



Lymphological  
Investigations & Exploration

**2023 NLN Conference**

**General Assembly**

# Event Information

The National Lymphedema Network is proud to present Lymphological Investigations and Exploration 2023 NLN Conference General Assembly recordings which was held at the Loews Philadelphia Hotel October 4-8, 2023.

**Program Objectives – At the end of the conference, participants will be able to:**

- Examine the importance of central lymphatics and the sequelae when dysfunction is present.
- Compare the various effective interventions for complex wounds in the setting of lymphedema.
- Differentiate the multiple approaches to managing head and neck lymphedema.
- Identify the role that brain lymphatics have on neurological diseases.
- Relate the value of addressing sexuality to quality of life for patients with lymphedema.

This conference will offer maximum of **8.75** contact hours.

Intermediate Learning Level

Only learners who meet satisfactory completion requirements for the program will be offered continuing education credits.

**To successfully complete this course and earn CEUs, participants must:**

- meet the 100% attendance requirement,
- complete the post-conference survey, and
- complete the quiz questions for learning assessment.

Upon completion of the Event Survey, you will receive an Attendance Certificate via email.

CEU Certificates will be emailed beginning one week after the event has ended.

## Friday, 2/23/24

**5:00 pm**     **Welcome**

### **Lymphology**

**5:10 pm**     Changes in Lymphology - the Good, the Bad, the Ugly  
What Manual Lymphatic Drainage Is & Is Not  
Manual Lymphatic Drainage Demonstration & Discussion

*K Francis*

*G Klose*

*G Klose*

**7:00 pm**     *Thank You*

*Program is subject to change without notice.*

*All lecture material has been pre-recorded and is copyrighted and protected by the NLN.*

# Saturday, 2/24/24

- 11:00 am**     **Welcome**
- 11:05 am**     **Central Lymphatics**  
Rehabilitation Approach to the Patient with Central Lymphatic Disease *J Zheng*  
Discovering the Blueprints of Central Lymphatics *M Itkin*  
The Role of CLTs in the Management of Central Lymphatic Dysfunction *L Keith*  
Central Lymphatics Panel Discussion *C Seo, A Rosenberg, A Rivera, J Zheng*
- 12:25 pm**     *Break - 2023 NLN Conference Sponsors*
- 12:35 pm**     **Wound Care**  
Exploring Thermography in Wound Care *F Aviles*  
Wound Care Nutrition - Healing from the Inside Out *J LaMantia*  
The Use of Augmented Compression and Low Profile Primary Wound Dressings to Enhance Compression Pressure Profiles and Wound Healing in Persons with Lymphedema *E Fazzari*  
Wound Care Panel *F Aviles, E Fazzari, B Groleau, D Richlen*
- 2:30 pm**     **Head & Neck**  
Barriers to Physical Activity in Survivors of Head & Neck Cancer *B Spinelli*  
Head & Neck Panel Discussion *J Deng, B Spinelli, L Meffen*
- 3:25 pm**     *Break - 2023 NLN Fashion Show*
- 3:55 pm**     **Sex, Intimacy, & Body Image**  
Body Image, Sex, & Intimacy: Overcoming Barriers within the Oncology Population *M Sleigh*  
Sexuality & Pleasure 101: Exploring Beliefs, Hang Ups, & Bias *K Ellis*  
The Psychology of Sex *E Dawkins*  
Panel Discussion *M Sleigh, E Dawkins, K Ellis*
- 5:45 pm**     *Break - 2023 NLN Conference Sponsors*
- 5:50 pm**     **Brain Lymphatics**  
Meningeal Lymphatic Regulation of Brain Function in Health and Disease *A Louveau*  
Unlocking the Brain's Lymphatic System - A Promising Path for Alzheimer's Disease and Beyond *W Chen*
- 7:00 pm**     *Closing Remarks*

*Program is subject to change without notice.*

*All lecture material has been pre-recorded and is copyrighted and protected by the NLN.*

# Faculty



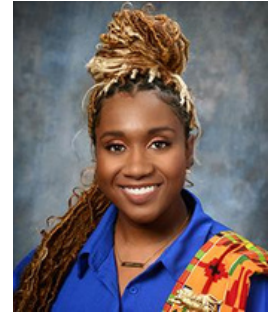
**Frank Aviles**

PT, CWS, FACCWS, CLT-LANA,  
ALM, AWCC, MAPWCA  
Director of Lymphatic &  
Wound Healing Services  
*Hyperbaric Physicians of Georgia*



**Wei Chen**

MD, FACS  
Professor of Plastic Surgery  
*Cleveland Clinic*



**Erika Dawkins**

PsyD, MED, CSP  
Clinical Psychologist  
*Revolutionary Perspectives, LLC*



**Jie Deng**

PhD, RN, OCN, FAAN  
Associate Professor of Nursing  
*University of Pennsylvania School of  
Nursing*



**Kathryn Ellis**

OTD, OTR/L, AASECT-SC  
Founder/CEO  
*Institute for Sex, Intimacy &  
Occupational Therapy*



**Erin Fazzari**

PT, MPT, CLT-LANA, CWS  
Physical Therapist  
Advanced Clinician II  
*Good Shepherd Penn Partners: Penn  
Therapy and Fitness*



**Kathleen Francis**

MD  
Medical Director, Course Instructor  
*Klose Training & Consulting*



**Bryan Groleau**

COTA/L, CLT-LANA, WCC, LLE, CLWT  
Director of Clinical Education  
*medi USA*



**Maxim Itkin**

MD  
Director, Professor  
*Penn Center for Lymphatic Disorders  
Hospital of the UPenn*



# Faculty



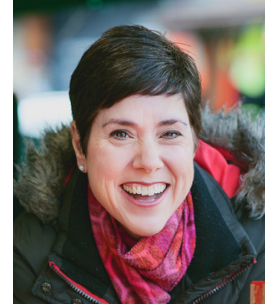
**Leslyn Keith**

OTD, OTR/L, CLT-LANA  
Consultant, Director of Research  
*Lipedema Project*



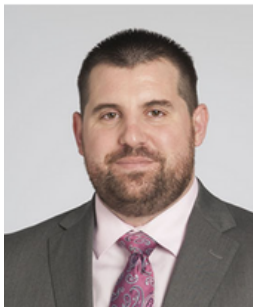
**Guenter Klose**

MLD/CDT Cert. Instructor  
Lymphedema Therapy Instructor  
*Klose Training*



**Jean LaMantia**

RD  
Registered Dietician  
*JeanLaMantia.com*



**Antoine Louveau**

MD  
Assistant Professor  
*Lerner Research Institute  
Cleveland Clinic*



**Lauren Meffen**

CCC, SLP, CLT  
Speech Language Pathologist  
*Head Neck Rehab LLC*



**Denise Richlen**

PT, WCC, DWC, OMS, CLT  
VP of Clinical Education  
*Archangel*



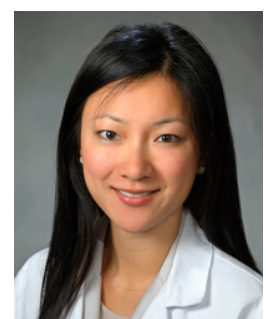
**Molly Sleight**

OTD, OTR/L, CLT-LANA  
Adjunct Professor  
*Rocky Mountain University,  
Centura Health*



**Bryan Spinelli**

PT, PhD  
Assistant Professor  
*Thomas Jefferson University*



**Jasmine Zheng**

MD, CLT, FAAPMR  
Director of Cancer Rehabilitation  
*University of Pennsylvania*