siertsema
Massage Therapy** | Claire Siertsema, Massage Therapist.
 ☎ 0409 573 928
 ✉ claire.siertsema@bigpond.com

**MITCHELTON Mitchelton
Physiotherapy, Sports and
Rehabilitation Centre** | Janine Whitlock-Soetens, Physiotherapist.
 ☎ 07 3354 1300
 ✉ mitcheltonphys@tpg.com.au
 🌐 www.mitcheltonphysiotherapy.com.au

**MOOROOKA Heyworth-Smith
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 ☎ 0416 123810
 ✉ deniseot@bigpond.net.au
 🌐 www.breastandshoulder-rehab.com

**SOUTH BRISBANE Mater Health and
Wellness** | Bekk Christensen and Caitlin Ryan, Occupational Therapists.
 ☎ 07 3163 6000
 ✉ info.wellness@mater.org.au
 🌐 wellness.mater.org.au

**TARINGA Gailey Fiveway
Physiotherapy** | Mandy Goodyear, Physiotherapist.
 ☎ 07 3870 9290
 ✉ admin@fivewaysphysiotherapy.com.au
 🌐 www.taringaphysiotherapy.com.au

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For enquiries call
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or email us at
advertising@lymphqld.org

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 ☎ 0408 925 066
 ✉ ableford@gmail.com

WOOLLOONGABBA **Princess Alexandra Hospital** | Dr Amanda Pigott, Occupational Therapist.
 ☎ 07 3176 5008
 ✉ amanda.pigott@health.qld.gov.au

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BRASSALL **All Wellness Massage** | Liz Lindgren, Remedial Massage Therapist.
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 ✉ info@allwellnessmassage.com.au
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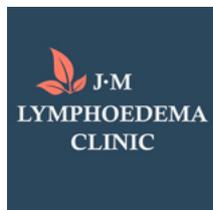
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 Michael Gilbert, Physiotherapist.
 ☎ 07 3805 3223
 ✉ enquiries@fizzioforlife.com.au
 🌐 www.fizzioforlife.com.au

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 Juliet George, Remedial Massage Therapist.
 ☎ 0478 770 448
 ✉ Juliet@julietgeorge.com.au
 🌐 www.julietgeorge.com.au

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Jeanine Mewburn
 Complex
 Lymphatic
 Therapist

We aim to help restore dignity and improve quality of life for people with Lymphoedema specialising in Complex Lymphatic Therapy treatment.

☎ **0419 022 985**
 ✉ mewburnj@bigpond.net.au
 🌐 www.jmlymphoedemaclinic.com.au

KALLANGUR **Hummingbods Massage Therapy** | Julie Kuskopf, Remedial Massage Therapist.
 ☎ 0416 673 983
 ✉ julie@hummingbods.com
 🌐 www.hummingbods.com

NORTH LAKES **Seed Physiotherapy**
 Lorna Golombick, Physiotherapist.
 ☎ 07 3622 6445
 ✉ lorna@seedphysio.com.au
 🌐 www.seedphysio.com.au

REDCLIFFE **Caroline Oertel Occupational Therapy** | Caroline Oertel, Occupational Therapist.

☎ 0423 172 554
 ✉ oertel.ot@gmail.com

GOLD COAST

BIGGERA WATERS **Equilibrium Massage and Bowen Therapies Clinic**
 Carol Watson, Decongestive Lymphatic Therapist.
 ☎ 0481 388 374
 ✉ caroltwatson@yahoo.com

BENOWA **Focus on Women Physiotherapy** | Michelle O'Malley and Jenny Nucifora, Physiotherapists.
 ☎ 07 5539 2362
 ✉ info@focusonwomenphysio.com.au
 🌐 www.focusonwomenphysio.com.au

HELENSVALE **Power of Touch Massage** | Anne Cifuentes, Remedial Massage Therapist.
 ☎ 0417 720 878
 ✉ info@poweroftouch.com.au
 🌐 www.poweroftouch.com.au

MERMAID WATERS **Lymph Drainage Therapy** | Kylie Fletcher, Lymphoedema Therapist - Vodder trained.
 ☎ 0432 343 770
 ✉ kylie.fletcher@optusnet.com.au

ORMEAU **Palms Lymphoedema Clinic - Mobile Service** | Pauline Wallace, Lymphoedema Practitioner.
 ☎ 0408 704 088
 ✉ lymphtreatment@gmail.com
 🌐 www.lymphtreatment.com.au

PARADISE POINT **Health Changes**
 Cheryl Gilbert, Remedial Massage Therapist - Vodder trained.
 ☎ 0414 094 892
 ✉ cheryl@healthchanges.com.au
 🌐 www.healthchanges.com.au

SOUTHPORT **Breast Care**
 Melissa Jennings, Lymphoedema Physiotherapist.
 ☎ 0414 226 032
 ✉ info@breastcare.com.au
 🌐 www.breastcare.com.au

SUNSHINE COAST

BUDERIM Bloomhill Cancer Care

Debbie Myers, Remedial Massage Therapist and Complex Lymphoedema Therapist.

☎ 07 5445 5794

✉ debbie@bloomhill.com.au

🌐 www.bloomhill.com.au

CALOUNDRA Bring Your Body to Life Health Studio | Karen Wilson, Physiotherapist.

☎ 07 5492 6969

✉ enquiries@bringyourbodytolife.com

🌐 www.bringyourbodytolife.com

MINYAMA Function Plus Therapy | Carlicia Mellick, Occupational Therapist.

☎ 0455 120 077

✉ carlicia@functionpl.us

🌐 www.functionplustherapy.com.au

NOOSAVILLE Noosa Sports & Spinal Physiotherapy | Helen Swift, Physiotherapist.

☎ 07 5449 0024

✉ noosaphysio@lifecare.com.au

🌐 www.noosasportsphysio.com.au

REGIONAL QLD

CAIRNS Cairns Occupational Therapy Pty Ltd | Kerry Stingel, Occupational Therapist.

☎ 07 4042 6333

✉ admin@cairnsot.com

🌐 www.cairnsot.com

CAIRNS Lymphoedema Lipoedema Care (LLC) Katherine Turner, Lymphoedema Specialist.

☎ 0417 940 972

✉ katherineturner2019@outlook.com

🌐 www.katherineturner.com.au

GATTON My Care Physio and Therapy

Marina Crichton, Physiotherapist.

☎ 07 5462 1131

✉ admin@mcphysio.com

GLADSTONE A Myo-Therapy Lymph and Remedial Massage | Michelle Starr,

Remedial Massage Therapist - Vodder trained.

☎ 07 4972 8556

✉ michelle.ahoa@gmail.com

GYMPIE Cooloola Physiotherapy & Sports Medicine | Joy Young, Physiotherapist, ALA Certified Practitioner.

☎ 07 5482 7735

✉ joy@cooloolaphysiotherapy.com.au

🌐 www.cooloolaphysiotherapy.com.au

HERVEY BAY Attain Abilities

Occupational Therapy | Carin Du Plessis, Occupational Therapist.

☎ 0452 190 174

✉ carin@attainabilities.com.au

📱 @attainabilities

HERVEY BAY Hervey Bay

Physiotherapy Centre | Dwayne Kempster, Physiotherapist.

☎ 0418 234 498

✉ info@herveybayphysio.com.au

🌐 www.herveybayphysio.com.au

MACKAY In-Motion Chiropractic

Libby Froyland, Physiotherapist and Lymphoedema Therapist.

☎ 07 4951 3888

✉ info@inmotionchiro.com.au

🌐 www.inmotionchiro.com.au

NANANGO Nadine Hinchliff Therapy Services | Nadine Hinchliff, Occupational Therapist.

☎ 0408 369 103

✉ nadine.hinchliff@gmail.com

🌐 www.nadinehinchlifftherapyservices.com.au

ROCKHAMPTON Lymphoedema

Management Clinic | Kitty Wren, Remedial Massage and Lymphoedema Therapist.

☎ 0408 341 347

✉ admin@skindeepcq.com.au

🌐 www.skindeepcq.com.au

TOOWOOMBA Bridge to Health

Kerry Burrows and Jayne Webb, Physiotherapists.

☎ 07 4613 1488

✉ kerry.burrows@b2h.net.au

🌐 www.bridgetohealth.com.au

TOOWOOMBA Toowoomba Health Service | Lana Cassar, Physiotherapist.

☎ 0435 674 115

✉ lanacassarphysio@gmail.com

TOWNSVILLE Salt Therapy NQ | Libby Timmins, Remedial Massage Therapist.

☎ 0439 745 716

✉ libby.timmins@westnet.com.au

🌐 www.salttherapynq.com.au

TOWNSVILLE Live Well Healthcare

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