

LipoedemaUK[©] CONFERENCE

Charity No 1181312

17TH - 18TH OCTOBER 2021 • BROOKLANDS • WHITTLEBURY PARK • MILTON KEYNES • NN12 8QH • TEL: 01327 857 857

SUNDAY 17TH OCTOBER

- 9.00-10.00 **REGISTRATION, MEET OUR EXHIBITORS & COFFEE**
- 10.00-10.10 Welcome – Tess Sanderson, Conference Chair
- 10.10-10.30 What is Lipoedema? Why Lipoedema UK – Our goals for our event
- 10.30-10.55 Lipoedema/Lymphoedema Services at St Georges Hospital – Dr Kristiana Gordon, Clinical Lead for Lymphoedema, St George's University Hospitals NHS Foundation Trust
- 10.55-11.15 **Q&A** with Dr Kristiana Gordon
- 11.15-11.30 Overview of compression garments and differing options – Kris Jones, Lymphoedema Nurse Specialist/ Managing Director LymphCare
- 11.30-11.50 **COFFEE BREAK**
- 11.50-12.30 **WORKSHOPS** – Learning to love yourself – Living with Lipoedema/Women's health & relationships/ Laughter Yoga
- 12.30-1.30 **HOT BUFFET LUNCH**
- 1.30-2.15 Liposuction for Lipoedema – Maria Kokkinou-Boege, Founder, Global-Lipoedema-Awareness-Surgeons, Facebook page for patients
- 2.15-2.40 Manual Lymphatic Massage (MLD), Pre & post operative recovery – Clare Anvar, BSc (HONS) IN HEALTH SCIENCES: REMEDIAL MASSAGE & NEUROMUSCULAR THERAPY, MSc IN COMPLEMENTARY MEDICINE
- 2.40-3.25 Menopause presentation by Newson Health – Newson Health Research and Education/Workshops – Liposuction/Self MLD
- 3.25-3.45 **TEA**
- 3.45-4.15 De Montfort University Lipoedema Diet & Lifestyle Survey – Dr Yannan (JESSICA) JIN BSc (HONS) PH.D FHEA RNutr (NUTRITION SCIENCE), Senior Lecturer in Nutrition, De Montfort University
- 4.15-4.30 Creating a new LEGACY
- 4.30-5.00 Expert Panel **Q&A**
- 5.00 **CLOSE OF DAY 1**

MONDAY 18TH OCTOBER

- 9.30-10.30 **REGISTRATION, MEET OUR EXHIBITORS & COFFEE**
- 10.30 Welcome – Tess Sanderson – Conference Chair
- 10.30-11.00 Plans for further Lipoedema Diet and Lifestyle research – Dr Yannan (JESSICA) JIN BSc (HONS) PH.D FHEA RNutr (NUTRITION SCIENCE), Senior Lecturer in Nutrition, De Montfort University
- 11.00-11.30 14 years of experience of ketogenic nutrition in German clinics – Dr.med.Gabriele Faerber, Hamburg Germany
- 11.30-12.00 **WORKSHOPS** – Eating for Lipoedema/Self Manual Lymphatic Drainage (SLD)/Women's Health & Relationships
- 12.00-12.30 What can the Derby Lymphoedema Service offer those with Lipoedema? – Prof Vaughan Keeley, Consultant Physician in Lymphoedema, University Hospitals of Derby and Burton NHS Foundation Trust
- 12.30-1.30 **HOT BUFFET LUNCH**
- 1.30-2.00 Living with Lipoedema – The impact of an early diagnosis – Georgina Slaughter
- 2.00-2.45 Lipoedema UK & our role in the NICE review – Non-cosmetic Liposuction for Lipoedema – Sharie Fetzer, Chair Lipoedema UK, Mary Warrilow Independent Nurse Consultant
- 2.45-3.15 Creating your own personal Legacy – moving forward
- 3.15-3.30 Get involved – open mic for thoughts and ideas
- 3.30-4.00 **TEA & FAREWELLS**

*Due to work commitments, some of our speakers may opt to provide their presentation via a video link. Where we have permission, these recordings will be shared with our members as part of our Health & Wellbeing programme of events on future dates. As our events are interactive and private, we do not intend to provide recordings of the entire event as an optional purchase.

Please note speakers and timings may change due to circumstances beyond our control.

We ask that you respect members privacy and do not post photos on social media without prior permission of the subject.

SMDLUK034 v6 Oct21

Design by



07421 041984



SPEAKER: **DR KRISTIANA GORDON** CLINICAL LEAD FOR LYMPHOEDEMA,
ST GEORGE'S UNIVERSITY HOSPITALS NHS FOUNDATION TRUST

Dr Gordon is a Consultant in Dermatology & Lymphovascular Medicine. She is Clinical Lead of the Lymphoedema Service at St George's Hospital, London where her team care for thousands of patients with primary and secondary lymphoedema from across the UK.

Dr Gordon has completed her doctorate in lymphoedema, but continues to pursue her research interests within the rapidly developing field of lymphovascular medicine and lipoedema. Along with Professor Peter Mortimer, also of St Georges, she is a supporter and Patron of Lipoedema UK.



SPEAKER: **PROF VAUGHAN KEELEY** PhD FRCP, CONSULTANT PHYSICIAN IN LYMPHOEDEMA,
UNIVERSITY HOSPITALS OF DERBY AND BURTON NHS FOUNDATION TRUST

Vaughan Keeley is a Consultant Physician who specialises in lymphoedema. He leads the lymphoedema service in Derby, Nottingham and Mansfield. The service sees people with all types of lymphoedema/chronic oedema and lipoedema in adults and children. In 2020, the service was designated as a "Comprehensive Centre of Excellence for Lymphatic Diseases" by LE&RN (the Lymphatic Education and Research Network). His research interests include developing quality of life assessment tools in lymphoedema and lipoedema, and he is an Honorary Professor at the University of Nottingham Medical School.



SPEAKER: **DR MED GABRIELE FAERBER** HAMBURG, GERMANY

After first training and working as a GP Dr Faerber specialised and qualified in phlebology in 1989 and in lymphology in 1998. In 2008 she qualified in nutritional medicine and has since then been focusing on the treatment of overweight and obese patients with lymphatic disorders and lipoedema. Very early on she discovered that a protein optimised ketogenic diet not only helped patients lose weight but was also able to reduce symptoms and complaints.

Since 2010 she has presented her results at national and international conferences for vascular medicine and lymphology promoting the idea of ketosis which at the time was considered by mainstream doctors and nutritional societies at least a nonconformist if not outright dangerous way of eating.

Her scientific interests are the connection between obesity, inflammation and metabolic disorders and vascular and lymphological diseases as well as lipoedema.

She is a board member of the German Societies of Lymphology and Phlebology. While in 2015 she was a member of the expert working group for the German lipoedema guidelines, she has now been appointed to lead the pendent revision and actualisation of those guidelines.



SPEAKER: **DR YANNAN (JESSICA) JIN** BSc (Hons) PH.D FHEA RNutr
(NUTRITION SCIENCE), SENIOR LECTURER IN NUTRITION, DE MONTFORT UNIVERSITY

Jessica's research expertise lies in the dietary prevention and management of chronic diseases including cardiovascular and metabolic diseases. Her current research activities cover finding dietary solutions to manage lipoedema, developing strategies to tackle malnutrition in children and elderly groups, as well as nutritional management for Type-II diabetes in patients with multiple co-morbidities.



SPEAKER: MARIA KOKKINOUBOEGE FOUNDER, GLOBAL-LIPOEDEMA-AWARENESS-SURGEONS, FACEBOOK PAGE FOR PATIENTS

Maria studied European Public Relations and Foreign Languages. She specialises in public affairs consulting as owner of EUMAP Consulting Ltd- working on European legislation/political communication.

Following her own experiences of lipoedema and surgical journey Maria created the Global Lipoedema Awareness Group – Surgeries/Doctors with the sole objective to support women globally in their search for good lipoedema surgeons at affordable prices. The group now has 15,500 members. She does not benefit financially from her volunteer work.



SPEAKER: CLARE ANVAR BSc (Hons) MSc, CLINICAL MASSAGE SPECIALIST, POST-SURGICAL RECOVERY, LYMPHATIC AUTOIMMUNE DISORDERS, LYMPH/LIPOEDEMA, KINESIOLOGY TAPING

Clare provides individual treatments for patients who are self-referred or referred from surgeons, GPs and other healthcare practitioners. Since leaving the NHS, she has developed extensive skills working with oncology patients and orthopaedic and cosmetic surgical patients, as well as patients with autoimmune conditions, post-traumatic stress, anxiety and breathing pattern dysfunction. Specialising in disorders of the lymphatic system using Manual Lymphatic Drainage (MLD), neuromuscular techniques, myofascial release and lymphatic kinesiomyology taping.

As a complementary therapist, addressing the link between mental stress and physical symptoms is intrinsic to many cases and Clare believes in facilitating change by not only using evidence-based techniques, but by giving patients the knowledge and skills to improve their own circumstances or to manage their conditions more effectively.



SPEAKER: MAGGIE GORMLEY LIPOEDEMA UK NURSING SPECIALIST VOLUNTEER

Maggie is a retired Clinical Nurse Specialist in contraception and sexual health and also a psychosexual therapist. She specialised for 40 years in contraception and the final 10 years included psychosexual work after a degree in Human Sexuality. This work was mostly with couples dealing with loss of sexual desire, vaginismus, erectile dysfunction or premature ejaculation.

Maggie worked in central London doing this and in the late '90s spent five years going back and forth to a clinic in Romania, teaching their nurses. Maggie has been a valued member of the Lipoedema UK team for several years, she also finds time to help her community, family and friends and local hospital in numerous ways.



SPEAKER: SANDRA SLAUGHTER

Sandra is a qualified trainer and coach and has been running her own company, Zanzi, for 17 years. She was diagnosed with lipoedema in 2016, having been affected by the condition for 40 years. Her daughters, Charlotte and Georgina also have the condition.

Attending her first Lipoedema UK Conference in 2016, Sandra was inspired to work with Lipoedema UK to support and enhance the physical, mental and emotional health of others living with this condition. She teaches tools and techniques that create sustainable positive and personal change through a model called 'M-A-G-I-C' and a programme called 'Love Yourself Right'.

In August 2020 Sandra led the launch of Lipoedema UK's own on-line Health and Well-being Community, delivering free weekly sessions on a wide range of subjects for the benefit of all our members.



SPEAKER: **SHARIE FETZER** CHAIR LIPOEDEMA UK

Sharie has been Chair of Lipoedema UK since 2014. She initiated the first patient survey in 2012 and with Amy Fetzer, co-wrote Lipoedema UK *Big Survey 2014 Research Report* which was instrumental in creating the Royal College of GPs learning course and an impetus for better awareness of lipoedema.

Sharie, Mary Warrilow, Lipoedema UK Nurse Consultant and Dr Yannan (Jessica) Jin, Senior Lecturer in Nutrition De Montfort University, are committed to a long term study on the effects of Diet and Lifestyle on Lipoedema. Sharie also co-authored *Women in dire need denied surgery and treatments: Compression Garments and Liposuction to Manage Lipoedema* and is currently involved in Lipoedema UK's 2021 survey *Living with Lipoedema – Liposuction and other treatments* and presenting the case for better treatments for lipoedema to the NICE review into non-cosmetic liposuction in managing lipoedema.



SPEAKER: **TERESA SANDERSON** SOCIAL MEDIA AMBASSADOR LIPOEDEMA UK

Tess has been Lipoedema UK's Social Media Ambassador for the last four years, helping with newsletters, attending events and assisting at conferences. She is passionate about spreading awareness both with lipoedema patients and healthcare professionals. She joined Lipoedema UK as a member way back in 2013, after meeting Sharie in late 2012. Tess is a founding member of the Lipoedema UK's Health & Wellbeing Community bringing new topics, support and friendship on a weekly basis to our members.

Lipoedema has shaped Tess's life since around the age of eight, but she experienced 41 years before a diagnosis, so knows what it is like to have gone through life with lipoedema without support or treatment. After 28 years working within the Civil Service, Tess took redundancy as her then undiagnosed lipoedema worsened. Following several years in mostly part-time roles she made the move to Lincolnshire and a different life.

Tess now specialises in an Inclusive Wellness Business and 'In the Laughter Locker,' incorporating Hasayayoga (Laughter Yoga). She is a Balance Procedure Practitioner, Second Degree Reiki Healer with a Level 3 Mental Health First Aid Certificate. Tess promotes inclusivity, wanting no one to miss out on finding ways to stay healthy in mind, body and spirit. She is also a Pain Champion and a Self-Care Champion. She recently became a published poet – one of her poems reflects on living with lipoedema. Tess has appeared in pageants, spoken on Radio Five Live, local radio stations across England, appeared on TV and in various magazines talking about her life with lipoedema, body acceptance and Laughter Yoga.

She very much believes in future generations not having the same experience as her – and the new Legacy initiative has made her very happy. Learning to live a good life with lipoedema, even at later stages, and achieving our goals and dreams, is something Tess believes in wholeheartedly.



SPEAKER: **GEORGINA SLAUGHTER** LEGACY

Georgina is a university student training to be primary school teacher although with experience in graphic design and a very personal drive to support young women with lipoedema, she is also very proud to be a LipoedemaUK intern.

Diagnosed at the age of 17, five years ago, having witnessed lipoedema define the lives of her older sister, mother, grandmother, great-aunts and great grandmother, Georgina is passionate about ensuring lipoedema doesn't define the lives of young women today and our future generations, as it has done previously.

Georgina has played a part in our H&WB virtual sessions and has most recently launched our latest initiative 'Legacy', aspiring to increase younger diagnoses and ensure tailored and relevant support is more accessible than ever. She is supporting development of our app, new website and instagram, tailored specifically for our younger generations and hopes that together, through research, empowerment, education and awareness, we can redefine what a life with lipoedema is like.



SPEAKER: DR JULIET LYNE MBChB MRCGP

Juliet works as a GP in a practice on the Worcestershire/Shropshire border. Throughout her career she has had a strong interest in women's health and previously worked for the sexual health services alongside her GP role. She currently runs a contraceptive clinic at her surgery and is also a GP trainer. Juliet started developing an interest in the menopause a few years ago and started working for Newson Health at the end of last year. She believes that if managed well, menopause care can improve a patient's quality of life, and also an investment in their future health.



NURSE CONSULTANT: MARY WARRILOW LYMPH THERAPY INDEPENDENT NURSE CONSULTANT & NURSE CONSULTANT LIPOEDEMA UK, BSc (Hons) RN, QUEENS NURSE

Mary's main professional and clinical focus over the past 18 years has been the management of lymphoedema and lipoedema. She was part of an NHS working group which led to a new local Lymphoedema Service in the West Mids, an award-winning Social Enterprise, LymphCare UK. LymphTherapy offers advice and services to organisations, with a focus on quality, specialist consultancy and legal nursing. It uses Mary's clinical skills, knowledge and experience in providing lymphoedema and lipoedema therapy services.

As a Nurse Consultant at Lipoedema UK, Mary spends time developing information leaflets and on our helpline queries, along with attending healthcare professional events. She is delighted to be involved in the collaboration between Lipoedema UK and De Montfort University on our *joint Diet and Lifestyle study*. Lipoedema UK's *Living with Lipoedema – Non cosmetic liposuction and other treatments* survey provided vital information on the impact of lipoedema on Quality of Life issues facing women. This data was used as part of Lipoedema UK's response to the *NICE Interventional Guidance submission IP1843*.



NURSE CONSULTANT: KRIS JONES RGN, LYMPHOEDEMA NURSE SPECIALIST/MANAGING DIRECTOR LYMPHCARE UK, TRUSTEE OF LIPOEDEMA UK

Joint founder of LymphCare UK, Lipoedema UK Nurse Consultant, RGN, Kris holds several ENB qualifications, Post Graduate Diploma in Lymphoedema Practice and is passionate about raising awareness of lymphoedema and lipoedema. She jointly established the Dudley Lymphoedema Service and was jointly responsible for setting up the first standalone lymphoedema service Social Enterprise. LymphCare UK won the British Journal of Nursing Award in 2012 and 2016 the BLS Innovation in Practice Award. Kris is a trainer for Lymphoedema Training Academy and a guest lecturer at Birmingham City University. After a long association with Lipoedema UK, Kris has become a Trustee.



NURSE CONSULTANT: DENISE HARDY RGN, BSc (Hons) PALLIATIVE CARE NURSE CONSULTANT – KENDAL LYMPHOLOGY CENTRE

Lymphoedema/lipoedema has been the focal point in Denise's nursing career, and she has latterly set up an independent clinic (with NHS funding where possible) to address the obvious need for treatment in patients.

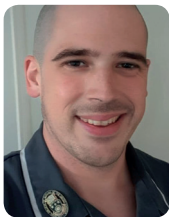
Denise is also involved with the bodies associated with lymphoedema – the British Lymphology Society (Co-Chair in 2000/2001), the International Lymphoedema Framework, the International Lipoedema Association, and the Lymphoedema Support Network. She has written many articles for publication and has been presented with numerous nursing awards for dedication to her work. Being an advocate of Lipoedema UK, she champions their work and looks forward to supporting the nurse consultant team at the 2021 conference.



NURSE CONSULTANT: **SARA PERCIVAL MSC**

I started my NHS career as a radiographer and while working as a therapy coordinator at my Local Hospice I trained as a MLD therapist and helped set up a NHS commissioned Lymphoedema Service. I have a personal interest in lipoedema and was thrilled to join Lipoedema UK as an advisor and have presented at a couple of the Health and Wellbeing sessions run by Lipoedema UK. I am keen to promote recognition of lipoedema and parity of care and following numerous meetings, I was delighted that as of 2018 our local CCG now gives funding approval for our service to see lipoedema patients.

I remain passionate about my work providing holistic care in the management of lymphoedema, chronic oedema and lipoedema and always strive to develop better and improved services for individuals.



NURSE CONSULTANT: **RHODRI HARRIS** LYMPHOEDEMA SPECIALIST NURSE ACCELERATE CIC, LONDON

After qualifying as a nurse in 2016 Rhodri began his career on an elderly rehabilitation ward in Derbyshire. After a short while he moved back home to London to work as a community nurse and it was here that he developed an interest in lower limb care. It was around this time that his sister was diagnosed with lipoedema. Having seen the struggle she had gone through for so long, Rhodri was inspired to support lipoedema patients to get earlier diagnosis and treatment, as well as promote wider recognition of the condition amongst health professionals.

Rhodri has been part of Accelerate CIC since January 2020 and sometimes makes an appearance at the Lipoedema UK Health and Wellbeing Meetings to offer friendly, professional advice. He also has an interest in biomechanics, an important part of lipoedema care, and is on the editorial board of *The Podiatrist*, the membership publication for The College of Podiatry.

WHITTLEBURY PARK GROUND FLOOR PLAN

