

Friday, November 1: Morning

Pre-conference Sponsored Symposiums – Health Professionals

Start Time	End Time	Event	Speaker	Target Audience	Room
7:00am	8:00am	Registration • Exhibit Hall Set-up • Poster Presentations Set-up			Ballroom Foyer and Exhibit Hall
8:00am	9:15am	PRE-CONFERENCE SPONSORED SYMPOSIUM <i>PARADIGM Medical – Myth Busters Regarding Pneumatic Compression Devices</i> Required pre-registration	C. Hoskins	Health Professionals	Salon E
9:30am	10:45am	PRE-CONFERENCE SPONSORED SYMPOSIUM <i>3M Canada- 2 Layers/Many Possibilities. Coban 2 Layer Compression System is Changing Practice</i> Required pre-registration	M. Reddick	Health Professionals	Salon D
10:45am	11:00am	Refreshment Break and Opening of Exhibit Hall	Registration For Afternoon Conference		
11:00am	12:15pm	PRE-CONFERENCE SPONSORED SYMPOSIUM <i>MEDI - Managing Edema: Why Compression Matters</i> Required pre-registration	E. Brouwer	Health Professionals	Salon E

Friday, November 1: Afternoon

2019 National Lymphedema Conference – Health Professionals and Patients

Start Time	End Time	Event	Speaker	Target Audience	Room
1:00pm		Official Opening of Conference			
1:00pm	2:15pm	PLENARY SESSION – Welcome – <i>Invited Speaker: Scientific Developments in Lymphatic Research</i> – <i>Invited Speaker: Challenging the Myths of Exercise-induced Lymphedema in Cancer Survivors</i>	Conference Hosts P. Von der Weid S. Harris	All delegates	Salon A/B/C/D
2:15pm	3:30pm	CONCURRENT SESSIONS A — PLEASE SELECT ONE A1) Paediatric Lymphedema A2) Nourishing Your Well Being A3) Relaxation Therapy and Being Mindful – Practical Hands-on Session (pre-selection was required) A4) Workshop: Differential Diagnosis of Vascular Impairments and Associated Edema Management A5) Nutrition and Lymphedema Diet	C. McCuaig M. Elliott L. Beck J. Weiss J. LaMantia	Health Professionals Patients Patients Health Professionals Patients	Salon A/B/C Salon D Dixon (15 max) Forum 3 Salon E
3:30pm	4:00pm	Refreshment Break and Exhibit Hall Viewing			
4:00pm	5:15pm	CONCURRENT SESSIONS B — PLEASE SELECT ONE B1) Workshop: Lymphedema and Chronic Wounds B2) Skin Care Essentials B3) Resistance Exercise Workshop for Lymphedema – Arm (pre-selection was required) B4) Abstract Session: Research – <i>Is decreased functional capacity linked to balance in lower leg lymphedema?</i> – <i>A global perspective of gene dysregulation in LE reveals potential therapeutic targets</i> – <i>Are differences in hand grip strength related to skeletal muscle thickness?</i> – <i>Secondary leg LE following CABG in a patient with previous history of ovarian cancer</i> – <i>Feasibility/preliminary findings on early compression/exercise for gynecological cancer</i> B5) Aqua Lymphatic Therapy – Leg (pre-selection was required)	D. Keast C. McCuaig M. Al Onazi Moderator: A. Towers N. St. Onge J. Kwan J. Whyte A. DiMenna S. Shallwani ME. Letellier	Health Professionals Patients Patients Health Professionals Patients	Salon A/B/C Salon D Dixon (20 max) Salon E Pool (15 max)
5:15pm	5:45pm	Poster Presentations and Exhibit Hall Viewing			Exhibit Hall and Foyer
5:45pm	7:00pm	NETWORKING RECEPTION AND POSTER VIEWING (sign-up is required)			Exhibit Hall and Foyer

Saturday, November 2

2019 National Lymphedema Conference – Health Professionals and Patients

Start Time	End Time	Event	Speaker	Target Audience	Room
7:30am	8:30am	Registration and Exhibit Hall Viewing			Exhibit Hall and Foyer
8:30am	10:15am	PLENARY SESSION – <i>Welcome Address</i> – <i>CLF: 2009 - 2019 A decade of making a difference</i> KEYNOTE SPEAKER: DR. MACHTELD HUBER <i>Positive Health – A New Approach to Health</i>	Conference Hosts A. Kennedy M. Huber	All Delegates All Delegates	Salon A/B/C/D/E
10:15am	10:45am	Refreshment Break, Exhibit Hall Viewing and Poster Presentations			Exhibit Hall and Foyer
10:45am	12:00pm	CONCURRENT SESSIONS C — PLEASE SELECT ONE C1) Workshop: Palliative Care for the Lymphedema Patient C2) Exercise Session for Lymphedema – Leg (pre-selection was required) C3) Self-care Essentials Including Self-massage (pre-selection was required) C4) Workshop: Prospective Surveillance: Evidence and Experience C5) Abstract Session: Advocacy & International Work – <i>Creating an informed advocacy platform: An assessment of issues and concerns in Ontario</i> – <i>ILF Outcome Measures Project: Initial report from Canada</i> – <i>Lymphedema IMPact and PRrevalence INTernational (LIMPRINT): Final Canadian data</i> – <i>Humanitarian mission in Tanzania: Raising awareness in Africa</i> – <i>Provincial compression: Collaboration between a patient association and the government</i>	A. Towers N. Dolgoy P. Hammond J. Binkley Moderator: D. Keast D. Ciotti-Bowman D. Keast D. Keast M. Ibrahim A. Joncas	Health Professionals Patients Patients Health Professionals All Delegates	Salon A/B/C Dixon (20 max) Forum (15 max) Salon D Salon E
12:00pm	12:15pm	All delegates pick up their lunch from the Exhibit Hall and then proceed to one of the three options followed by Exhibit Hall Viewing			
12:15pm	12:45pm	OPTION 1 (Sponsored by ESSITY) GUEST SPEAKER: BERLANGE PRESILUS A Patient Perspective	B. Presilus	All Delegates	Salon D
12:15pm	1:15pm	OPTION 2 Paediatric Lymphedema Networking Session <i>An opportunity to meet other families of children or teens with paediatric lymphedema and learn from experts on how to best manage your family's situation</i>	C. McCuaig	All Delegates	Dixon
12:15pm	1:00pm	OPTION 3 "Meet and Greet" – Learn more about the Lymphedema Association of Ontario <i>Hosted by The Lymphedema Association of Ontario (LAO)</i>	LAO Hosts	All Delegates	Salon A/B/C

Start Time	End Time	Event	Speaker	Target Audience	Room
1:30pm	2:45pm	<p>CONCURRENT SESSIONS D — PLEASE SELECT ONE</p> <p>D1) Compression: Day and Night-time Options</p> <p>D2) Gynecological Cancer-related Lymphedema</p> <p>D3) Yoga for Lymphedema - Exercise Session (pre-selection was required)</p> <p>D4) Abstract Session: Advancing Lymphedema Care</p> <ul style="list-style-type: none"> – Modified decongestive lymphatic therapy to meet hospital treatments’ reality – The needs, benefits, and challenges of starting a breast cancer preoperative program – Retrospective report of 100 referrals to lymphedema clinic – Comprehensive & sustainable LE education and self-management: Model of care at PMH – Inequalities in access to “free” LE assessment and follow-up in Quebec <p>D5) Aqua Lymphatic Therapy – Arm (pre-selection was required)</p> <p>D6) Self-care Essentials Including Self-massage (pre-selection was required)</p>	<p>M. McNeely S. Shallwani B. Fanjoy Moderator: N. Dolgoy ME. Letellier ME. Letellier</p> <p>C. McCuaig P. Hammond</p> <p>A. Towers T. Gardikiotis P. Hammond</p>	<p>Patients Health Professionals Patients Health Professionals</p> <p>Patients Patients</p>	<p>Salon A/B/C Salon D Dixon (15 max) Salon E</p> <p>Pool (15 max) Forum 3 (15 max)</p>
2:45pm	3:15pm	Refreshment Break, Exhibit Hall Viewing and Poster Presentations			Exhibit Hall and Foyer
3:15pm	4:45pm	<p>PLENARY SESSION</p> <p>Surgical Interventions for Lymphedema:</p> <p>Four Different Perspectives What Do CLF Physicians say?</p> <p>Surgical Options/Patient Selection and Pre/Post Surgery Protocol</p> <p><u>Abstract Presentation:</u> Making a case for lymphedema surgery in Canada: A patient perspective</p> <p><u>Abstract Presentation:</u> Follow-up of LV and lymph node transplant surgery: A case series report</p>	<p>Moderator: A. Towers</p> <p>S. Haykal</p> <p>A. Beath</p> <p>M. Ibrahim</p>	All Delegates	Salon A/B/C/D/E
4:45pm	5:15pm	GENERAL Q&A WITH OUR PANEL OF EXPERTS	<p>Dr. Haykal Dr. Keast Dr. Towers Dr. McCuaig</p>	All Delegates	Salon A/B/C/D/E
5:15pm	5:30pm	CLOSING ADDRESS	Conference Hosts		