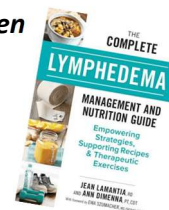


4th Annual Boston Lymphatic Patient Symposium 2021

Focus: Lower Extremity | The Power of YOU: Taking Control

<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
8:45-8:55	WELCOME REMARKS <i>The Power of You and YOUR resilience to manage your lymphatic disease</i>	Theresa Whiting
9:00-9:50	BIDMC Lymphatic Surgery Center <i>Hear about the process for identifying your lymphatic disease and options for care</i>	Dr. Dhruv Singhal & colleagues
9:55-10:20	Liposuction <i>Dr. Brorson from Sweden will share his 25 yrs success with liposuction for lymphedema</i>	Dr. Hakan Brorson
10:20-10:45	Conquer Compression! What You Don't Know Can Hurt You <i>Ensure your compression is working FOR you and not AGAINST you</i>	Suzie Ehmann, PT, DPT, CWS, CLT-LANA, DN-cert
10:45-11:00	BREAK / Sponsor Time Feel free to visit our sponsor booths and ask questions to the vendors on-line	
11:00-11:30	What's in Your Toolbox? Tips for Managing Our Daily Challenges <i>Meet Pernille speaking to us from Italy, a Global Lymphedema Patient and Advocate</i>	Pernille Henriksen
11:30-12:00	Managing Lymphedema Through Nutrition and Diet Join the author from Canada of this nutrition book	Jean La Mantia, RD
12:00-12:30	Lunch & Vendor visits: Feel free to visit our sponsor booths & ask questions to the vendors on-line	
12:30-1:00	Lymphography – imaging with two patients	Elizabeth Tillotson, RN, MSN, NP-C / Sarah Thomson, BS, RN
1:05-1:40	Breakout Sessions – ASK THE EXPERTS!	



Breakout Sessions	Red	Blue	Green	Yellow
Topic	Conquering Your Compression Concerns Q&A	Get Answers to Your Nutrition Questions!	Up Klose with Guenter Klose! Manual Lymph Drainage Q&A	Caring for the Caregiver: Addressing Needs of Caregivers* *for family members, friends, other caregivers
Expert	Suzie Ehmann, PT, DPT, CWS, CLT-LANA, DN-cert	Jean La Mantia, RD	Guenter Klose, CLT-LANA	Leora Lowenthal, LISW

1:40-1:55	Sponsor Time Out Feel free to visit our virtual sponsor booths and ask questions to the vendors	
1:55-2:15	When Is Pumping Recommended? <i>To pump or not to pump, that is the questions</i>	Cam Ayala
2:15-2:45	Working Together: What You Need to Know to Feel Supported by Your Insurance Company	Desiree Otenti, ANP, MPH Blue Cross Blue Shield, Massachusetts
2:45-3:00	Closing Remarks	Theresa Whiting
3:00 -3:45	Online Performance of Let's Talk Lymphedema"	
3:45	Adjourn	Theresa Whiting