



# Node News

Queensland

A Quarterly Publication of the Lymphoedema Association of Queensland Inc.

ABN 13602 257 202



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We welcome new members

December 2019



## PRESIDENT'S MESSAGE

Uff. Hon. Teresa Gambaro GAICD

Welcome to our last newsletter for the year. I delivered my first annual report as President at our Networking Day and AGM in November. Here is an edited version of my report:

“It has been a very busy 12 months for the committee and myself as President of LAQ.

I wish to give special thanks to Nerida Smith OAM, for her many years of service and dedication in her role as past President of LAQ.

One of the first priorities I set as President, was to hold a Strategic Review of LAQ to ensure that we as an organisation, had a clear purpose and strategy, which aligned our activities to our purpose. This report has been a good start for our future activities and priorities as an association.

I am happy to report that the committee approved the update and redesign of the LAQ website. This has been finished and we believe that this will make it more user friendly for new members to join and existing members to renew. We also now have online electronic forms and credit card facilities This has led to an increase in membership numbers. Our membership currently sits at 250.

We also have a more active Facebook with an increase in social media following. There has been more frequent number of posts, and sharing of fabulous advice and health tips.

A special thanks to the generosity of the Kedron Wavell Services Club Community Grant Scheme, which enabled LAQ to update our Information brochure.

March was a very busy time, being LAQ Awareness month. There was the lighting of



**Teresa Gambaro delivers her first report as LAQ President at the Networking Day & AGM.**

Victoria Bridge in blue, the Awareness Walk in New Farm Park, and a fund-raising High Tea at historic Hanworth House in East Brisbane, where over a hundred people attended. I was also interviewed on the ABC by Kath Feeny to discuss lymphoedema.

It has been important for LAQ to establish and maintain strong community engagement. To advance this aim, I have met with various medical professionals and non-profit associations. As a result of LAQ lobbying, along with our alliance associations, we were pleased to see an election commitment by the Federal Health Minister, the Hon Greg Hunt of \$20 million to go towards a national compression garments scheme for primary and secondary lymphoedema patients.”

It is now time to take a break for the festive season. On behalf of the committee, I wish you all a merry Christmas and a happy New Year.



- Support for those who live with lymphoedema.
- Education for the general and medical communities of the existence of lymphoedema.
- Promotion of a healthy life management around lymphoedema.

## THE COMMITTEE

Uff. Hon. Teresa Gambaro  
GAICD  
*President/Public Relations/  
Enquiries*

Mary Stewart  
*Vice President*

Peter Halpin  
*Honorary Treasurer*

Pam O'Connor  
*Newsletter/Publicity Officer*

*General Committee Members*  
Avon Mills  
Mia Stemm  
Jess Billiau

Hildegard Reul-Hirche  
Robyn Scheer  
Jennifer Gilbert  
*Education Officers*

## REGIONAL SUPPORT GROUPS

**BRISBANE:** Nerida 0412 498 106 or June 3865 1195  
Meetings on the fourth Wednesday of the month, noon-2pm.  
For further social meetings, stay tuned on Facebook.

**BUNDABERG:** Olga 4152 8507  
Meets bi-monthly, 3rd Monday at 10am. Bundaberg Cancer Care Centre,  
Hope St, Bundaberg West (opposite Mater Hospital).

**MARYBOROUGH/HERVEY BAY/PIALBA**  
Contact Hervey Bay Cancer Care, Rachael Tassotti or Hayley St Ledger on  
4325 6300.

**SUNSHINE COAST:** Margaret 5492 4437. Group meets socially.

**TOOWOOMBA:** Contact Cancer Council Queensland if you wish to be  
informed of upcoming educational activities on 13 11 20 or Alyce on  
4690 5900.

**TOWNSVILLE:** Contact Libby 0439 745 716. No formal meetings.

*If you are interested in forming a new group, or for further information  
please call 0403 782 795.*

## ARE YOU A MEMBER YET?

Call 0403 782 795 for an application form.

General membership: \$30 per year

July 1 to June 30 yearly

Concession: Health Card holder/pensioner \$25 per year

Friends of LAQ: \$40 per year

Professional membership including Directory entry: \$80 per year

Membership renewals are sent out early June each year.

Donations to further our work are always welcome.

## LOOKING FOR LYMPHOEDEMA TREATMENT SERVICES?

Readers can visit our website [www.lymphqld.org](http://www.lymphqld.org) for the current listing.  
The Treatment Directory can be downloaded and printed from our website.

Hard copies available from LAQ \$5 + \$2 postage.

If you do not have access to the internet please phone our information line  
on 0403 782 795 for direction to services or phone the Cancer Council Qld  
Helpline on 13 11 20.

## WE NEED NEW LISTINGS!

If your treatment provider is not listed, please encourage them to contact  
the office for an application form. This will assist us to provide a better  
service to those seeking treatment.

For a listing of national lymphoedema therapists, visit the ALA website  
[www.lymphoedema.org.au](http://www.lymphoedema.org.au)

## In This Issue

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service from Nerida

4-5. Networking event and  
AGM report

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**Please Note:** Information con-  
veyed in any form (verbal or written)  
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any branch or support group is for  
information only. It is not intended  
to be and is not professional advice  
and should not be relied upon by any  
person. Professional advice should  
be sought before any action is taken  
based on any information given,  
other than that given by health  
professionals in answer to questions  
asked.

## Reflections on a lifetime of service

### Parting words from Nerida Smith OAM

The time has come to bid you all farewell and thank you all for being part of my journey in my voluntary service to the Lymphoedema Association of Queensland over the past 24 years.

The benefits from my service to this great organisation since I took a leap of faith and stepped into the role of President in 1995 has been amazing.

I have not only succeeded in my initial quest of continuing the work of our founding President Mary Stewart to raise Awareness of lymphoedema, its management and to provide support for members but so much more!

It has led me on a journey of self discovery of my strengths and abilities as a person.

I am thankful for the greater knowledge and understanding of lymphoedema which has aided me in managing my own lymphoedema but also the experience in leadership, public speaking, office and administration and computer skills I have gained through patience, perseverance and at times much frustration.

I must give my late husband Lawrie credit for his understanding and patience as I struggled at times with responsibility and deadlines for the newsletters etc.

Last but not least is the recognition I received from members who nominated me for an OAM for my service to the members and the community in my role with LAQ.

I was humbled by the recognition as I never expected any reward for my service.

Fond memories will remain of those whom I have laboured alongside and friendships I have formed with members, other state committee members, lymphoedema



**After 23 years as LAQ President, Nerida Smith is retiring from committee roles.**

therapists and representatives from various trade distributors.

I remember well my words at the AGM at least 11 years ago that it was time to retire, however it has taken all this time to find someone willing to take on the challenge.

I believe I am leaving the Association in good hands with Teresa and her team at the helm.

My Award has opened up other avenues for me to raise awareness as I wear my medal with pride at Order of Australia functions and share with others about lymphoedema.



**Nerida with her OAM in 2018.**

## Networking for better self-care and exercise



Let's get physical and getting it on with compression were the key messages delivered at the LAQ's successful Networking Day on November 2 at Kedron-Wavell Services Club.

Sponsored by Haddenham Healthcare, about 50 people attended the networking event which incorporated the association's AGM.

LAQ President Teresa Gambaro delivered her first annual report as President, outlining an eventful year of achievements, activity and growth.

We welcomed two new committee members - lymphoedema nurse Jennifer Gilbert as an Education Committee Member, and lymphoedema therapist Jess Billiau as a General Committee Member.

Guest speaker Dr Sinead Barry was too unwell to attend, however lymphoedema physiotherapist Dr Robyn Box



Guest speakers were lymphoedema physiotherapist Dr Robyn Box (above) and Haddenham Clinical Advisor Melody Brown (left) with Michele Dwyer.



jumped in and had us all on our feet and exercising while talking about how we can effect change for better health.

Dr Box had us all talking in our table groups and thinking about the ways we can become more physical and change sedentary behaviour.

Haddenham Clinical Advisor Melody Brown gave an informative and comprehensive talk on lymphoedema self-care and what we need to know about compression.

If you were unable to attend and would like to find out more about these talks, visit [lymphqld.org/notices](http://lymphqld.org/notices).



Nerida Smith with administration officer Barb Danson (above). ALA President Leonie Naumann with Jennifer Gilbert (top).



## Book review

### **The Complete Lymphedema Management and Nutrition Guide: Empowering Strategies, Supporting Recipes and Therapeutic Exercises**

*By Jean Lamantia and Ann Dimenna*

This new lymphoedema guidebook published earlier this year is easy-to-read, comprehensive and aimed mainly at people who are living with lymphoedema.

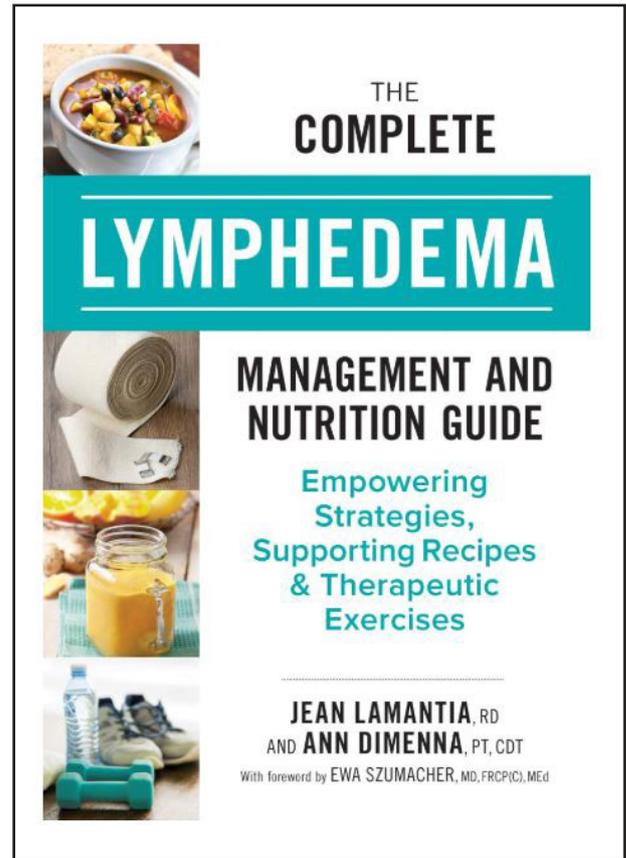
The purpose of this book is to empower readers with essential information so that they can make informed decisions about how to manage their condition along with the help of their lymphoedema therapist.

Topics are divided into four parts. Part 1 is understanding lymphoedema, including risk reduction strategies.

Part 2 is on self-care - this covers skin care, manual lymphatic drainage (MLD), multilayer compression bandaging, compression garments, pneumatic compression pumps, exercise and lymphatic taping. This section has excellent step-by-step photos on self-MLD sequences, self-bandaging, exercises and taping. These techniques are fantastic additions to your self-care toolkit and form part of the book's aim to empower readers to take control of their own treatment plan under the guidance of their lymphoedema therapist.

Written by physiotherapist Ann DiMenna who specialises in CDT (Complete Decongestive Therapy), it is co-authored by registered dietitian and cancer survivor Jean LaMantia. Part 3 focuses on nutrition for lymphoedema and this is what sets this book apart from most other lymphoedema guidebooks. It is also where the information starts to require a little more brainpower, especially when it comes to understanding short-, medium- and long-chain fatty acids. While the research on the role of nutrition in lymphoedema is still evolving, LaMantia puts forward her case for a low-fat, anti-inflammatory, modified Mediterranean diet for lymphoedema.

The book ends with Part 4 containing meal



planning advice and recipes to support her lymphoedema diet. There are no photos, however each recipe has a nutritional breakdown (calories, fat, protein, carbs etc) as well as an IF (inflammatory) rating based on the IF Tracker App.

The book is supported by plenty of research analysis, and peppered with case studies, quotes and stories from real people with lymphoedema, pro tips, Q&A, interesting facts and handy “bottom line” summaries at the end of chapters. These help to make this book feel like having an easy-going, knowledgeable friend by your side.

I would recommend this book to those particularly interested in weight loss and nutrition to help with managing their lymphoedema.

The only downside is the book mainly targets North Americans and Canadians, and while that does not change the relevance of the general information, the book does not provide much information on resources available here in Australia.

*Reviewed by Pam O'Connor*



# Out and about



## Editor Says

As the end of the year draws near it is usually a pretty hectic time leading up to Christmas and the holiday season.

Hopefully we will all spend some time to relax with our loved ones and reflect on the year before diving into 2020.

At LAQ we have had quite a busy year with activities, events and major changes.

After our Strategic Review earlier this year we look forward to 2020 and beyond with clear purpose and a stronger voice.

Stay cool and travel safely this summer. Happy reading!



LAQ President Teresa Gambaro caught up with the Zonta Brisbane Metro Breakfast Club. She joined committee members Ally Green, Flora Di Lizio, Isobelle Torralba, and Zonta President Ruth McKeown. The LAQ received a grant of \$1554.30 from Zonta, which will go towards printing of new information treatment cards and a pull-up banner.

**KW NEWS**

WEDNESDAY Monday, 26th September, 2019 Welcome to the KWPS weekly newsletter Happy Reading!

**SUDOKU**

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**SUPPORTING THE COMMUNITY**

**Find us on:**  
facebook.com/kedronwavell

Earlier this year the LAQ received a \$2500 community grant from Kedron-Wavell Services Club. This grant went towards printing our beautiful new information brochures. We featured in their recent newsletter.

## Coffee and chat catch-ups



Our coffee and chat mornings proved popular with much socialising at Kenmore (right) in August and Coorparoo (above) in September. We hope to organise more catch-ups in 2020 so stay tuned!





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***Lymphoedema Association Members receive a 10% discount on purchases.***

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**Eatons Hill, Qld 4037**

**Email: [mewburnj@bigpond.net.au](mailto:mewburnj@bigpond.net.au)**

**URL: [www.jmremedialtherapy.com.au](http://www.jmremedialtherapy.com.au)**

