

Giving to the Lighthouse Lymphedema Network (LLN) means sharing our goals, dreams and future! It does not seem possible that we have been working to educate, promote awareness and give support for 24 years. This is only possible because of the dedication of our board, volunteers and the support of donors like yourself.

In 2017, the LLN:

- Collaborated with the National Lymphedema Network to sponsor a two-day Patient Summit at Disney World, Orlando, FL.



Lymph Science Advocacy Program celebrated a reunion of some of the members and guests at a reception in October 2017



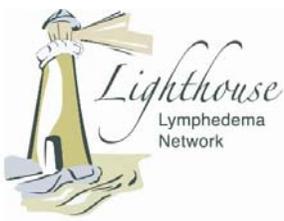
- Participated in the Stomp Out Lymphedema walk that was held at the conference in Orlando, October 2017



- Rebecca Hammad, MHS, OTR/L, CLT at Shepherd Center, hosted a course explaining how the treatment for lymphedema is beneficial to patients with spinal cord injury, brain injury, stroke and multiple sclerosis.
- SIGVARIS hosted a Patient Pampering and Education Session. At the same time Robyn Bjork, PT, CWS, WCC, CLT-LANA, BLWT/LANA instructed a course entitled “Certified Compression Specialist Training” for our medical professionals.
- Published quarterly newsletters
- Sponsored Open Forum meetings to bring knowledge to patients, family members and caregivers about current treatment methods and research
- Helped our less fortunate patients through our Bandages and Garment Fund
- Built community on FACEBOOK and TWITTER
- Wrote grants which assists our arm lymphedema patients
- Provided a Nurses Intensive and Medical Professional Conference



- Maintain a website, www.lighthouselymphedema.org



- Supported the passage of the National Lymphedema Treatment Act



www.lymphedematreatmentact.org

- Participated in the Komen Race for the Cure, a Cheering Station for the 2-Day Walk by It's The Journey, Gloria Watts-Cox Foundation Walk for Lymphedema and several Health and Wellness Fairs



What is happening in 2018?

- Our annual all day medical conference will be held October 20, 2018, ROAM Perimeter Center, Atlanta, GA.
- Open Forum Meeting at Piedmont Henry Hospital, Stockbridge, GA, February 2018
- Fundraiser at Bellmere Gardens, May 5, 2018
- Continue to work for passage of the national lymphedema bill
- Offer additional Open Forum meetings
- Support even more lymphedema patients through the LLN Bandages and Garment Fund
- Continue to support It's The Journey, Komen Race for the Cure, Gloria Watts-Cox Foundation Walk for Lymphedema and Health and Wellness Fairs
- Maintain informative communication through newsletter mailings, email blasts, website, FACEBOOK and TWITTER

The Lighthouse Lymphedema Network is a 501C3 nonprofit organization. There are several ways to donation to the LLN: Georgia Gives Day, through our website, or by mailing your donation to the LLN, 10240 Crescent Ridge Drive, Roswell, GA 30076.

I sincerely thank the LLN and their efforts to educate and create awareness for lymphatic disease. Please accept my donation in the amount of \$ _____ with my deep appreciation for the good work of the LLN.

Gift in honor of _____

Gift in memory of _____

Please acknowledge to _____

Address: _____
Street City State Zip

The Lighthouse Lymphedema Network Board of Directors thanks you in advance for your donation.



Hi family and friends,

As most of you know I have dealt with a condition called Lymphedema since my teen years, causing chronic swelling in my legs. I have ups and downs with it, but I am able to keep it well managed with compression garments and stay positive.

As an Occupational Therapist and at Shepherd Center I often treat many clients that have swelling as a secondary complication of their spinal cord injury, brain injury, stroke, and multiple sclerosis. Had I not had lymphedema personally and been through the treatment I do not think I would have ever known about this treatment for helping remove swelling in my patients at Shepherd. If left untreated I've learned this swelling can only lead to more serious complications.

In 2013 I became a certified Lymphedema therapist and started a program at Shepherd to manage swelling in the patients I work with. The program has grown tremendously and we now have **thirteen** therapists trained and since March 2015 we have treated 180 patients at Shepherd for swelling in their arms, legs, and/or trunk. This has only expedited their rehab process in recovering from their neurological injury. Here is a link to a blurb written about our program. Its on page 7:

<https://www.shepherd.org/files/file/AXIS%20Spring%202016.pdf>

I wanted to reach beyond my work at Shepherd, so in 2016 I stepped up my involvement by joining a local lymphedema advocacy group called the **Lighthouse Lymphedema Network** and accepted their invitation to join their Board of Directors. Currently, it is a major issue/limitation in the treatment of lymphedema that the costly compression garments used to maintain reductions we get with treatment are **not covered** by Medicare, Medicaid, and even some private insurance. The Lighthouse Lymphedema Network accepts applications to help fund the purchase of these necessary items. Additionally they put on an annual full day education conference and host open forums for both patient and therapist education and discussion. The Lighthouse Lymphedema Network is 100% volunteer and it is really passionate and smart group of folks to work with and learn from.

This year I had the opportunity to speak on a national level 3 times regarding this very important topic at the following national conferences: American Spinal Cord Association (ASIA); American Congress of Rehabilitation Medicine (ACRM); and the National Lymphedema Network (NLN). These were really great opportunities to provide education and network with the rehabilitation community and lymphedema community. I was very honored to be accepted to speak. I am also very hopeful that a research article I have written after analyzing all the data we have collected gets accepted for publication!

I would like to ask for your support of the **Lighthouse Lymphedema Network** to help fund their educational offerings and the bandage and garment fund. Here is the link to my fundraising page:

<https://www.gagives.org/c/GGD/a/lighthouselymphedema/p/rebeccahammad>

While you consider a financial donation I would also like to ask you to consider supporting the **Lymphedema Treatment Act**, which is a national bill fighting/advocating for the coverage of these costly compression garments and bandages. Just as an example, my knee high garments cost \$350 a pair (every 6 months) and \$1000 for my night time garments, which must be replaced every few years. Because of high deductibles now on most insurance plans, these may as well be an out of pocket expense for me. Luckily, I am able to manage that expense, but as you can imagine a lot of folks out there cannot even begin to afford them.

Here is a link to the Lymphedema Treatment Act, where you can learn more and easily send a note to your State representatives:

<http://lymphedematreatmentact.org/>

Love to you all!!!

Rebecca Hammad