

## LYPHHEDEMA DID YOU KNOW?

**Lymphedema**, not to be confused with edema, is an accumulation of lymphatic fluid in the interstitial tissue that causes swelling. It can develop when lymphatic vessels are missing or impaired (primary), or when lymph vessels and/or nodes are damaged or removed (secondary). Though manageable with the care and guidance of a CDT therapist combined with the active compliance of the patient, it is a permanent condition.

If you have had lymph nodes removed and / or radiation you are at a lifetime risk. Lymphedema can manifest years after surgery, or without apparent cause.

*For additional resources and a concise illustrated explanation of the cancer and lymphedema link, please visit [www.rosemarykelly.ca](http://www.rosemarykelly.ca)*

### MINI GLOSSARY

**ADP:** Assistive Devices Program  
**CALA:** Canadian Aquafitness Leaders Alliance  
**CDT:** Combined Decongestive Therapy  
**MLD:** Manual Lymphatic Drainage  
**OT:** Occupational Therapist  
**PAR-Q:** Physical Activity Readiness Questionnaire  
**PT:** Physiotherapist  
**RMT:** Registered Massage Therapist  
**RN:** Registered Nurse  
**Interstitial:** Between the cells  
**Lymphoma:** Cancer of the Lymphatic system

### FAQ

The most frequently asked question is whether MLD is covered by OHIP and the short answer is unfortunately "No".

In some cases MLD can be covered under the umbrella of RMT if your private insurance has provisions for this type of care.

## THE LYPHHEDEMA AWARENESS & SUPPORT GROUP

meets on the last Tuesday of the month,  
it is free and welcome to all.

Location: Victoria Place Retirement Residence,  
290 Queen St South, ( at Courtland Ave),  
Lower Ground Floor, Kitchener

Time: 7PM / approximately 90 minutes

For more information regarding this group please  
contact the facilitator:

Melody Southgate 519.749.0102  
[melody@lymphcare.com](mailto:melody@lymphcare.com)

### SUGGESTED RESOURCES

#### -ONLINE

Lymphedema Association of Ontario:

[www.lymphontario.org](http://www.lymphontario.org)

-Lymphedema risk reduction practices:

[www.lymphnet.org](http://www.lymphnet.org)

-General information with great illustrations:

[www.lymphnotes.com](http://www.lymphnotes.com)

[www.stepup-speakout.org](http://www.stepup-speakout.org)

-Ontario Assistive Devices Program:

[www.health.gov.on.ca/english/public/  
program/adp/adp\\_mn.html](http://www.health.gov.on.ca/english/public/program/adp/adp_mn.html)

#### -PUBLICATIONS

"Lymphedema: A breast cancer patient's guide to  
prevention and healing". By Jeannie Burt & Gwen White

#### -GARMENT/PRODUCT MANUFACTURERS

[www.bsnmedical.ca](http://www.bsnmedical.ca) 1.877.978.9567

[www.lymphedema.com](http://www.lymphedema.com) 1.800.293.3362

[www.lymphedema.ca](http://www.lymphedema.ca) 1.866.808.7538

~peninsula medical /reid sleeve

[www.jobst.com](http://www.jobst.com) 1.800.537.1063

[www.juzousa.com](http://www.juzousa.com) 1.888.255.1300

[www.sigvaris.com](http://www.sigvaris.com) 1.800.363.4999

[www.valco.ca](http://www.valco.ca) 1.800.361.3153

[www.cdnbandageshop.com](http://www.cdnbandageshop.com) 1.306.757.7173

[www.bellisse.com](http://www.bellisse.com) (Compression Bras)

## Lymphedema Services in the Waterloo/Wellington Regions and Area

The members of the Awareness and Support Group  
include therapists who are certified in the  
identified method (e.g. Vodder) of  
Combined Decongestive Therapy (CDT),  
including Manual Lymph Drainage (MLD).

In order to be listed here they have met the  
requirements to treat Lymphedema  
as recognized by the  
Lymphedema Association of Ontario.

*We recommend that you research treatment  
options; verify fees; obtain an approximation of  
treatment frequency; and confirm possible  
extended health benefit insurance  
coverage.*

## THERAPISTS BY CITY:

### -CAMBRIDGE

*CBI Physiotherapy & Rehabilitation Centre*  
Cate MacKay, BA, RMT, CDT (Vodder)  
ADP AUTHORIZER  
1315 Bishop Street, Suite 203, N1R 6Z2  
(wheelchair accessible) 519.622.9093

*Brent & Cressman Massage Therapy*  
Nancy Brent, RMT, CDT (Vodder)  
752 Duke Street, N3H 3T6, 519.650.4232  
website: www.brentandcressman.com

### -GUELPH

Renata DeForest, RMT, CDT (Vodder)  
ADP AUTHORIZER  
82 Woodborough Road, N1G 3K5, 519.993.2736  
Also at *Central Health Care*  
203-806 Gordon Street, N1G 1Y8, 519.823.1450  
renatarmt@bell.net

#### *Therapy Partners*

Kristin Dillon, BSc, OT reg(ON), CDT (Vodder)  
**NB:** ADP AUTHORIZATIONS ONLY  
113-450 Speedvale Avenue West, N1H 7Y6  
519.826.4630, ext. 566  
kdillon@therapypartners.on.ca

### -KITCHENER

*A Balanced Body Health Services*  
( manual and apparatus Lymph Drainage )  
Marianne Barnes, RMT, MLD/CDT ( Vodder )  
Rosen Kolev, PT, B.Sc., CAFCI, MCPA  
11 Belmont Avenue West, N2M 1L2 (@ Queen's Blvd)  
519.954.8600 www.abalancedbodyhealthservices.ca

#### *Grand River Regional Cancer Centre*

Janet Millward, PT (Casley-Smith)  
835 King Street West, N2G 1G3  
519.749.4370 ext 5781

**NB:** For Cancer Patients who must be within the Local Health Integration Network & referred by a Doctor.

*Swelling Solutions Massage Therapy & Lymphedema Management Centre*  
Cathy Burt, RN, RMT, CDT (Vodder)  
ADP AUTHORIZER cathy@lymphcare.com  
Melody Southgate, BA, RMT, CDT (Vodder)  
melody@lymphcare.com

Rachelle Wright, BSc, RMT, CDT (Vodder)  
ADP AUTHORIZER rachelle@lymphcare.com  
665B Belmont Avenue West, N2M 1N8  
( Entrance on Rock Avenue) 519.749.0102

*Dynamic Approach Massage Therapy*  
Natalie Scott, MT  
12-525 Highland Road West, N2M 5K2,  
natalie@dynamic-approach.com 519.571.1590

*Chicopee Chiropractic*  
Jen Presley, RMT, CDT (Norton)  
1601 River Road East, N2A 3Y4, 519.504.7254  
jen.presley@gmail.com

*Sivill Therapeutics*  
Crystal Sivill, RMT, C Ac, CDT (Vodder )  
88 Wellington Street North, N5H 5J8,  
519.772.1010. 1sivilltherapeutics@gmail.com

### -NEW HAMBURG

*Dearborn Health Performance & Wellness Centre*  
Bernadette Tallon, RMT, CDT (Vodder)  
3-66 Hincks Street, N3A 2A3. 519.662.9331  
website: www.dearbornhealth.com

Jen Presley RMT, CDT (Norton)  
192 Catherine Street, N3A 1Z8. 519.504.7254.  
jen.presley@gmail.com

### -SALEM

*Salem Massage Therapy*  
Linda Ludwig, BA, RMT, CDT (Vodder)  
474 Wellington Road 7, NOB 1S0  
519.846.2819 lmludwig@hughes.net

### -WATERLOO

*Dearborn Health Performance & Wellness Centre*  
Bernadette Tallon, RMT, CDT (Vodder)  
Janmari Baas Ross, MSc, RMT, CDT (Vodder)  
10-105 Lexington Road, N2J 4R7  
519.884.4848 website: www.dearbornhealth.com  
EXERCISE

#### *Laughing Lymphercise*

Rosemary Kelly LY, LLi/t 519.741.8131  
website: www.laughing-lymphercise.com

#### *Warm Water Therapy ( in Cambridge )*

Instructor: Connie Jasinskas, M.Sc. CALA  
connie.jasinskas@mac.com (Private treatment available)  
W. G. Johnson Centre ( Public Pool)  
31 Kribs St, 740.4681 x 4469 Group classes Gentle Aqua  
Participants must complete a PAR-Q & submit it at  
least one week prior to attending Gentle Aqua.

#### CBI Physiotherapy & Rehabilitation Centre \*

1315 Bishop St, Suite 203, 519.622.9093  
Individualized programming in small groups after PT  
assessment & prescription.  
\*Also offering the Thrive Cancer Recovery Program

#### LOCAL FITTERS/GARMENT PROVIDERS

##### *Motion Specialties (ADP)*

1362 Victoria Street North, Kitchener  
519.885.3160 Fitter: Millie Stewart

##### *National Home Care (ADP)*

148 Weber Street East, Kitchener,  
519.578.3188 Fitter: Mary Anne Salmen

##### *Nu Me Boutique (ADP)*

825 Weber Street East, Kitchener,  
519.571.9820 Fitter: Faith Olds

##### *Ontario Home Health Care (ADP)*

180 Ontario Street - Stratford  
519.273.5770 Fitters: Dean, Lanna and Leanne  
66 Delhi Street, -Guelph  
519.821.9519 Fitter: Vicki Massey

##### *Vein-Alde (non ADP)*

Unit #4-B, 385 Fairway Road South, Kitchener,  
519.895.1895 Fitter: Julie Smith

Spring 2011 NB INFORMATION CORRECT AT TIME OF PRINTING. PLEASE CALL FOR CONFIRMATION OF ALL TIMES AND ADDRESSES LISTED. THANK YOU