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1st August 2022

Good Afternoon

A very warm welcome to the August newsmagazine, slightly later than usual, as we have added expert comments on the '**glorious victory**' of our Lionesses last night, with which we proudly open this month's issue.

A huge thank you to all our contributors and proof readers and also to those that point us in the direction of newsworthy stores to include - this means such a lot to us both.

There are some articles which we really tried to include this month but will be all the better to wait for, as we put the finishing touches to them.

We do hope you enjoy the read and as always, [do let us know your thoughts.](#)

Have a super August, till next month au revoir!

Best wishes



Mary Fickling and Julie Soroczyn  
Sisters and Directors, [PhysioPod UK](#) and [Physio Equipment](#)

## The Lionesses Result



Yesterday really was a landmark day in English football. The Lionesses conquered Germany at Wembley and inspired a nation. Football came home and we're all the better for it!

We took the opportunity to ask football experts [Carys Roberts](#) and [Danny Donachie](#) for their thoughts ..



"I watched it whilst in the Polyclinic in the Athletes village at the Commonwealth Games.

So amazing to see kids I've worked with grown into fabulous lionesses providing inspiration to the next generation.

When I started working in football over a decade ago, women couldn't earn a living from it... now they can, which allows them to dedicate to the training they need to deliver the quality that has been on show during the Euros.

I'm so proud of how far the game has come and the players and staff working in it"

**Danny Donachie is the [Founder at Embodysm](#)  
who provide executive coaching, leadership training,  
elite athlete coaching and mindfulness training**



"Let's not pretend that misogyny isn't rife in sport. I had tears in my eyes yesterday when I watched the lionesses show the men how it's done. The tears came because of the prejudice they had to overcome along the way.

They had to fight to even play the game not so long ago. Women had to beg to play at stadiums. Even at this tournament Sarina Wiegman had to fight for equal off field support as the men.

And yes, people still send misogynistic memes about the women's game.

And yes, I still hear derogatory remarks from the male dressing rooms.

Let's hope this victory will revolutionise the game. Football is known as the beautiful game because it brings people together.

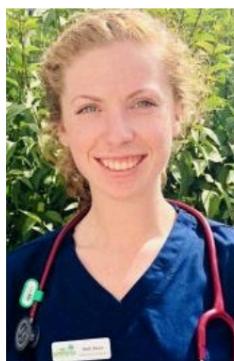
It's time for **equality** in life and sport."

## A Canine Case Study in Wound Management

### With huge thanks to...



**Christine Talbot**  
SRN MLD DLT  
Lymphoedema  
Bowen  
DEEP OSCILLATION®  
Practitioner



**Beth Sheare**  
Veterinary Surgeon



*Tilly Coleman*  
Springer Spaniel

Tilly is a three-year-old Springer Spaniel living on a farm with her two brothers.

Whilst in season, Tilly was accidentally impregnated by her two-year-old half-brother Jack. She was taken to the vets for the requisite two injections to dispel any possibility of conceptual matter.

However, after some weeks, a pregnancy was suspected due to weight gain and mammary enlargement. This was confirmed by a scan at six and half weeks showing one live puppy. Around Tilly's predicted due date, she was busy nesting, in preparation for her puppy and had become noticeably more matriarchal towards her brothers.

On the fifty eighth day of gestation, Tilly had been unsettled and restless overnight, passing a mucous plug which suggested the onset of stage 1 labour. After four hours, Tilly showed no signs of actively straining to progress to stage 2 labour, so was taken to her vets where she was re-scanned, sadly, the scan showed the puppy had died.

Tilly was given two doses of oxytocin to stimulate abdominal contractions and help towards birth, but contractions did not occur and there was no active progression, so a caesarean section was planned to remove the puppy. However, the uterus had become thin and friable, overlying the dead puppy and was starting to perforate, meaning there was a risk of developing peritonitis. A spay was thought to be the best option, removing the dead puppy and the traumatised uterus to give Tilly the best opportunity for recovery.

After surgery, examination of the puppy and uterus revealed the puppy most likely died forty-eight hours prior to the onset of labour, causing an abortion, rather than normal parturition.

Tilly received intravenous fluids during surgery and for eight hours following surgery. She was given antibiotics (Amoxicillin/Clavulanic Acid) at the time of surgery and for seven days afterwards to prevent infection, as well as an anti-inflammatory/pain relief (Meloxicam) for five days post operatively. Tilly recovered well and returned home fourteen hours after her procedure.

### **Treatments:**

Tilly received four treatments of deep oscillation therapy and cold laser therapy for approximately fifteen to twenty minutes over three weeks and an initial laser treatment at thirty-six hours post-surgery.

engagement received during the time. On day five there was a slight concern, when Tilly escaped and was found immersed in her favourite water trough. She was immediately bathed and the scar frequently cleaned with hydrogen peroxide to prevent the possibility of infection, she was still receiving antibiotic cover for a couple more days.

### Conclusion

Other than initially seeming a little perplexed at not being her super bouncy self with her brothers and needing to frequently sit on the couch, Tilly seemed remarkably resilient following such a significant operation. By her third treatment, Tilly appeared physically back to normal and has had no apparent psychological issues due to the loss of her puppy. During treatments she was compliant lying on her back unperturbed and dozing her way through the sessions. Normally Tilly's brothers would be shut out whilst she received her treatment but on the third visit the dogs were alone in the farmhouse, Tilly knew the procedure and obligingly lay on her back whilst Harold and Jack lay sleeping at my feet, as we know Deep Tissue Oscillation is far reaching! Tilly's fourth treatment was really for good measure to confirm reports that the scar had all but vanished.

I would like to thank Beth Sheare, Tilly's surgeon at [Damory Veterinary Clinic](#), Damory Lodge, Edward St, Blandford Forum DT11 7QT, for allowing the use of Tilly's case notes for the publication of this study in support of Deep Oscillation therapy in wound management.

## VIEW VIDEO CASE STUDY BELOW



[VIEW FULL WRITTEN CASE STUDY  
WITH REFERENCES](#)

**My Story by Victoria Jenkins**

# UNHIDDEN

***'Award winning universal design for every BODY'***



## **Victoria Jenkins**

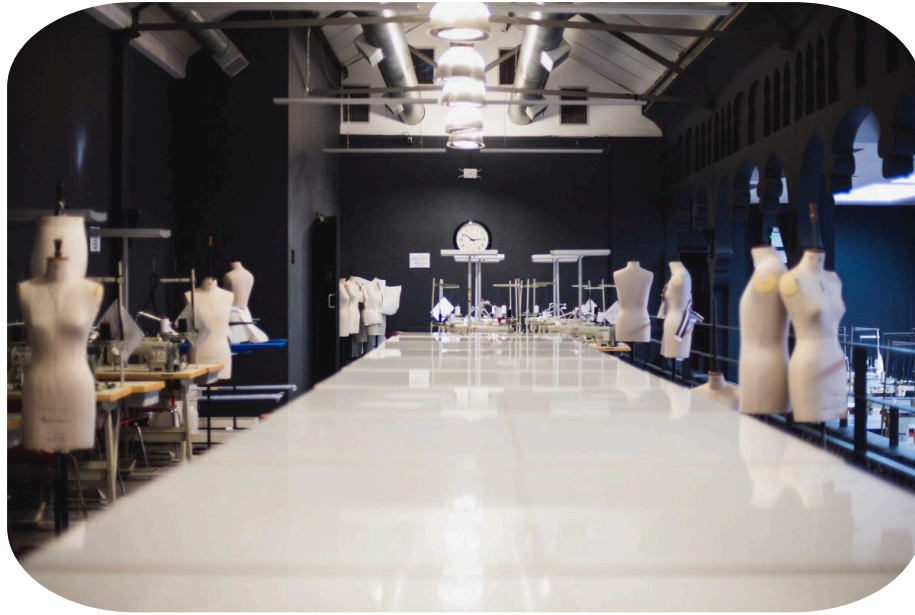
**"I've never seen myself in fashion. I didn't know any one was doing this. I haven't worn a dress in 10 years. I can't wear suits. I can't wear what I like. I can't get IN the shop in the first place. Why isn't any one designing for us?"**

I have heard all the above for 6 years now.. And to be honest, I should have been thinking it myself long before- I worked in fashion, I was part of the 'system' etc AND I was in need..

**But as so many of us say, you don't get it till you 'get' it.**

**And by 'it' I mean become disabled.**

To tell the story of why I do what I do, I have to tell you my story as well but I want to preface it with this; I am greatly looking forward to the day where I am not the story, where I am not 'the brand' or the 'face' of the brand- but as a start-up/ founder, I have to accept that no one will shout as loudly, as often (and for free) about a brand as the



I studied fashion design at Istituto Marangoni, the London campus- suitably located on Fashion Street in East London.

I had a brilliant 3 years there, certainly learned a lot and it was a brilliantly creative time for me, experimenting with shapes and draping and studying the history of costume and fashion- it was fantastic.

I would say they covered absolutely everything- except the area I now work in.

I graduated in 2008 and did a couple of internships, made wedding dresses in my spare time and then I got my first job as a pattern cutter working for an e-commerce brand. That role gradually developed in to being what is called a garment technologist- it was my job to measure garments, check the fit was good, the measurements were right, construction methods are within budget and the sizing is correct etc.. This I did for suppliers to high street retailers like Tesco and Primark, but I also worked for brands like Jack Wills and AllSaints before my dream job at Victoria Beckham- then I went freelance.

And the reason for going freelance was **Unhidden**.

In 2012 I nearly died from an undiagnosed stomach ulcer that burst- being wheeled down to surgery while they told my Mum I had a 50/50 chance of coming back- not something I was prepared for after years of being told 'it's women's' problems' or I was too young for it to be anything serious. I won't go into a rant about that though or I'll be here all day...

and I began to accept that perhaps I was not going to get better and the stress of trying to work and be like everyone else meant I medically burnt out once a year generally.



One such time was 2016. I met a fellow patient on my ward who switched that lightbulb of purpose on for me, gave me a mission and a passion that drives me now every day.

She had survived ovarian cancer and had multiple conditions as a result of the treatment; she was in fact in the hospital to be fitted for a chest port to receive medicine. Knowing that I worked in fashion (at the time I was working at AllSaints) she said that her lack of choice made it impossible for her to dress how she wanted to at home, at work and socially- because she needed to be able to easily access her stomas or lines and that meant undressing.

As soon as she said it, I thought to myself SOMEONE will be doing this, this is so obviously a need and surely there are brands working on this.. It also occurred to me that after each of my surgeries I lived in pyjamas and didn't dress up or leave the house until it was possible to wear the clothes I wanted.. And still often was in pain whilst wearing them!

The landscape for adaptive design in the UK was pretty bleak in 2016....

[READ FULL ARTICLE ON PHYSIOPOD,  
THE DESIGNS & GOING FORWARD...](#)

## Victoria Jenkins was featured on BBC News on 12th July, 2022 - if you didn't catch it watch the video below..

*"A young Londoner with chronic health problems is helping to change the lives of people with disabilities. Victoria Jenkins founded a socially-responsible, adaptive fashion brand in her basement flat in Islington. She set up the clothing line, Unhidden, after a stint in hospital dealing with her own journey with disability. The clothes are customisable and made-to-order, to cater for people with different access needs. Now she has big plans to extend the brand and make adaptive wear for kids too."*



### FOLLOW VICTORIA

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## EDITORIAL COMMENT

PhysioPod asked Alicia Searcy to add a comment on Victoria's work..

**"Victoria has been on my radar for several years now. Her groundbreaking business model is as innovative as it is intuitive. Adaptive and universal designs that are as attractive as they are functional are what customers have been waiting for, and Unhidden delivers beautifully. Victoria's latest collection will make its US debut at Fashion is for Every Body: On the Runway on September 10th"**

Alicia Searcy is Executive Director of Nashville, Tennessee nonprofit [Fashion is for Every Body](#). Their mission is to normalize inclusion in fashion and in life for adults of all ages, races, sizes, gender orientations, sexual identities and physical abilities. They currently produce the nation's only truly inclusive annual fashion runway show.

## DEEP OSCILLATION RESEARCH MOUNTS AROUND THE GLOBE



## Study references, articles, books, guidelines and presentations

[DEEP OSCILLATION® reference material all in one place.](#)

## Women's health: Plan to stop 'sexist' NHS treatment

[With thanks to BBC News](#)

"Doctors in England will be given mandatory training to better treat female medical conditions under wider plans to improve women's health"



"We heard from women that the system doesn't listen to them when they come forward and ask for help with their healthcare needs," Minister for Women's Health Maria Caulfield told BBC Radio 4's Women's Hour.

"These are women often juggling jobs, young families and caring responsibilities, and unless we make it work from them they will continue to face barriers seeking help."

The government said that individuals responding to the consultation felt there was a lack of understanding among some medical professionals about health conditions which only affect women....."

[READ FULL ARTICLE ON BBC NEWS](#)

## “GOLDEN THREADS” - London Book Launch - 10th July 2022

### With thanks to Gemma Levine

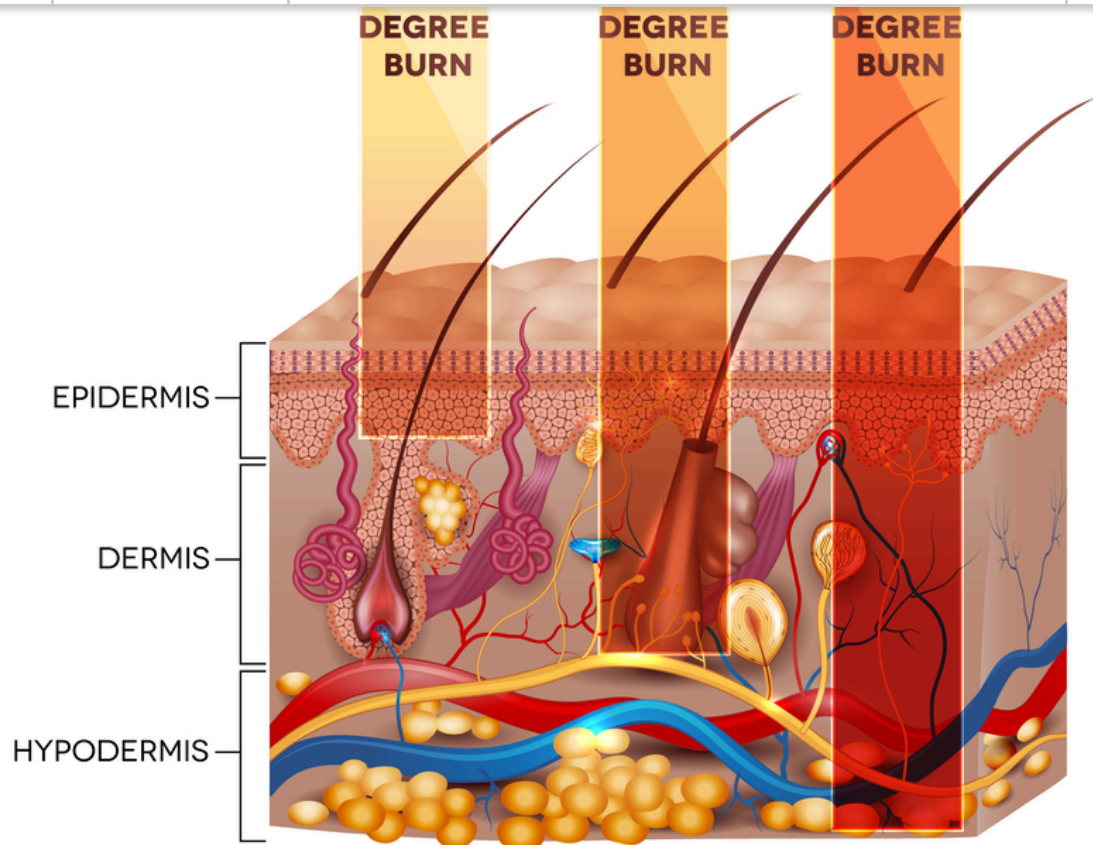
"Dear Mary, the event on Monday night was absolutely amazing, more than you can possibly imagine and that is thanks to Dame Joanna Lumley, who spread herself amongst everyone and was chatting non-

Lymphoedema and how I have helped so many people. And ...of course Professor MORTIMER spoke brilliantly, as always..."



[READ FULL POST WITH MORE PHOTOGRAPHS](#)

## Burn Patient Provides Testimonial On Effectiveness of Deep Oscillation Therapy



**In 2019, I had an accident, suffering third degree burns to my face, arms and upper torso, resulting in chronic pain in my face.**

I was referred to a physiotherapist privately. I must add, I went to four other therapists before this one and had no relief. Andrea Wright, the Physiotherapist had a Deep Oscillation therapy machine and asked if she could try it on me. At this point, May 2021, my face and arms were still swollen and I also had excessive scar tissue.

I was on 32 tablets a day, just for pain relief. All day long, my face felt as if things were crawling through it. I found tapping my face provided a measure of comfort in reducing this sensation. I could not scratch my face because the skin is thin and easily torn.

## PAIN MEASUREMENT SCALE



After receiving the very first deep oscillation treatment, I felt an instant relief, in the scale of my pain. My pain is a high 9 each day, this brought it down to about a 5.5.

**EDITORIAL NOTE:** On the day Mr S received his first treatment, [Andrea Wright](#) contacted PhysioPod with the following note, delighted with her results:

I have a client who has been referred to us for treatment who has 20% burns to his face, particularly around the lips and chin from an accident two years ago.

I used Deep Oscillation today on the scar tissue setting for 20 minutes and the skin around the chin, mouth and throat softened and he felt really comfortable and felt he could talk with less tension.



Andrea Wright MCSP

HANDS-ON PHYSIOTHERAPY



I've since bought the Deep Oscillation Personal Pro unit which I use on myself every day via the applicator.

## Medication Reduction



Since I got the unit, it has helped me to reduce my tablet intake. I have gone from 32 down to 20, even on some days 18.

My scarring, the tissue underneath, which people can't tell I have (until they touch it) made my face appear swollen - daily use of Deep Oscillation has reduced the thickness by 70%. I use the pre-programmed **FIBROSIS** setting, which has a high frequency range and this works well for me. Other settings are available. This has made my face softer in appearance and touch, contributing to pain relief.

I wouldn't write a review, for this equipment, if I didn't think it had worked for me.

Hopefully, it might be useful for other victims of burns or scarring, so that they may give it a try.

Additionally, I would like to say that the aftercare and support from PhysioPod UK, Mary and Julie, is 1st class. Julie rang me on a Saturday and a Sunday, AFTER PURCHASING THE UNIT, to see how things were progressing. Mary would keep in touch via email, text or telephone.

Hope to goodness you DON'T need this unit, but it's worth a try in my book.

***Patient Name Withheld***

[Read full article including another case study from Janine Evans, Advanced Practitioner Occupational Therapist at The Welsh Centre for Burns & Plastic Surgery.](#)

## What, Why & How



**"In the past "What", "Why" and "How" where never seen apart, from childhood to adulthood they were true friends and totally inseparable but more than that was that when they they combined their individual talents they were a formidable force for good.**

Despite all being totally different, when they had a chance to meet up, their passion for problem solving and real societal progress invariably led to a tangible and deliverable solution to one of their identified problems.



They had the best of relationships, met regularly and were always buzzing with new ideas and solutions. They were easily the most productive group of people you could ever hope to meet.

"What" was super aware of his surroundings, always telling the other two about things he had observed. He was always keen to point out the beauty in the world and how magnificent life was but was also

improved by the groups unique talents.

“Why” was a truly inquisitive chap, a bit like we all are when we are younger, he always wanted to know how things worked or was keen to find out why they weren’t working so well. He wouldn’t move on to the next subject until he had a complete grasp of all aspects of a problem and reported them back to the group. He prided himself on avoiding jumping to conclusions, based on someone else’s assumptions and was a skilled researcher.

“What” loved him like a brother and although he thought his thirst for knowledge could be a bit obsessive his questions were always well observed and got right to the heart of the matter.

“Why” was always keen to find out the reasons the world operated as it did and loved his meetings with “What” - especially when he was on one of his missions to tell everyone about a problem he had observed. “Why” loved investigating problems.

Their best pal was “How”. “How” was a planner and a thinker but above all a person of action. How, are we going to fix it? They would ask her after they had observed and studied an issue! How was one of life’s problem solvers and there was no holding her back once she had the bit between her teeth. There was literally nothing that “What” bought up and “Why” investigated that she didn’t want to find a solution for.

Together they were an amazing team and there were few days that went by without them getting together and combining all of their skills to find solutions to the problems they encountered.

One day, during a conversation about efficiency, they came up with an idea, which would mean that although they wouldn’t meet up in person, would enable them to address issues more efficiently. They discussed the pros and cons of this, as they really liked their face-to-face collaborations but it was decided that if they went “online” they could make their chats so much more efficient and productive and they could make **even more of a difference**.

**“What” would post on Social media  
about an issue he had seen**

**“Why” would take his research to a  
new level using search engines**

**“How” would be able to head  
to her shed and fix the problems**

to public acclaim.

The concept was amazing and they all agreed that this could enable them to change the world like never before...

Sadly, unbeknownst to them, this was also the moment it all went wrong.

[READ FULL BLOG](#)

## GREAT NEWS FROM HADDENHAM HEALTHCARE

Click image to download brochure



The image shows a promotional graphic for Comfiwave. At the top, the brand name 'Comfiwave' is written in a white, cursive font on a dark blue background. Below it, the text 'Available on Drug Tariff Today!' is displayed in white and orange. The central part of the graphic features a photograph of a person's leg wearing a white, ribbed compression sock. The sock has the Comfiwave logo and the tagline 'Compression to drift off in' printed on it. Below the photograph, the text 'Includes Pip-Codes' is written in red. At the bottom of the graphic, there is an orange button with the text 'Download the Brochure' in white.

[Read our article on Comfiwave when it was launched a year ago, super well done to Haddenham!](#)

# Lipoedema Month Australia: A Tale of Two Cities

**With thanks to**



**Associate Professor Ramin Shayan MBBS,  
PhD, FRACS (Plast)**

*"Firstly, thank you Mary, for your kind invitation to share news of lipoedema awareness month Down Under. June was a wonderful month for Australian lipoedema sufferers and their supporters alike."*



2022, marked the 10th year since the inception and founding of Lipoedema Australia, the peak representative body for lipoedema for our country. It was a poignant personal milestone for me, as it also marked ten years since becoming acquainted with this devastating and vexing, but also deeply fascinating disease.

(2005-07), it had been an awakening of sorts, to see that many of the patients whom I had met with lymphoedema had shared a very characteristic body shape that consisted of a phenotypical adipose tissue deposition in their legs. It was a body shape that was consistent between effected individuals from different families and which seemed to be passed down across generations in certain individuals – there had to be a reason for this - it wasn't 'just their shape'. At the time, there was surprisingly little about the condition to be found in textbooks, only sparse information available more generally and minimal actual scientific knowledge at all. How could this be?



## Nola Young, President of Lipoedema Australia

It was around this time, that through the courage, honesty, generosity and friendship of the founders of the Lipoedema Australia group, that I began to learn more about what it was that they had been living through. I became acquainted with the great **Nola Young**, the inaugural president of Lipoedema Australia and a real hero. Having been restricted in her mobility and suffering from severe lipoedema, she not only inspired her fellow board members to bare their legs – the source of so much stigmatization and embarrassment to them – for the cameras (in a now world-famous photo shoot), but to also give freely of their time to create an organization that was dedicated to enhancing knowledge and acceptance of lipoedema; and to giving a representational voice to so many who had suffered in silence over the years. I soon found myself becoming committed to trying to do my part to make a difference to patients' experience and society's perception of this disease.



## 2012 - Holy Trinity Church, East Melbourne, the venue for my first lipoedema presentation

How well I remember my first presentation at a lipoedema function, in the back room of a small and dusty church hall in East Melbourne. Unbranded tea bags, flimsy disposable plastics cups and a rickety old urn sustained the handful of patient representatives and lymphoedema therapists whom I met that day, to talk about the disease, the under-serviced needs in the health sector and how we could start to think about raising funds to support some research into lipoedema.

During that meeting, we committed to creating a first-of-its-kind dedicated lipoedema research lab at the then O'Brien Institute, where I was a new plastic surgeon and laboratory head of the lymphatic biology group. Well, it took nearly three more years of hard work, but through the funding generated by Lipoedema Australia - and through the generosity of philanthropic foundations and a generous and anonymous local benefactor – we were able to generate sufficient funds to launch our science program in 2015.



**Dr Tara Karnezis**

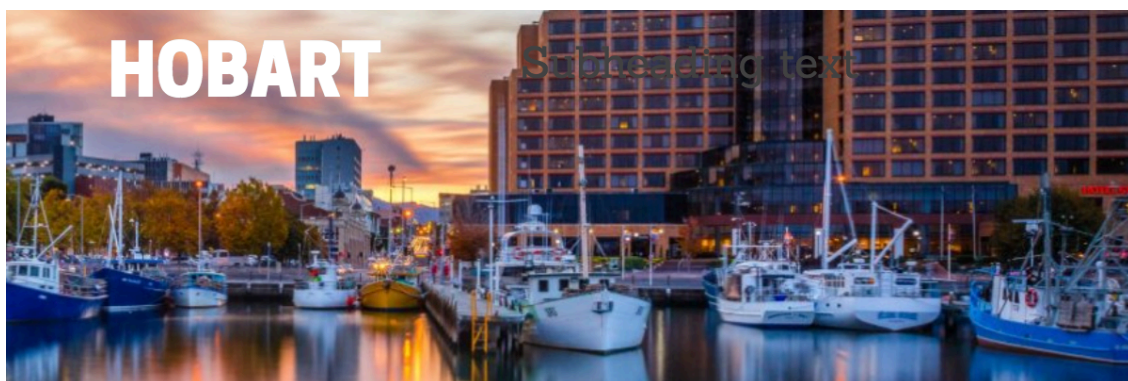
**Karnezis**, and support her in turn in recruiting a team of junior scientists as well. Tara and her team have managed to identify a novel set of stem cells that helps drive lipoedema and contribute to the body of knowledge surrounding lipoedema (*Int J Obes (Lond)*. 2022; 46(3): 502–514. doi: [10.1038/s41366-021-01002-1](https://doi.org/10.1038/s41366-021-01002-1)), and excitingly, there is more yet to come.



Since becoming Director of The O'Brien Institute, we then merged with St Vincent's Institute of Medical Research, to become the O'Brien Institute Department - we have now enshrined the place of lipoedema in the central activities of the institute, with the support of both SVI itself and the O'Brien Foundation, our dedicated fundraising arm.

### Lipoedema Awareness Month 2022 - Australia

So, what did lipoedema awareness month look like in Australia in 2022? Well, it was certainly a far cry from that modest church hall in which we had first gathered back in 2012! In the tenth year since the formation of the official lipoedema peak body in this country, we enjoyed a month-long educational and social celebration of the field and sharing of information at numerous events over two conferences, hosted in two different cities: it was a tale of two cities and a showcasing of lipoedema treatment and research.



The first of these conferences was that of the [Australian Lymphology Association](#), in which there was a strong focus on lipoedema. It was held in the beautiful waterfront area of Hobart, Tasmania, and included

USA), Dr Tobias Bertsch (Földi Clinic, Germany) and Dr Haken Brorson (Lund University, Sweden).

As our plane was delayed by six hours, I arrived to Dr Bertsch's session, immediately prior to our collective panel session, to be greeted by two enormous screens in the Hotel Grand Chancellor Grand Ballroom, bearing PowerPoint slides consisting of photographs of my face, the title of our paper in the International Journal of Obesity:

### **Key signaling networks are dysregulated in patients with the adipose tissue disorder, lipedema**

doi: [10.1038/s41366-021-01002-1](https://doi.org/10.1038/s41366-021-01002-1)

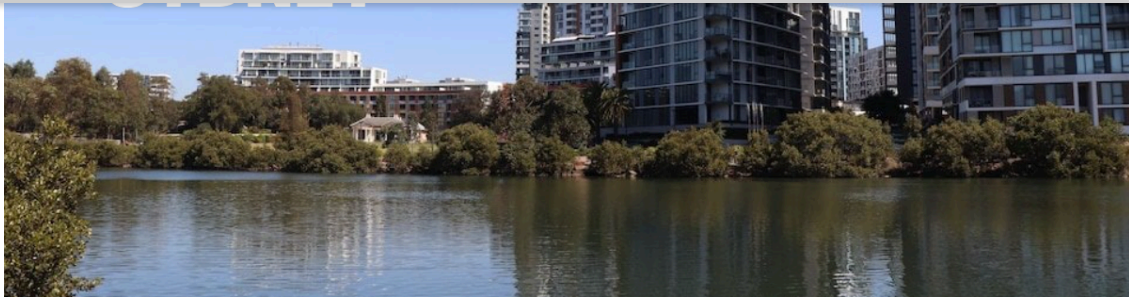
with **bold red annotations** highlighting why Dr Bertsch disagreed with our '*misinterpretation*' of the science.

His contention was that the stem cells and molecular biology mechanisms that we had identified (on a high-tech platform that consisted of proteomic, lipidomic, metabolomic, genomic and functional analysis of not only whole tissue, but also cultured enriched stem cells and differentiated adipocytes, with significant sample numbers, bioinformatic analysis and peer-review in THE world's leading academic journal in the area) was somehow open to 'misinterpretation'.

However, the beauty of high-quality, **validated molecular science** is that these data are *not* open to subjective interpretation, but are, in fact, driven by objective, reproducible hard scientific facts alone. Avoiding misinterpretation is *exactly* why those extreme levels of stringency have been employed and why the analysis and results took five years to accumulate and publish - and why they have been through multiple layers of interrogation and review internationally.

Well, as you can imagine, to receive such a welcome, I was quite delighted! I thanked Dr Bertsch for his kind introduction and reminded him that in Australia, we love to play hard on the field and then share a drink with our opponents afterwards. No hard feelings.

What this attempted discrediting had actually meant, however, was that our paper had not only successfully reached a global audience, but that the people who opposed the views contained therein, were now not 'playing the ball', but instead, they were 'playing the man' i.e. they could not meaningfully address the scientific arguments so they sought to discredit the authors. So, as my first football coach had once said to me, "when the opposition start to play the man, that is when you know you have won" – so, as I said, not only were there no hard feelings, but I was actively chuffed....



**READ MORE AND DISCOVER HOW RAMIN SHAYAN GOT ON IN SYDNEY..**

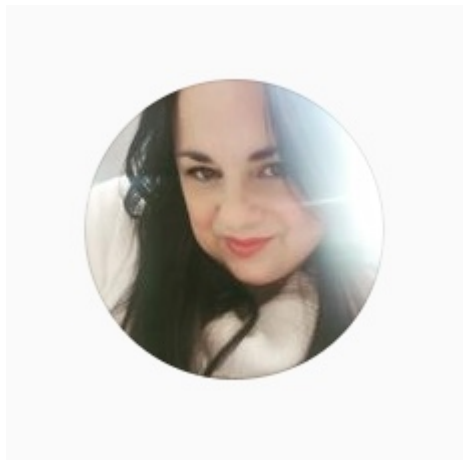
## NEW DEEP OSCILLATION PRACTITIONER IN BEDFORDSHIRE

Rachel Gray  
RGN, MLD DLT MLDUK Vodder Practitioner,  
Lymphoedema and ScarWork Therapist  
Bedfordshire Lymphoedema



"As a Lymphoedema and Scar Specialist – the PhysioPod Basic has been an essential tool in my treatment armoury since purchasing it a few months ago. I treat a range of conditions and this addition to my clinic has made the results a lot more satisfying not just for me but for my clients too. It's easy to use, the training was thorough and the lovely ladies at PhysioPod are always to hand to answer any

## Food, Inflammation and Swelling in Lipoedema By Jacqueline Smith



**Jaqueline Smith (Jax), lives with with Stage 3 Type I/II Lipoedema in her knees, upper and inner thighs, hips, buttocks and arms**

In this blog Jax talks about which foods and drinks cause her "swell hell" - a term she uses to describe a breakout in swelling because of something she has eaten or drunk during the course of her day. Jax also talks about the difficulties faced in ordinary social circumstances around her food choices, holidays, eating out, picnics, etc...

It is for me, my greatest pleasure, food. And when I say that. It is also really important to me that it is not mistaken for "I overeat" or that I'm "addicted" to food. I've most probably exhausted all kinds of diets in my lifetime and I feel I could quite easily earn a degree in nutrition! Only now, with my knowledge of a Lipoedema diagnosis can I for the first time see beyond the stigma imparted on me around my size, weight, which by many is presumably caused by bad/poor diet choices. Only now, has that helped me to see beyond the lack of understanding all those years ago and make better choices that suit my body today.



By listening to my body and recognising for the first time, that weight gain doesn't, after all, actually mean fat gain. It can mean I have new fat deposition. Or it can be fluid gain because of the way the affected Lipoedema responds to certain food types. Oh yes, I'd just love to be "normal" - to go and eat a burger like most folk, or have a lovely meal out. Be 'wined and dined' and just have that bloated belly to cope with for my sins. But no... When you have Lipoedema, you not only have to battle through the food choices, you are also expected to have a will of iron. This was the strict way I've lived most of my life. Yo-yo after yo-yo diet.

If I had a normal functioning body, I'd say my daily diet would keep me slim. Should keep me slim. When I've dieted in the past, the type of diets I have done, would see the average person underweight and unhealthy, and possibly described as having an 'eating disorder.' My body was starved of nutrition. Yet my image, my weight, suggested I'd have another 3/4 stone to lose. Which gives you a good idea of the seriousness of Lipoedema and how it masks what is happening in your body.

In some ways, I'm glad I didn't have an early diagnosis of Lipoedema, given how slow it has been for treatment to become barely available, even after the medical community knew about Lipoedema in 1940 and the NHS recognised it in 2012. If I'd known, back in my youth that I had Lipoedema, I truly think I'd have given up long ago. Trying to lose weight, that is. Trying to figure out why it is just not coming off; trying again and again. Sound familiar? So, in many ways I'm glad I kept on pushing, ignorantly so. Pushing for Answers. Telling myself "I know it's

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size, their weight all of their lives, give in to saying "Sod it! I may as eat what I want" And done exactly that, to then go on to be crying in pain the next day. Because they've got 'swell hell'.



It's not easy being around people who want you to be involved in their lifestyle. Yummy meals out. Christmas parties, birthday parties, festivals, days out. After all, food is fun, it's social. But knowing you are going to feel miserable because you're the one who can't drink alcohol. No fizzy drinks. Or eat Christmas goodies. Cake! God who doesn't love a slice of cake. Or a Chinese takeaway? Well we do but we can't. Who wouldn't love to sit on the ground with a lovely picnic? Well that'd be lovely but "not only cant' I eat that kind of food- pastry pork pies, bread, the usual picnic basket goodies, contents, I'd not even get on the ground to begin with like most lipoedema sufferers, struggling with painful knees, legs. I can say with good understanding that this torment hits hard and it impacts every part of your social life. And it is a lifelong.

Heavily refined foods, bowls of sugar, we all know aren't good for us but we all do it. The difference for anyone with lipodema and the average person that might want to do that, eat the not so good stuff for our bodies is that the average person will possibly gain a 1lb or two. And feel bit guilty.

The lippy lady will gain 4 lbs to 5 lbs even a stone, if continued on that kind of diet. And it will not come back off. Just snowball. That leads to depression and leads on to more worse food choices. When in reality it isn't their fault, their body just reacts to certain foods the way it does...

[Read Jax's full blog post](#)

# Head and Neck Lymphoedema - Self Management with Deep Oscillation Personal



**"My name is Amanda Winter and I am 53 years old. In January 2022, I visited my dentist, as it felt like I was biting my tongue in my sleep.**

The dentist took one look and referred me straight away to the Oral Health Clinic. I was seen in early February and told straight away that it was stage 2 cancer in the tongue and had a biopsy, which confirmed this.

On 14th March this year, I went into Blackburn Hospital and had the cancer removed and a skin graft from my left arm was used to rebuild the tongue. I also had selective neck dissection to remove lymph nodes on my left side to check if the cancer had spread. Luckily it had not and I did not need any further treatment.

However, in April, I had issues with my neck and tongue swelling and it hurt around my scar tissue on my neck. My cancer nurse knew how

Lymphoedema and straight away they used the Deep Oscillation machine on my neck and left side of face. It was unbelievable, that within 25 mins, I could move my head around and my speech had improved drastically.



I attended the Lymphoedema clinic twice a week for a month where the Deep Oscillation machine was used on the Lymphoedema setting on my face, neck, and the scar on neck and arms.

I was so impressed, I then looked at purchasing the Deep Oscillation machine myself. The nurse at the Lymphoedema clinic suggested I try using theirs on myself which I did and it was so easy to use.

I purchased the Deep Oscillation machine on 31 May 2022 and it was delivered the next day – a fantastic service! I could have had a video call with Julie on how to use but as I was going abroad so I didn't do that.

The machine is so easy to use, in a morning, I do the full lymphoedema cycle which is 25 mins long and whilst in this cycle, I use on my arm scar as well. Then at night time, I use the fibrosis cycle on my arm and neck scars, this is a 20 min cycle. Also, at night time I have used the ordeal cycle which is 25 mins

If in the day I feel like I'm starting to feel bloated or I have got an important meeting, I use the **dark circles under eyes setting**, which is a quick 8 min cycle and it works quickly.

are not as tight and painful"

## Sue Hansard Lymphoedema Nurse Specialist commented on Amanda's feedback:



"I am so pleased that lymphoedema was quickly diagnosed and appropriate referral to a specialist lymphoedema clinic was made. This is key to helping this patient group to achieve optimum reduction of swelling and return to function and a good quality of life after treatment for oral cancer. Over my 20yrs as a Lymphoedema practitioner, I have developed a special interest in treating patients with Head and Neck Lymphoedema .

I use my knowledge of the lymphatic system and my understanding of the impacts of treatment for oral cancer to assess, plan and treat each patient according to their specific presentation.

Before I started using Deep Oscillation, MLD and Kinesiology taping, was the mainstay, with some head and neck supportive garments. MLD was effective especially when patients were taught (and performed) self-lymphatic massage with shoulder and facial mobilisations.

However, since adding Deep Oscillation as a key component to treatments, I have seen speedier results: visibly reduced swelling, pain relief, relaxation of traumatised muscle, improved range of movement, softening of fibrosis, release of cording and keloid scarring and increased confidence and emotional well-being."

[READ FULL ARTICLE](#)

# NEW DEEP OSCILLATION PRACTITIONER IN SURREY

## Welcome aboard Jo Clements!



**Jo Clements**

**MLD DLT MLDUK LTA Fill & Flush, Foeldi and Vodder  
Lymphoedema Therapist**

Joanna Clements  
Worcester Park  
Surrey  
KT4 7HJ  
Landline: 02083 353 202  
Mobile 07716 387 672

**Why did I buy a Deep Oscillation unit?**

"On one of the Vodder Reviews, everyone was raving about theirs!"

## 70 Plus and Mammograms

**With thanks to**  
Gaynor Leech of LWO Community.

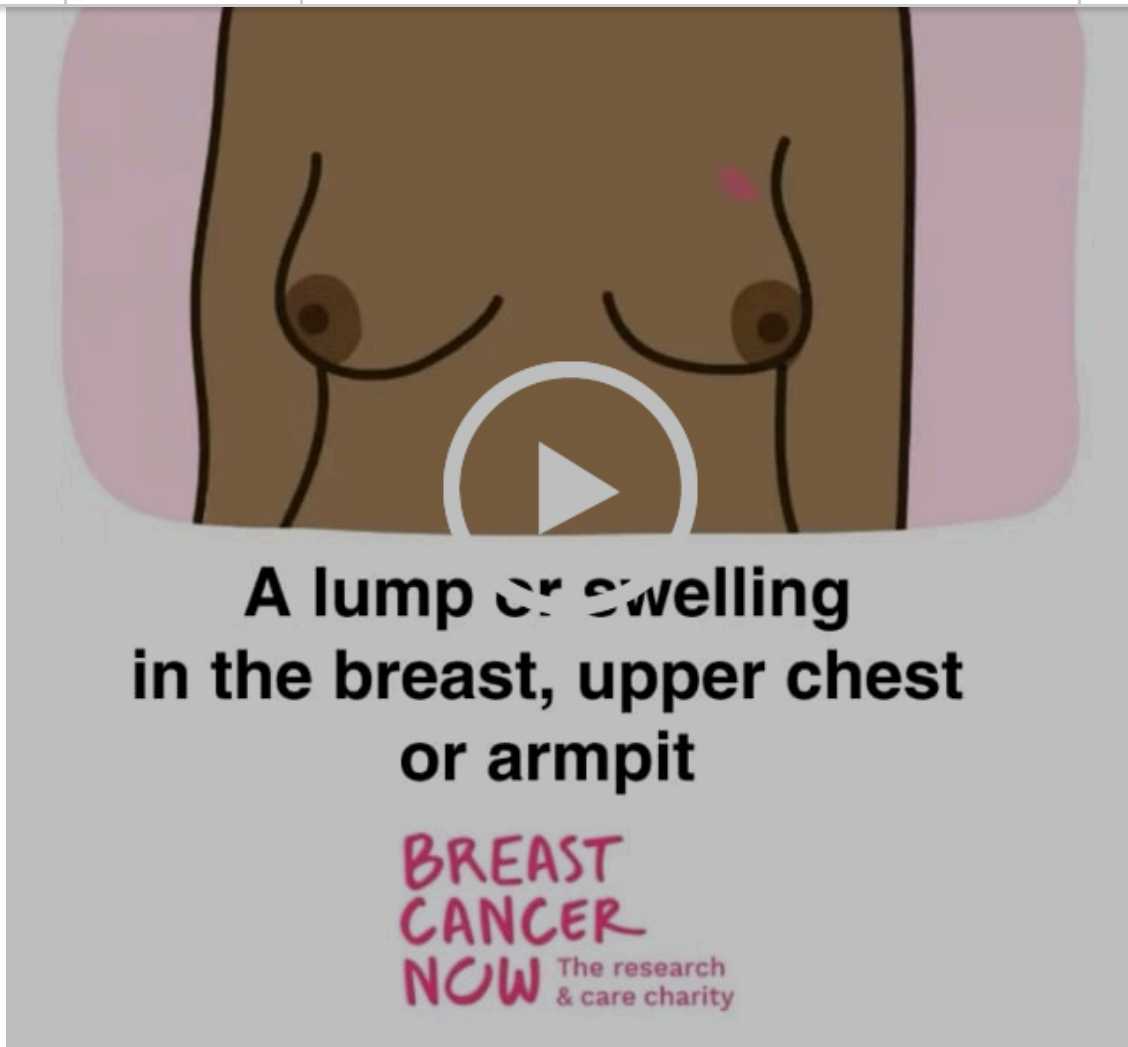


"In the UK any female who is registered with a GP will be invited by the NHS for breast screening every three years between the ages of 50 and 71. You will be sent an invitation in the post.

As a breast cancer survivor, I am truly grateful that my routine mammogram in 2010 found some anomalies which were dealt with quickly, efficiently and my long-term prognosis was good.

Routine mammograms over the last 12 years for me, not only up my anxiety levels, but because I have breast lymphoedema they are also extremely painful. However, I still go. Subsequent mammograms for someone who has had breast cancer often bring fear of the unknown, until you get your results, then elation that you can breathe again and you can move forward for another three years.

**Do Check Yourselves - Information with thanks**  
to Breast Cancer Now

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Do check yourselves between the three yearly mammograms. During the last 12 years, I have had minor scares probably down to my imagination, as anyone who has had cancer will tell you, psychologically it never leaves you. There have been two more serious ones, the last one was June of this year (2022). The radiologist spotted something she didn't like the look of, despite being in post Covid times, once again the GEH and UHCW moved quickly and efficiently. I am grateful that everything turned out okay and I can breathe again. Men can get breast cancer – they need to check themselves

**70 is the new middle age**



I never have a problem with age and last year I turned 70, to me this is the new middle age. However, this is the age that society decides you should be put on the scrap heap. Anyone who has turned 70 and drives, will know that you are in that category where you must renew your driving licence every three years after declaring yourself fit to do so. Insurances start to go up, especially holiday insurance and leaflets on incontinence start arriving through your letterbox.

Guidance

## 71 or over? You can still have breast screening if you choose

Updated 31 October 2021

### [Government Guidance << LINK](#)

After this year's mammogram, I was informed it would be my last, as I was in my 71<sup>st</sup> year. Something that is totally beyond my comprehension for anyone, especially those of us who have had breast cancer. The onus is upon you and I to ask for a referral via our GPs.

After my mammogram, I was given a card to remind me that I can ask for a referral in June 2025. However, because of the anomaly they found in June and being referred to UHCW the Doctor who did the

Chatting afterwards to the Doctor, the advice was that once you have turned 71 and especially if you have had breast cancer, you should ask for a mammogram every three years or until you feel you don't need one.

If the nation at large is going to be working until they are 70, then society must adapt and stop writing us off."

Gaynor xxx

PS. I am taking a Summer break and will next contribute to the PhysioPod News Magazine on 1st October, take care everyone x

## Lymphoedema Summers - Top Tips from LWO Community



Join the wonderful L-W-O Community.

## Vacation Medication: A Note Of Caution

*Editorial Note: Mrs W lives with secondary Lymphoedema of the arm following breast cancer treatment.*



**Christine Talbot**  
SRN MLD DLT

Lymphoedema  
Bowen  
DEEP OSCILLATION®  
Practitioner

"Mrs W was enjoying a family holiday in Florida but developed a streaming nasal and sinus congestion with a persistent cough at the beginning of her last week. All Covid tests were negative and she thought the heavy cold like symptoms had been caused by repeatedly going between efficient cold air conditioning into high outside temperatures. Having forgotten her Day and Night Nurse remedy from the UK, Mrs W bought the equivalent cold/sinus congestion medication from an American superstore. She took two capsules of the day medication which dried up the runny nose and reduced her coughing. Prior to bed Mrs W took one capsule of night decongestant from the blister pack of two. She awoke three times during the night urgently requiring to pass urine. She felt very drugged and drowsy with a fuzzy head each time she got up.

On Sunday, the day after purchase, Mrs W awoke with a bright red rash on her upper right quadrant of her body front and back, at this point her right arm was unaffected but she felt tired and unwell so stayed in bed. During the course of the day the redness spread down the front and back of her torso and began to spread downwards to her right arm, her arm became hot, red, inflamed and painful to touch. Immediately Mrs W took Flucloxacillin 500mgs, (doubling her first dose). She continued to feel unwell on the Monday and Tuesday staying in bed and sleeping a lot. Her right arm remained swollen, red and hot and the rash remained very red but did not spread further nor did she have the usual deep shooting pains.

Wednesday was her daughter's birthday, she was feeling a little better and was determined not to miss the celebrations. The arm was still

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she was able to go out. As the week went on gradually the pain and swelling in the arm improved, the redness of the rash did not disappear but became less obvious. By the end of the antibiotics Mrs W was feeling a little better and ready to fly home.

The onset of this possible drug related episode was different from previous onsets, signs and symptoms and duration of attack.

### Comments:

Mrs W was very badly affected by the Delta variant of Covid at the beginning of January 2021, she and her husband were completely bed bound for some time. In April 2021, she had a severe episode of cellulitis she felt very ill with intense pains in the right upper limb, the arm swelled significantly and again she was bed bound.

In November 2021 Mrs W was again hit badly with severe cellulitis in her right arm experiencing the same very painful symptoms and complete inertia for days.

Mrs W has previously experienced a localised rash reaction and redness affecting the arm when using some cleaning products and swelling of the hands on a walking holiday in the Lake District, she finds too much gardening can exacerbate infection even though she is careful, so she is very sensitive to and very vulnerable to substances and change in circumstances.

Following Mrs W's severe cellulitis attack in November 2021 I suggested she start taking a daily high strength probiotic, as I had watched a lecture on You Tube from an ICU Consultant in Oregon, extolling the virtues of probiotics in preventing sepsis.

It would appear the decongestant caused a need for the body to urgently detoxify by passing urine several times through the night, normally Mrs W might only go once. The mere act of physically having to get up may have been the body's response to preventing a full anaphylaxis collapse into unconsciousness. It is speculative but the optimum level of probiotics already in Mrs W's system may well have averted a nocturnal tragedy.

In conclusion, the whole and sole purpose of writing this article is to highlight the importance of taking all your home medication when travelling abroad, particularly if your system is already compromised and vulnerable to change"

# Breast Cancer Related Lymphoedema Short Video of Treatment

**With thanks to**



Paola Yañez Chandia,  
Lic. Kinesiologist Physiatrist, University Prof. of Lymphokinesic Taping  
and DLM. Peripheral vascular rehabilitation. Author of Taping Books

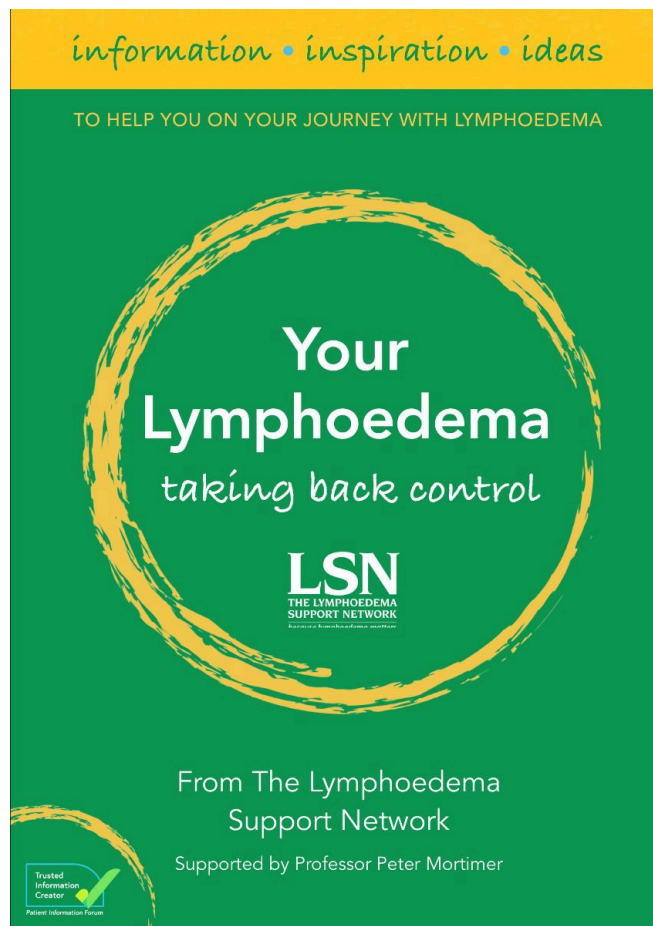


"Treatment of lymphoedema after breast cancer with deep oscillation and then manual lymphatic drainage and kinesiology taping. In each session the patient is evaluated to see their improvement and set new treatment goals. Exercises and the use of compression sleeves are also important."

## Lymphoedema Support Network's New Book



## "Your Lymphoedema – taking back control"



The new book from the LSN is now available. Bearing the PIFTICK quality standard mark you know that this is information you can trust

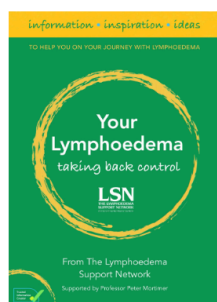
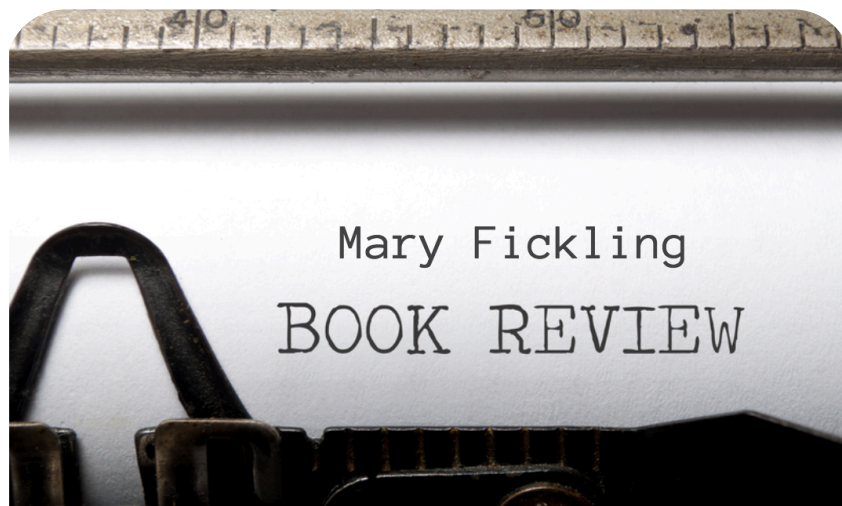
The book aims to empower those living with lymphoedema with the knowledge and skills they need to live their best lives with the condition. It covers not only information about lymphoedema but also answers the questions we are asked on a regular basis. We were

Advisor, who have both had extensive input to the book.

It covers a wide range of topics, from the key elements of lymphoedema care, right through to a chapter explaining what people need to know about surgical options. There are chapters on breast and torso lymphoedema as well as head, face and neck, and genital swelling. Lymphoedema in pregnancy, young children and teenagers has also been included.

There is even a chapter about Self Lymphatic Drainage (SLD), which includes four demonstration sections, one each for arms, legs, breast and chest, and face, head and neck, together with photos showing people exactly how to carry it out. As far as the LSN is aware, this is the first time this type of information has been published in a book such as this!

The book is A5 in size, contains 174 pages and over 100 colour photographs. It costs £15.00 plus £3.50 UK postage and packing and can be purchased from the LSN website. [www.lymphoedema.org](http://www.lymphoedema.org). For overseas orders, please contact the office



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[WWW.PHYSIOPOD.CO.UK](http://WWW.PHYSIOPOD.CO.UK)  
NHS APPROVED SUPPLIERS

been folded down and not just the ones that mention Deep Oscillation either! Thank you @AuthorsLSN so much for the inclusion, we really do appreciate it, as do Physiomed the innovators and manufacturers of Deep Oscillation in Germany.

As a company who work closely with those living with Lymphoedema and Lymphoedema Practitioners, it's an incredibly valuable resource to have.

Huge congratulations to the authors, Anita Wallace MBE, Denise Hardy and Professor Peter Mortimer. It has been written in a very 'easy to read' style with photographs, demonstrations and how to's.

A terrific amount of hard work has gone into its production, in order to have collated all this information and presented it in one user friendly book. I would think it's a must for every GPs surgery waiting room and a guidance book for the surgery too, all surgeries should put a link to it on their websites.

There is a helpful index at the front to all the practical and essential information/tips for those living with Lymphoedema to assist them in day-to-day living, with the challenges they face living with this chronic condition.

If there was a bible for Lymphoedema management, then this is it. We will recommend it to all the patients, parents, supporters and practitioners that we come into contact with."

## Aesthetics



"Can I use Deep Oscillation on a client who has had facial liposuction and a Thread Face Lift procedure?"

"Yes, of course, it will help reduce post operative pain, swelling and bruising and enhance the natural healing process to reveal the results in a much faster time frame."



Elizabeth Muszka, MLD Practitioner and Aesthetics Therapist

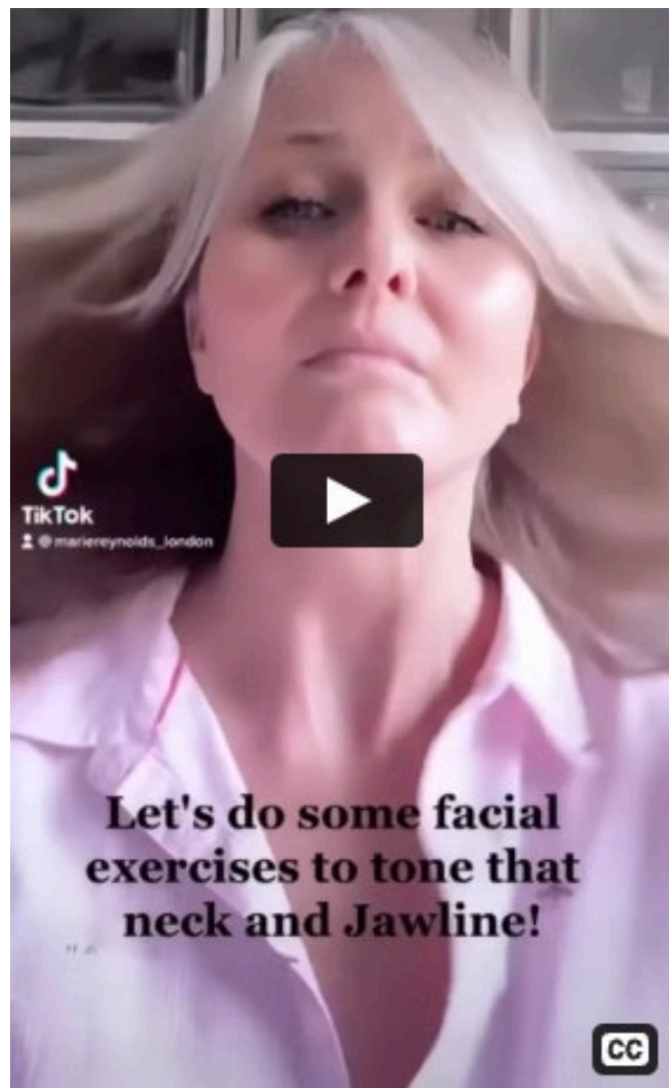
Elizabeth treats many high profile individuals within central London and around the world. She was happy to provide the following short testimonial....

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but find that Deep Oscillation gives much better results. On the face it gives visible results lifting around the eye area, helps with elasticity and improves moisture to the skin. One lady I have worked with for many years, used to have very dry skin, but since using deep oscillation her skin has improved dramatically.

Results with cellulite have also been very good, especially on the abdominals and knee area. It is the best investment I have ever made"

Marie Reynolds,  
**advocate of Deep Oscillation demonstrates  
exercises to tone the neck and jawline.**

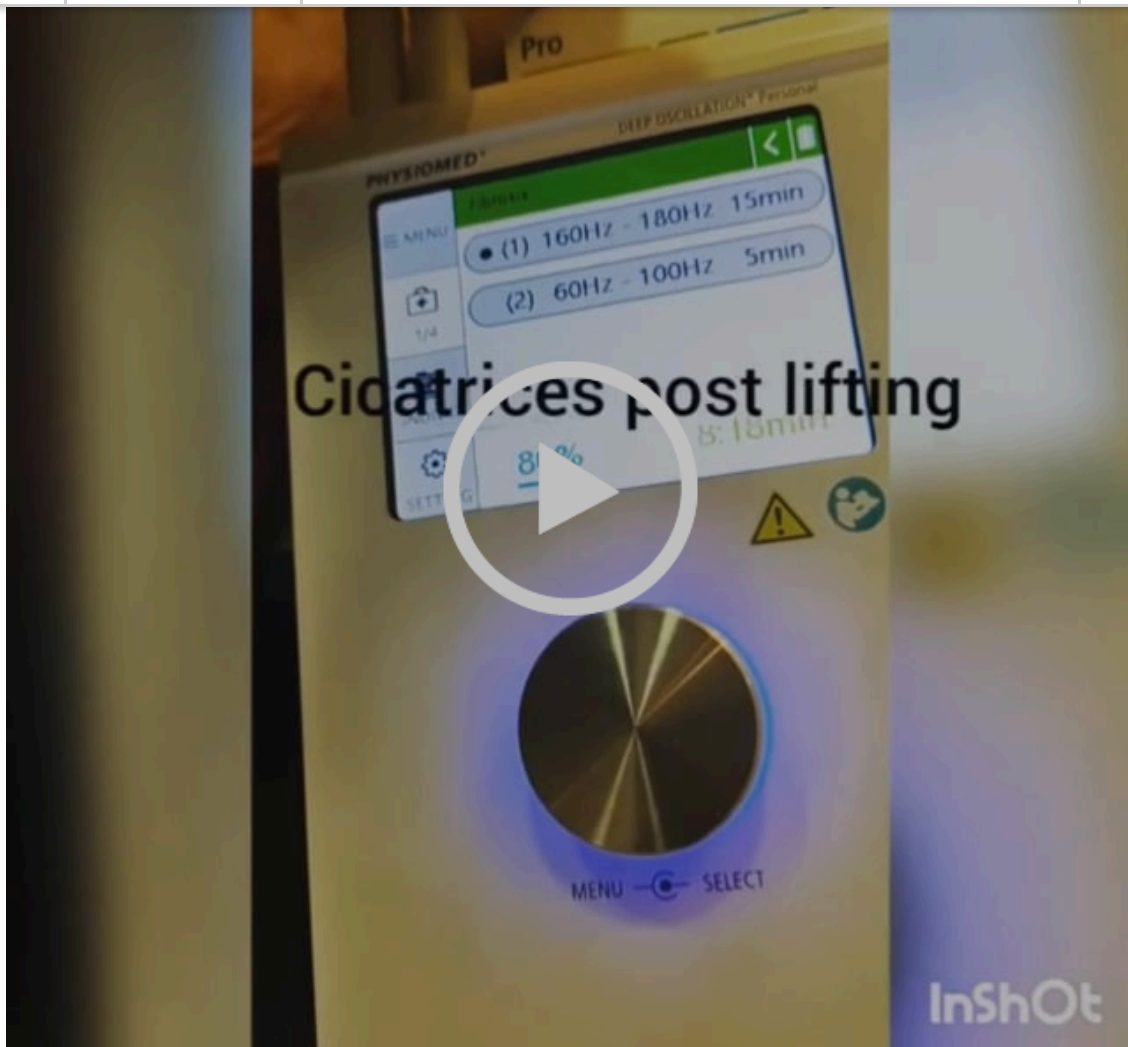


## Post Face Lift Essentials

### A great video using the pin applicator in scar management post face lift



With thanks to  
Paola Yañez Chandia, Lic. Kinesiologist Physiatrist, University Prof. of  
Lymphokinesic Taping and DLM. Peripheral vascular rehabilitation.  
Author of Taping Books



"After any plastic or reconstructive surgery the post-surgical treatment is important for a full recovery. manual lymphatic drainage and deep oscillation with the special applicator to improve scars"

## Managing Lymphoedema with the Personal Unit



**Ms P bought the Deep Oscillation Personal to manage secondary lymphoedema in her arm back in 2014. She recently got in touch to order a new mains lead because she had misplaced hers, we asked how she was getting on...**

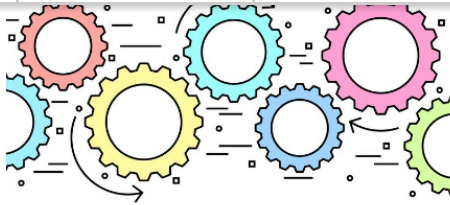
"I love the Physiopod (aka Deep Oscillation Personal). My Lymphodema is generally very good, possibly because I sing a lot and also take a fair bit of exercise. But when those moments strike and it needs a bit of extra help, I do a session or two on consecutive days and I am back to normal.

We are hoping to get back to travelling later this year so it will be great to have it all set up for pre and post flight treatments"

## NEW ARTICLE ON LINKEDIN

A new article looks at some of the special working relationships that have allowed PhysioPod UK to achieve their dreams of 'sharing knowledge to improve lives"

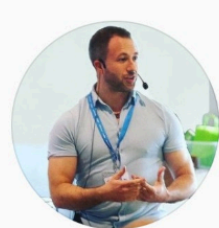
[Read here](#)



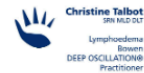
# The Power of Working Together



Enhancing everyday life  
**Welcome**  
...bringing us back together



*Deann Attwood*  
COACHING



## New study findings may lead to alternative ways to treat neuropsychiatric diseases such as dementia and depression

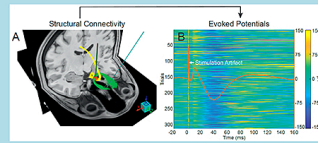
### Latest research published in peer reviewed journal 'Brain Stimulation'

## STIMULATION

Basic, Translational, and Clinical Research in Neurostimulation

www.brainstimjnl.com

Volume 15 | Number 3 | May/June 2022



"A new method of electrically stimulating the eye has been shown to alleviate depression-like symptoms and improve cognitive function in animal models, according to new research.

The findings, recently published in the journals *Brain Stimulation* and the *Annals of the New York Academy of Sciences*, may lead to alternative ways to treat neuropsychiatric diseases such as dementia and depression.

Leanne Chan Lai-hang, a study co-author, pointed out that it would be "a major scientific breakthrough" if TES, a non-invasive method initially developed to treat eye diseases, could be applied to treat neuropsychiatric conditions.

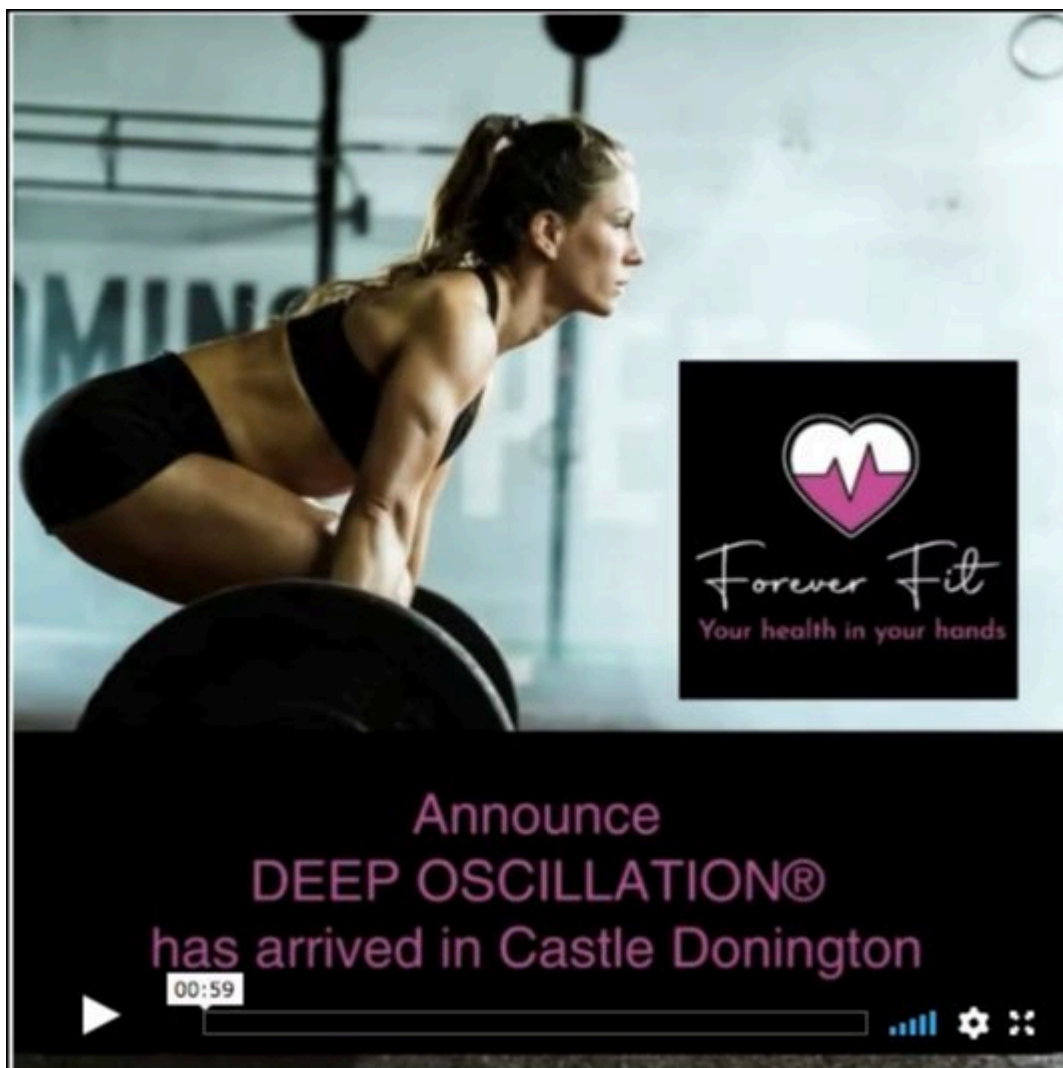
"These research findings pave the way for new therapeutic opportunities to develop novel treatment for patients suffering from treatment-resistant depression and dementia. Nevertheless, clinical trials must be conducted to validate the efficacy and safety," another study co-author Dr Chan Ying-shing said.

Previous studies have shown that deep brain stimulation of the prefrontal cortex in the brains of animals could relieve depressive symptoms and improve memory function.

Such invasive techniques, however, require surgery to implant electrodes inside the brain that may cause significant side effects like infections and other post-operative complications, researchers pointed out.

## DOWNLOAD PDF OF STUDY

## Claire Wilkinson of Forever Fit Evaluates Her One Month Use of Deep Oscillation



**"At a recent event where I was demonstrating Deep Oscillation, one lady came to me to say her horse has had years of trouble with his legs. Two treatments from someone else with Deep Oscillation and he has healed. She was saying how good it is.**

I first learned about PhysioPod and the Deep Oscillation machine when I shadowed Neil Snelson while working at the Derby County Women's football team. I found a grade 2 tear on a player's hamstring.

After 3 sessions with deep oscillation, it had healed. They were able to return to play and had no further issues with the hamstring. I also had the machine on my shoulder blades and I couldn't believe the difference it made.

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but it was almost a relaxing experience, and I also had no neck or shoulder pain later. I completed my degree and purchased a unit.

I have been using the machine for a month now, mainly on tight muscles and for pain relief alongside mobilisations to help encourage joint mobility. I am trialling a few settings, such as Abdomen Liposuction and Lifting, which have produced outstanding results. See video below.

Dark circles under the eyes are week 3 of 6. So far, the client is thrilled, and the last one is for Piriformis syndrome which is causing severe sciatic pain. Let's just say 'watch this space'.

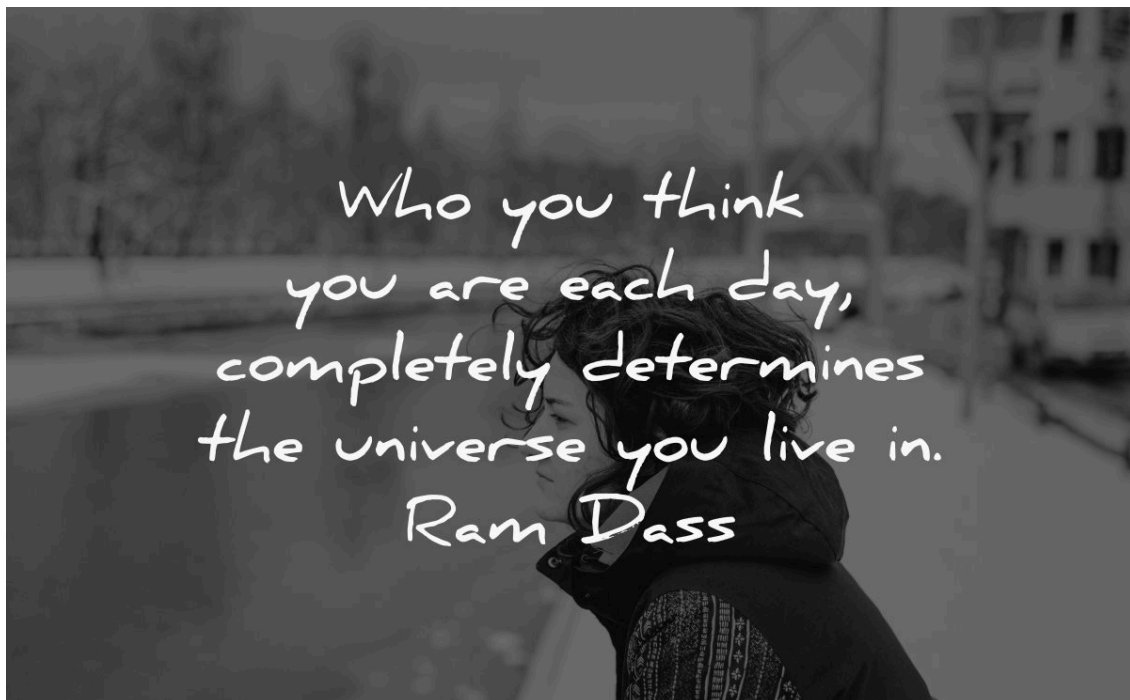
I love seeing the client's relief from pain after using the machine. It gets results, and I love it."

## PLANET MARLA

**Happy Birthday tutu Marla!!  
3 years old on 2nd August**



## THOUGHT OF THE DAY



*Thank you for reading and well done for getting to the end!*

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