<table>
<thead>
<tr>
<th>Time</th>
<th>Session 1</th>
<th>Session 2</th>
<th>Session 3</th>
<th>Session 4</th>
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<tbody>
<tr>
<td>9.00am -</td>
<td>Tuscan Room</td>
<td>Corinthian Room</td>
<td>Doric Room</td>
<td>Ionic Room</td>
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<tr>
<td>10.30am</td>
<td>Session 1A: Lymphoedema – Medil’s compression therapy concept</td>
<td>Session 1B: Coban 2 lymphoedema basic and advanced techniques refresher</td>
<td>Session 1B: Lymphoedema in 2019 – research, diagnostics, nutrition and surgery</td>
<td>Session 1D: Best practice lipoedema care, management and treatment guidelines</td>
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<tr>
<td></td>
<td>Mandy Galbraith and Kylee Latu</td>
<td>Maree O’Connor, Physiotherapist, Victorian Lymphoedema Practice</td>
<td>Helen Eason, Physiotherapist</td>
<td>Professor Neil Piller, Patron of Lipoedema Australia and Director of Lymphoedema Clinical Research Unit, Flinders University</td>
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<td>Sponsored by Medi Australia</td>
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<tr>
<td>10.30am -</td>
<td>Morning tea</td>
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<tr>
<td>11.00am -</td>
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<tr>
<td>12.30pm -</td>
<td>Session 1A Continued</td>
<td>Session 1B Continued</td>
<td>Session 1C Continued</td>
<td>Session 1D: Small business marketing</td>
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<tr>
<td>1.30pm -</td>
<td>Tuscan Room</td>
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<tr>
<td>3.00pm -</td>
<td>Session 1A Continued</td>
<td>Session 3B: Lipoedema in 2019 – research, diagnostics, nutrition and surgery</td>
<td>Session 3C: Building your knowledge: How to search for and review scientific literature</td>
<td>Session 3D: Compression garments: Special issues and the value of the good measurement: useful tips and tricks for the daily practice</td>
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<td>3.30pm -</td>
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<tr>
<td>5.00pm -</td>
<td>Session 1A Continued</td>
<td>Session 3B Continued</td>
<td>Session 4C: Exercise and lipoedema - translating research into practice</td>
<td>Session 4D: Skin health and management for lymphatic dysfunction: Working collaboratively with dermal clinicians</td>
</tr>
<tr>
<td>5.00pm -</td>
<td>Networking Reception and exhibition</td>
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Friday 17 May
## Saturday 18 May

### 6.30am
- **Registration opens**

### 7.00am - 8.30am
- **Breakfast session 1: Best practice and practical applications in compression therapy**
  - Doric Room
  - Lesli Bell, Physiotherapist, USA
  - Sponsored by BSN Medical

- **Breakfast session 2: Clinical reasoning in the use of SIPC for the management of ulcers in lymphoedematous limbs**
  - Tuscan Room
  - Margo Asimus, Nurse Practitioner, Skin & Wound Care Consultancy
  - Sponsored by Medi-Rent

### 8.00am
- **Exhibition opens**

### 9.00am - 10.30am
- **Session 5**
  - Chaired by Sally Kava and Leonie Naumann
  - 0900 Welcome
  - 0915 Keynote speaker: Mapping anatomical changes in lymphoedema with indocyanine lymphography and its impact on management
    - A/Professor Hiroo Suami
    - Associate Professor, Department of Clinical Medicine, Macquarie University
  - 1000 Radiation and breast cancer related lymphoedema
    - Professor John Boyages
    - Professor of Breast Oncology, Faculty of Medicine and Health Sciences, Macquarie University

### 10.30am - 11.00am
- **Morning tea and exhibition**

### 11.00am - 12.30pm
- **Session 6**
  - Chaired by Brenda Svensson and Deborah Hurt
  - 1100 The challenges with assessment of breast lymphoedema
    - Dr Elizabeth Dylke
    - Senior Lecturer, Physiotherapy, Faculty of Health Sciences, University of Sydney
  - 1130 Breast lymphoedema secondary to breast cancer: A pilot randomised controlled exercise trial
    - Professor Sharon Kilbreath
    - Professor in Physiotherapy, Faculty of Health Sciences, University of Sydney
  - 1200 Physical rehabilitation of the upper torso following breast cancer surgery: The need to understand your anatomy
    - Dr Deirdre McGhee
    - Senior Lecturer, University of Wollongong, Biomechanics Research Laboratory

### 12.30pm - 1.30pm
- **Lunch and exhibition**

### 1.30pm - 3.15pm
- **Session 7**
  - Chaired by Sally Kava and Ingrid The
  - 1330 Lymphoedema following nodal dissection for melanoma
    - A/Prof Robyn Saw
    - Surgical Oncologist, Melanoma Institute of Australia; Associate Professor in Surgery, University of Sydney and General Surgeon, Royal Prince Alfred Hospital
  - 1400 Updates in breast cancer surgery
    - Dr James French
    - Specialist Breast and Thyroid Surgeon, Westmead Breast Cancer Institute
  - 1430 Annual General Meeting
    - Australasian Lymphology Association Ltd

### 3.15pm - 5.15pm
- **Session 8**
  - Chaired by Sharyn Wappett and Elizabeth Dylke
  - 3.45pm Keynote speaker: Reframing conservative scar management – should we be thinking of scarring ‘differently’?
    - Angela Thynne
    - Lecturer, School of Health and Rehabilitation Sciences, University of Queensland
  - 3.45pm Is the notion of an elastic adhesive tape promoting lymphatic flow unreasonable?
    - Janet Hunter
    - Director, Advanced Lymphoedema Practitioner, Educator, Aithony Health Clinic, Ilawarra Lymphoedema Service
  - 4.15pm Symposium wrap up and close
    - Leonie Naumann, ALA President
    - Sally Kava, Symposium Co-Chair
# 2019 ALA Symposium
## 17 - 19 May 2019
SMC Conference & Function Centre, Sydney

### Sunday 19 May

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<tr>
<th>Time</th>
<th>Composite Room</th>
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**Session 9**

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<tr>
<th>Room</th>
<th>Session 9E: Getting the garment out of its box: Evidence-based practice and garment prescription</th>
<th>Session 9F: Evaluating scar severity following breast cancer surgery</th>
<th>Session 9G: Compreflex reduce vs. bandaging</th>
<th>Session 9H: Best Practice Lipedema Care, Management and Treatment Guidelines</th>
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<tbody>
<tr>
<td>Ionic</td>
<td>Brenda Gutierrez, Occupational Therapist &amp; Rosemary McCrudden, Consumer</td>
<td>Denise Stewart, Occupational Therapist</td>
<td>Helen Eason, Physiotherapist</td>
<td>Professor Neil Piller, Patron of Lipoedema Australia and Director of Lymphoedema Clinical Research Unit, Flinders University</td>
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<tr>
<td>Tuscan</td>
<td>Breakfast session 3: Innovations in lymphoedema assessment and treatment</td>
<td>Sponsored by SIGVARIS GROUP Australia</td>
<td>Sponsored by Jobskin</td>
<td>Repeat of session 1D</td>
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<td>Ionic</td>
<td>Breakfast session 4: Achieving good compression for the 'tricky bits' – the head and neck, chest wall and the genitals</td>
<td>Rosemary Kendell, Jobskin Clinical Advisor (Occupational Therapist and Lymphoedema Practitioner), Smith &amp; Nephew</td>
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<tr>
<td>7.00am - 8.30am</td>
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<td>Sponsored by Haddinham Healthcare</td>
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**Morning tea**

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<tr>
<th>Room</th>
<th>Session 10</th>
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**Session 10**

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<thead>
<tr>
<th>Room</th>
<th>Session 10G: The evolving uses of low level laser (PBM) in the management of side effects from cancer treatments</th>
<th>Session 10H: Exercise and lymphoedema - translating research into practice</th>
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<tbody>
<tr>
<td>Ionic</td>
<td>Sharon Tilley, Physiotherapist</td>
<td>Dr. Sharon Czerniec, Research Fellow, Macquarie University</td>
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<tr>
<td>Tuscan</td>
<td>Repeat of session 4C</td>
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- **Repeat of session 1D**: 7.00am - 8.30am
- **Breakfast session 4**: 9.00am - 10.30am
- **Morning tea**: 11.00am - 12.30pm