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1st November 2022

Welcome to the 25th issue of the PhysioPod UK Monthly NewsMagazine.

It gives us great pleasure to share this month's news, reviews and updates. We sincerely hope that there is something for you all to enjoy and learn about this month. We often use the phrase 'every day is a school day' at PhysioPod, because it truly is, there is so much to learn.

So in #CamelCaseHashtag style, we have the following topics for

#Abdominoplasty #Accessibility
#AdamsBucketFullOfHope #Blindness
#BloodPressure
#BLSConferencePatientAdvocateReview
#BLSCellulitisGuidelinesUpdate
#DeepOscillationFeedback #DeepOscillationClinics
#DeepOscillationResults
[#DVSI](#)
#DisabilityInclusion #ReadingForSchools
#HeartAttackPrevention
#IrlenSyndrome
#LipedemaResearch #LipoedemaSurvey
#LipoedemaSurgery
#LipoedemaSurgeonsAdvice
#Lymphoedema #LymphoedemaPatientAgenda
#MentalHealth
#NationalSelfCareWeek [#NLFI](#)
#ParkinsonsDisease #PerinatalDepression #Phlebolympoedema
#PhysioPodReviewConferenceInIreland
#ReaderRequest
#VisualImpairment
#WelcoMe

With our very best wishes and kind regards,



Julie Soroczyn and Mary Fickling
Sisters and Directors
[PhysioPod UK Limited](#) and [PhysioEquipment](#)

Understanding the Patient's Agenda by Gaynor Leech

THERAPIST TE PATIENT M



"Early October, I attended my 5th conference with The British Lymphology Society, (BLS)...

I have attended three in person and two online during Covid. On a personal level, I still see my attendance at this conference as a privilege. While patients have attended and presented at this conference in past years, the BLS is the highly respected organisation/arm for clinicians and health care professionals (HCPs) within the Lymphoedema Community. [The Lymphoedema Support Network \(LSN\)](#) is the nationally recognised patient

who live with lymphoedema, are less likely to attend the BLS conference and more likely to attend the LSN Patient Conference.....

5 min read - Understanding The Patient's Agenda

NEW THERAPIST ON HARLEY STREET

RESTORE scar therapy



Emma Holly
Scar Tissue Specialist and Educator

Restore Therapy Clinic
10 Harley Street
London
W1G 9PF



With a holistic individualised treatment approach, Emma will select the best options to deliver a personalised treatment for your scar.

[Ways to contact Emma Holly](#)

National Self Care Week 14th - 20th
November 2022



Self Care Week is the annual national event that raises awareness of what we can all do to improve our physical health and mental wellbeing. This year, the theme is Exercise Self Care for Life.



In this article for "Self Care Week" you will be able to

- Download self care aware fact sheets expertly produced by the Self Care Forum; covering a range of common conditions: from Acne to Venous Disease (looking after your legs) and nutritional fact sheets.
- Watch and read Lymphoedema self care tips and videos republished from the 2022 World Lymphoedema Week (produced in proud working partnership with Gaynor Leech founder and expert patient advocate of [LWO Community](#) and many expert Lymphoedema healthcare professionals: Christine Talbot, Sue Hansard, Jane Wigg, Dr Rhian Noble-Jones and Catherine Groom.
- Read about the new Self Care online course for managing Lymphoedema with Aideen Schweppe.
- Read Deep Oscillation Testimonials, for a range of conditions from sporting and occupational injuries to Lymphoedema and Lipoedema and pre and post surgery, including feedback from patients using personal units for self care at home and on holiday abroad.
- Look at some quick, self care ideas to remind us of the small things we can do to improve our physical and mental wellbeing.

The organiser of Self Care Week is the [Self Care Forum](#), a charity which aims to empower and encourage everyone to make self care their everyday habit. And the Self Care Forum knows just how

they are right now.

Self Care Week is a perfect time to think about how we live our lives and maybe make some small changes that will improve our health and wellbeing, and our family's....

4 min read, factsheets, self care videos, infographics

SELF ADMINISTERED SLD FOR LYMPHOEDEMA - NEW SHORT SURVEY

Your help is required please

This is a new short survey on self administered SLD for Lymphoedema, for those living with Lymphoedema and MLD Therapists. The survey is running till 31.12.2022 so if you haven't had a chance yet to complete we would really appreciate it.

This is a joint project from PhysioPod® UK Limited, Julie Soroczyn, Gaynor LEECH and Sue Hansard.

It is anonymous, it takes just 10 minutes to complete and the results will be analysed and shared in the PhysioPod® UK Limited monthly newsmagazine.

Thank you in advance for completing and sharing.. it is much appreciated.

TAKE SURVEY



'I'm a human being' by Jodie Greer



People often ask me why I'm so passionate about disability inclusion, and why I would've left a very successful corporate career to commit my professional life to improving inclusion in

them I'm currently non-disabled.

However, even if you would consider me an ally, here's a thought, like many people:

- As a white person, I will call out racism if I see or hear it, no matter what colour skin the person it was aimed at has.
- As a cis-gender woman, I will call out transphobia if I see or hear it.
- As a heterosexual woman, I will call out homophobia if I see or hear it.
- As a confident woman who has worked in very male dominated worlds for many years, I will call out sexism if I see or hear it.

Now, I know many people who feel strongly on the abhorrent behaviours listed above, and will take action to help remove them from the workplace and society - wonderful!

But sadly, the number of currently non-disabled people who take the time to educate themselves on disabilities and accessibility, and the barriers our own behaviours and practices create, is far lower - sad times!.....

[4 min read - I'm a human being by Jodie Greer](#)

**PhysioPod Review of The National
Lymphoedema Framework Ireland (NLFI)
and Dr Vodder School Ireland (DVSI) Open
Day - September 2022**



DR. VODDER SCHOOL
IRELAND

The NLFY invited Physiopod to participate in an Open Day which included healthcare professionals and industry to meet and exchange experience and information in a learning environment. This is a short review of that event.



Our short Ryanair flight from Birmingham to Cork, on the Friday, was delayed by an hour, meaning that instead of getting our keys and heading up to the room to freshen up before stand set up; we had no time to spare and had to dash, with all our luggage, to locate the Grand Ballroom. With the assistance of a charming porter at [The Cork International Airport Hotel](#), and the welcoming team, we were shown to a well-chosen spot by the window to set up.

Exhibitor stands were positioned at the back and sides of the delegate seating area and the stage, allowing all company representatives to listen in to the talks, without having to leave their stand and take items of value with them. A thoughtful gesture of the organisers and very much appreciated. Meadhb Mac Sweeney, [NLFY](#) Board Member & Director [DVSI](#) also made a huge point of introducing all of the exhibitors to the delegates, especially those of us who had travelled from overseas to be there.

At PhysioPod, we are continually researching all things Lymphoedema and Lipoedema, in order to share and empower therapists and patients with new knowledge. So to be 'in' the conference was excellent. All of the other sponsors at the event were friendly too.....



[3 min read 'PhysioPod Review of The National Lymphoedema Framework Ireland \(NLFI\) and Dr Vodder School Ireland \(DVSI\) Open Day - September 2022'](#)

Stages of lipoedema: experiences of physical and mental health and health care



[Quality of Life Research](#)

An International Journal of Quality of Life Aspects of Treatment, Care and Rehabilitation - An Official Journal of the International Society of Quality of Life Research

Clarke, C., Kirby, J.N., Smidt, T. *et al.* Stages of lipoedema: experiences of physical and mental health and health care. *Qual Life Res* (2022). <https://doi.org/10.1007/s11136-022-03216-w>

ABSTRACT

Purpose Lipoedema is a progressive adipose (fat) disorder, and little is known about its psychological effect. This study aimed to determine the experiences of physical and mental health and health care across stages of lipoedema.

Methods

Cross-sectional, secondary data from an anonymous survey (conducted 2014-2015) in Dutch and English in those with self-reported lipoedema were used (N=1,362, Mdnage=41-50 years old, 80.2% diagnosed). χ^2 analyses of categorical data assessed lipoedema stage groups 'Stage 1-2' (N=423), 'Stages 3-4' (N=474) and 'Stage Unknown' (N=406) experiences of health (physical and psychological), and health care.

Results**Compared to 'Stage 1-2', 'Stage 3-4' reported**

More loss of mobility (p= <.001)

Pain (p= <.001)

Fatigue (p=.002)

Problems at work (p= <.001)

and were seeking treatment to improve physical functioning (p= <.001) more frequently.

'Stage 3-4' were more likely to report

Their GP did not have knowledge of lipoedema
did not take them seriously,
gave them diet and lifestyle advice
dismissed lipoedema,
and treated them 'badly' due to overweight/lipoedema compared to
'Stage 1-2' (p= <.001).

'Stage 3-4' were more likely to report

depression (p= <.001)
emotional lability (p=.033)
eating disorders (p=.018)
and feeling lonelier, more fearful,
and stayed at home more (p= <.001)
and less likely to have visited a psychologist (p= <.001)
compared to 'Stage 1-2'.

Conclusions

A divergent pattern of physical and psychological experiences between lipoedema stages reflects physical symptom differences and differences in psychological symptoms and health care experiences. These findings increase the understanding of lipoedema symptoms to inform psychological supports for women with lipoedema in navigating chronic health care management.

Keywords

Lipedema · Mental health · Physical health · Health care · Mood

[9 min read - download study PDF \(789KB\) Stages of lipoedema: experiences of physical and mental health and health care](#)

Thinking About Lipoedema Surgery?

'This short clip contains the most important advice I would give anyone thinking about lipoedema surgery'

MR VASU KARRI

Consultant Plastic Surgeon
BSc(Hons), MBBS, MRCS, MSc, FRCS(Plast)



[Mr Karri and Lipoedema information - website](#)

IN THE LIPOEDEMA SURGERY OPERATING THEATRE

With thanks to Ana Gordillo López
Lymphoedema and Lipoedema Specialist Physiotherapist
Sergio Serrano Clinic, Seville

Ana loves the work that surgeons do in lipoedema surgery. By being in the operating theatre, it provides a valuable experience for her to get a very clear vision of how the tissues suffer and how to approach post-surgery. This new work project allows Ana to be with her patients throughout.

Ana uses Deep Oscillation in the very early post operative days to enhance the healing process.



Irlen Syndrome

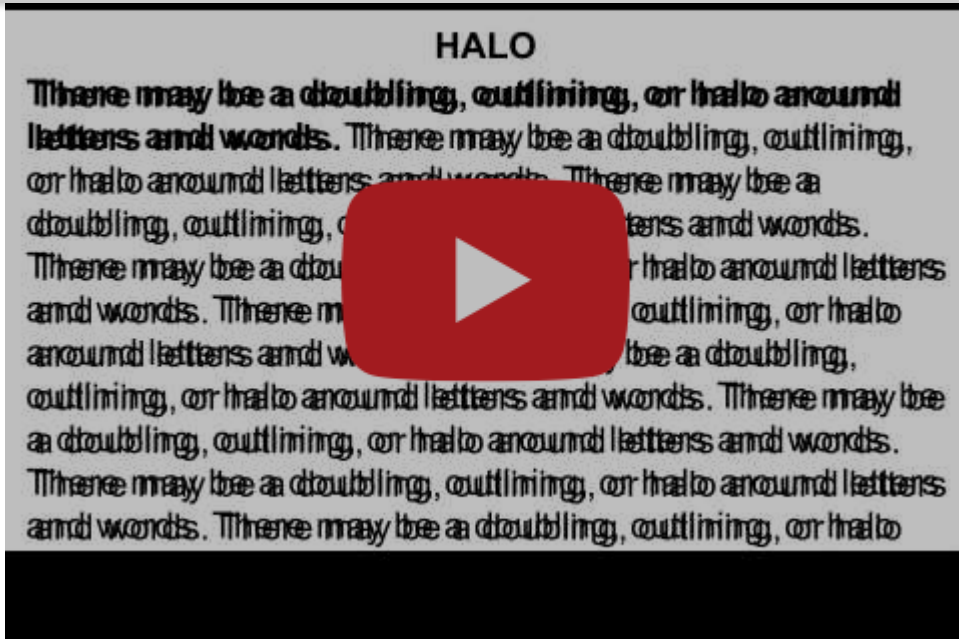
Information with thanks to



Could you, a family member, friend or colleague have Irlen Syndrome? Please read and watch this video, it could help you or someone you know with this reading difficulty.

"IRLEN SYNDROME IS A PERCEPTUAL PROCESSING DISORDER

It is not an optical problem. It is a problem with the brain's ability to process visual information. This problem tends to run in families and is not currently identified by standardized educational, psychological, optometric, or medical tests. This problem can manifest itself differently for each individual. Irlen Syndrome is not remediable and is often a lifetime barrier to learning and performance...."



[TAKE THE TEST TO SEE IF YOU COULD HAVE THIS CONDITION](#)

[More information on Irlen Syndrome and locate a UK testing site](#)

Highlights of The British Lymphology Society (BLS) Annual Conference 2022



L-W-O Community
 Primary, Secondary & Paediatric
 Lymphoedema
 Online & in the Community
 Promoting Lymphatic Health &
 Community Engagement



By Gaynor Leech, Lymphoedema Patient Advocate and Founder of LWO Community

It was great to be back at a in-person conference, which was again held at Yarnfield Park, Stone. Monday (as I have previously written) was a day of workshops and unfortunately, because of co-presenting my own workshops, I missed the one on skincare, which I would love to have attended. Skincare is one of my health passions.

One of the nicest parts of attending the British Lymphology Conference (BLS) is that I get to meet the people I talk to online. I did get to see and meet Cheryl and Brian Tierney, two of their children have Milroy's Disease. Cheryl is District Nurse, Wife, Mum of four, a Lymphoedema patient advocate and along with her husband Brian, a parent carer.

Cheryl's presentations talked about the hard work on a daily basis, that goes into managing Lymphoedema in children. She wanted the audience to understand that parent carers provide excessive hours of care and therapy daily, but still must go to work and maintain a family life. In her own words "Parent carers need to be seen, heard and valued".



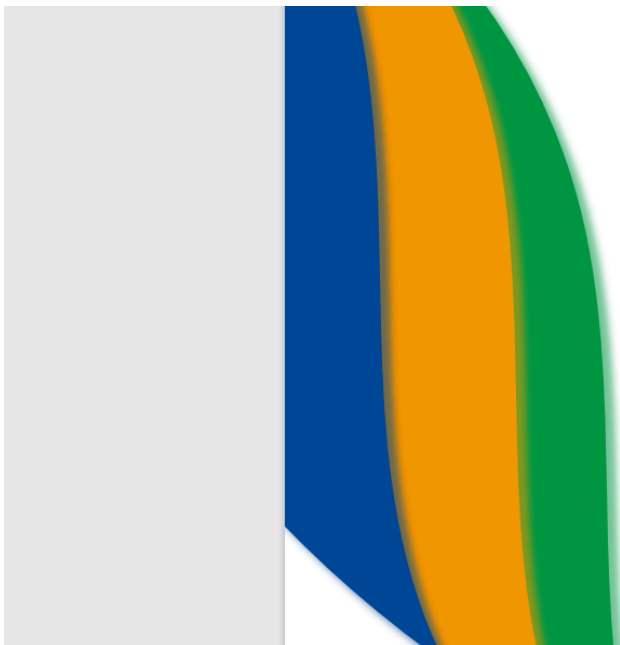
Tuesday was the day for presentations and kicked off with a controversial debate with the title "Manual Lymphatic Drainage (MLD) should be offered as an essential component of Lymphoedema management". This was presented by two teams 'for'

necessarily reflect their own personal views.....

3 min read Gaynor Leech BLS Conference Review

Guidelines on the Management of Cellulitis in Lymphoedema Updated October 2022

With huge thanks to



October 2022

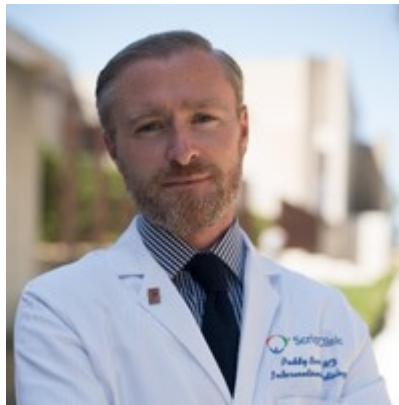
Guidelines on the Management of Cellulitis in Lymphoedema

[Download PDF 568 KB Guidelines on the Management of Cellulitis in Lymphoedema Updated October 2022](#)

Heart Attacks Without Warning Understanding What Really Causes Heart Attacks

With our thanks to

Dr Paddy Barrett
Preventive Cardiologist
Blackrock Clinic, Dublin, Ireland

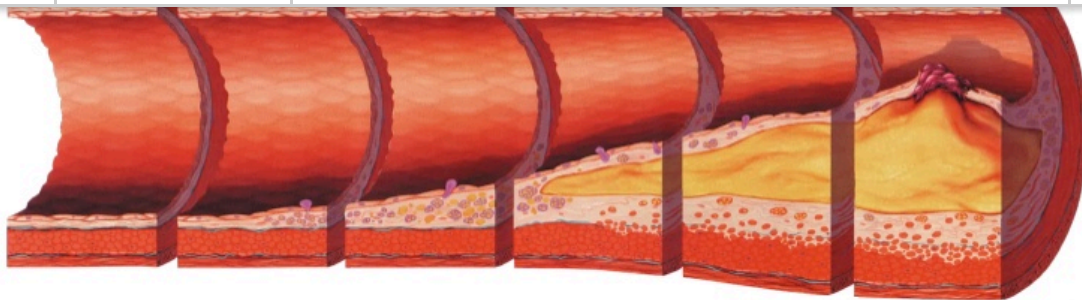


We've all heard this story.

A person goes for a stress test to '*check their heart*' and is told they '*passed with flying colours*'.

The following week they have a heart attack.

How is this possible?.....



Artery with atherosclerosis progression. [N Patchett](#). Creative Commons.

5 min read - Understanding What Causes Heart Attacks

DEEP OSCILLATION IN CORK



The Lymph Clinic

CENTRE OF EXCELLENCE FOR
LYMPHOEDEMA, HEALTH AND WELL-BEING



Meadhb MacSweeney

The Lymph Clinic, Suite 1, Cork Clinic, Western Road, Cork
Telephone 00 353 (0)21 4347351

**Treatments Offered
for Lymphedema & Lipoedema
Health and Well Being**

The Lymph Clinic (TLC) website

Research - Important New Lipoedema Survey

Survey brought to our attention with thanks, as always, to Lipoedema UK

DO YOU OR YOUR CHILD HAVE LIPOEDEMA?

Please take part in a short survey to inform future support provision for others.

go.uwe.ac.uk/acsurvey

THE VTCT FOUNDATION Centre for Appearance Research **UWE Bristol** University of the West of England

Please take a look at this study support preferences of people who are affected by visible differences. Please read the information

4 min read - Participant Information Sheet

A 24-Hour Skin Patch That Monitors Blood Pressure: The BioBeat Review



With thanks to The Medical Futurist

"Having a comfortable and reliable way for prolonged blood pressure monitoring is something we've been long waiting for. Holter monitors do the job reliably, but they are far from being comfortable, even if you manage to somehow find a tolerable sleeping position with the bulky box, it will wake you up several times during the night inflating the cuff. 24-hour measurements are clearly more informative than sporadic readings - and we also have to mention that there is no guarantee that patients carry out the measurements properly with a traditional device. This is why I had high hopes when starting to test the BioBeat 24-hour blood

3 min read - A 24-Hour Skin Patch That Monitors Blood Pressure: The BioBeat Review

DEEP OSCILLATION THERAPIST FEEDBACK FROM LIMERICK



Limerick Lymph



'I have been using the Deep Oscillation Personal Pro on my lymphoedema and cosmetic surgery patients over the last year. It's absolutely fantastic at breaking down fibrosis and just moving fluid in general. It definitely reduces a lot of the physical labour that can go with Manual Lymphatic Drainage.

The patients love it and find it very relaxing. I can honestly say that I have had some really positive results from using it.

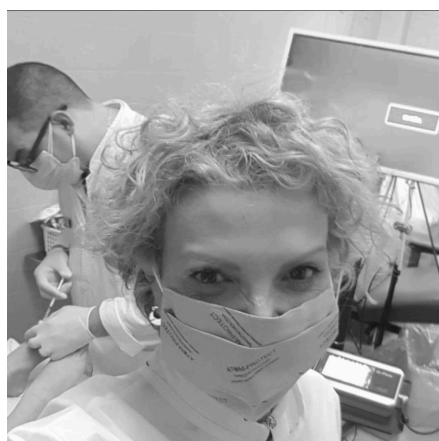
Mary and Julie are so easy to deal with. They always respond to any queries immediately and resolve any issues promptly. I wouldn't be without my personal pro for the world!'

Karen O'Sullivan
Vodder Lymphoedema Therapist
MLD Ireland - Full Member

Karen O'Sullivan is a Registered General Nurse with Postgraduate Diploma in Wound Care and Tissue Viability specialising in Lymphoedema, Lipoedema and Phlebolympheidema and swelling post liposuction.

CONTACT KAREN O'SULLIVAN

Deep Oscillation Following Abdominoplasty

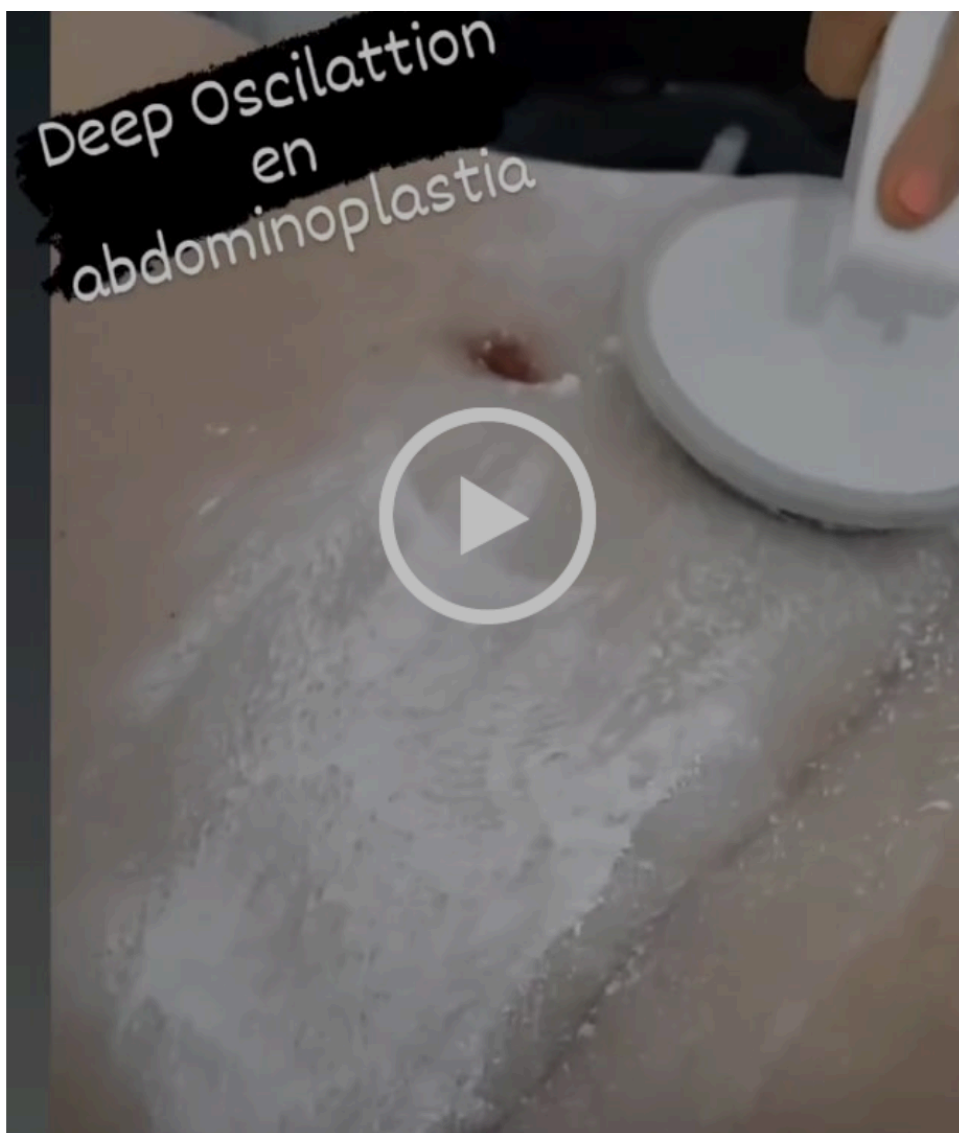


With thanks to María Del Rosario Pineda

Abdominoplasty or "tummy tuck" is a cosmetic surgery procedure used to make the abdomen thinner and more firm. The surgery involves the removal of excess skin and fat from the middle and lower abdomen in order to tighten the muscle and fascia of the abdominal wall.

DEEP OSCILLATION® can be applied in the early post operative

timescale than has previously been possible. Bruising, swelling and pain reduce as the daily treatment works on shuffling and transporting the excess inflammatory matter (in evidence after surgery) to the lymph system for removal. Once the area is drained, it is able to regenerate.





"Hi Mary & Julie,

I have been researching the Bellicon Rebounder which covers the topic about this equipment and exercise being good for lymphatic drainage. I wondered if you have heard about this or know anyone who has tried this equipment with any success?

You can do a google search putting in **BELLICON REBOUNDER** and it is a good read and a short message from a doctor about just bouncing gently for 3-5mins can make a difference to opening the valves for lymphatic drainage. It would be good if this was explored further and researched by yourselves with input from other people who may have used a rebounder. It is all encouraging information.

The Bellicon Rebounder is German and is the one recommended for lymphatic drainage and certain videos of exercises for this type of exercise. **This is expensive equipment and a considered purchase** and if there were reviews from people with lymphoedema it would be a help. You also have the facility of contacting the suppliers with any questions you have about lymphoedema/lipoedema e.g. **which one to buy so as to avoid the condition of motion sickness? or can the lymphatics be so blocked that the rebounder would not work? This is interesting research.** I hope you find this information useful.

Yours sincerely

Doreen Elkington"

[in her quest for information then please drop us line and we can gather the information and publish next month. Email \[news@physiopod.co.uk\]\(mailto:news@physiopod.co.uk\)](#)

Face and voice recognition technology set to transform diagnosis of perinatal depression

NEWS from The University of Nottingham



"Artificial intelligence (AI) technology developed to use face and voice recognition to help recognise and predict depression in pregnant women and new mums has received funding to develop it as a clinical tool.

University of Nottingham Spin out company BlueSkyeye AI Ltd has secured £3.4 million to pursue its mission to improve people's quality of life through the use of its proprietary face and voice analysis technology with the development of a tool to help diagnose peri and post-natal depression.

Perinatal mental health (PMH) problems are those which occur during pregnancy or in the first year following the birth of a child and affect up to 27% of new and expectant mums and covers a wide range of conditions. However, research has shown that

result in women avoiding seeking help...

“ The demand for alternative pathways to access mental healthcare is enormous, and continues to grow by the day. We're committed to disrupting traditional approaches to healthcare to help improve the quality of people's lives, and we're particularly focused on the perinatal mental health sector. With the support of XTX Ventures, Foresight Group and other investors, we'll strengthen the rollout of new clinical trials and product development, and champion the benefits of technology for reinforcing healthcare provision on a national, regional and global basis.

Professor Michel Valstar, Co-Founder and CEO at BlueSkeye AI and Honorary Professor at the University of Nottingham



2 min read - Face and voice recognition technology set to transform diagnosis of perinatal depression

DEEP OSCILLATION & MLLB RESULTS

With thanks to Maria Del Rosario Pineda



DEEP OSCILLATION

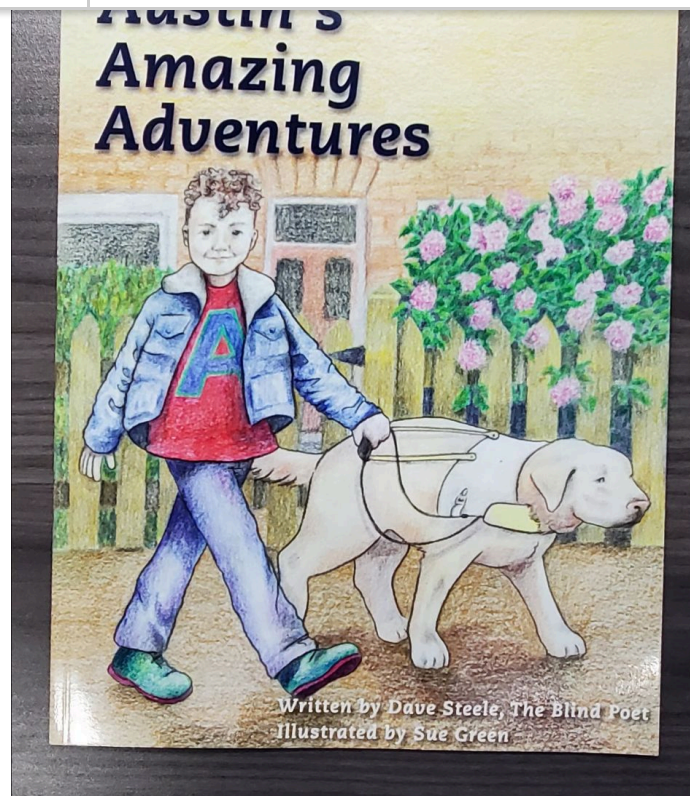


BEFORE

AFTER

12 sessions with Deep Oscillation therapy and multi-layer bandaging (MLLB)

Austin's Amazing Adventures



I (Mary) recently had the pleasure to connect with Dave Steele on Twitter and said that I would be delighted to share his latest book and I asked Dave what the inspiration for Austin's Amazing Adventures had been?

"Well I genuinely care about helping others Mary. My poetry is used by people all over the world, as a way to feel less alone living with blindness, as well as a tool for them to explain to their loved ones what they struggle to find the words for.."

What a remarkable gentleman. I am positive this book will be very successful and have already shared it with many of my school teacher friends.



Austin's amazing adventures is the first in series of short poetic stories about a young visually impaired boy and his best friend his guide dog Joe. The books which are all in large print are beautifully illustrated by the talented artist Sue Green come with image descriptions for the reader. The stories aim to normalise all those living with disabilities and bring much needed representation of children with additional needs as characters. These books have been designed to be read at home or used in schools as parts of lessons with a number of open ended questions in a section called talking points at the back of the book to encourage the conversation around blindness. Austin's amazing adventures is a heartfelt poetic glimpse in to how it feels to be different.

Books are available to purchase via <http://TheBlindPoet.net> or alternatively through Foundation [Fighting Blindness](#) with all proceeds going towards research into blinding retinal diseases.

[Austin's Amazing Adventures and more information](#)

GREAT NEWS FROM WELCOME

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Welcome



"WelcoMe have now added Parkinson's to the list of conditions covered on #WelcoMe.

We are so proud to be promoting the work of Parkinson's UK and supporting all the people living with the fastest-growing neurological condition in the world.

"Parkinson's UK joins our great list of charities in promoting their member's needs and their own services through WelcoMe. Check the full list on this link

Any questions we would love to hear from you but please do share this news with those you feel will benefit the most.

Please let us know if there is a condition or #charity you would like to see WelcoMe support. You can also send us a message or drop us an email."



Gavin Neate, Founder of the WelcoMe App

WelcoMe App empowers all disabled people by reducing anxiety and increasing confidence in their real world interactions.

Deep Oscillation Feedback from Adam's Bucketful of Hope



'Adam's Bucketful of Hope' is a wonderful charitable organisation in Pembrokeshire that was started by Chris Evans-Thomas, who sadly lost her son, Adam, to Leukemia in his early 30's. The charity was established to support cancer patients and their families in Pembrokeshire.

"I am delighted to be one of the therapists working for the charity. The therapy team provide a range of services to our

massage, and holistic therapies.

During the summer of 2022, Chris, together with the trustees, invested in the **PhysioPod** Oscillator and the training of therapists to enable us to complement the treatments we offer.

The gentle non-invasive frequencies delivered by the oscillator are ideal for our very vulnerable clients. We find the oscillator very easy to use and follow the menus by using the dial to select the appropriate programmes for different conditions.....

2 min read - Deep Oscillation Feedback from Adam's Bucketful of Hope

NEW THERAPIST IN CORNWALL



darling angels



Hannah Darling
Darling Angels and MLD Cornwall
26 Lemon Street
Truro, TR1 2LS
Telephone 07833 473 716

[Website: Darling Angels](#) [Website: MLD Cornwall](#) [Email](#) [Facebook](#) [Instagram](#) [Twitter](#)

DEEP OSCILLATION NOW IN FOUR CLINICS IN SURREY



VickyB Health & Fitness

Julie and I absolutely love Vicky's marketing of the Deep Oscillation Personal Pro!



Vicky Burr

**VickyB Health and Fitness
Sports & Oncology Massage Therapy, ScarWork &
Casley Smith MLD DLT Lymphoedema Specialist,
Yoga, PT, Exercise Referral
Call or WhatsApp for Appointment 07966 530 926**



INSTAGRAM FEEDBACK


@vixiejb "Feedback on this little beauty is phenomenal, not even a month old and proving it's worth already! You have to experience it to really get it though, words just can't convey how it feels. I'm so impressed by how many conditions it can help too, and it's so gentle. Just in the last week I've used it to help improve scars, fibromyalgia, muscle tear, tendonitis, cancer patients relax and lymphoedema! Of course you can still have the oily ouchie version if you prefer ?"

Julie's World....

granddaughters and this was just too nice a photograph not to share. Julie's granddaughter Arabella is all set to go our trick or treating after Grand Dad's face painting. We hope you all had a fun Halloween. x



Au Revoir



May your week be
filled with good thoughts,
kind people and
happy moments.

Thank you for reading and well done for getting to the end!
See you next month x

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