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1st April 2023

Good Morning Everyone

Thank you for opening our newsmagazine; it means a lot to Julie and I that we have this continued level of interest and support; our subscribers are almost 1000!

This month, it has been a great privilege to work with our contributors, who share their thoughts and ideas in health, self-care and well-being.

"You're in between men. You won't get a man if you don't have breasts" This was the advice given to Fiona Stevenson by her Consultant when she asked for a mastectomy after her 5th lumpectomy and was facing her 6th breast cancer operation....

We invited Sarah Coombes, Chair and Founder Trustee of Flat Friends to follow on Fiona's article which she opened with, "You should expect to be treated with dignity and respect by your breast care team." Thank you to both Sarah and Fiona for providing insights in to the very personal decision of mastectomy.

Continuing last months topic on alcohol and addiction, we invited Laura Willoughby, MBE and founder of Club Soda, to contribute - "We all have a responsibility to normalise not drinking". Whether you are a consumer or working in hospitality, we feel this article will interest you.

Gaynor Leech of L-W-O community has good news and is back blogging for us. This month, she writes about her scary experience at Christmas, educating us in her unique and pragmatic way. I'll let you discover the other bit of her super news.

Ana shares a photograph, with her patient's consent, showing one leg that has been operated on with liposuction and the one that hasn't.

'What's in a logo?' A fabulous article from Gavin Neate, Founder of WelcoMe (which now includes Lipoedema - I'm still proud of this inclusion), and we look at his new video showing how easy it is to use the clever and helpful app [WelcoMe](#) which makes visiting venues easier, in fact, Welcoming!

We caught up with Associate Professor and surgeon Ramin Shayan, who shared his awareness news of Lipoedema and Lymphoedema 'Down Under'. Ramin and Tara welcome feedback on this article and their email addresses are included.

There is lots more and we hope you enjoy this issue, if you have time [_your feedback is most welcome.](#)



Take care until next month..Mary Fickling and Julie Soroczyn
Sisters and Directors of [PhysioPod® UK](#) and [PhysioEquipment](#)

Mastectomy Options in Breast Cancer Treatment

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By Fiona Stevenson



"I attend support groups online and in person for cancer patients and have heard and experienced things myself that I definitely would not like others to go through.

"Many consultants wish to breast conserve rather than do mastectomies without reconstruction.

After my 5th lumpectomy, facing my 6th breast cancer operation, I begged my consultant for a mastectomy.

He refused, saying, "You're in between men. You won't get a man if you don't have breasts". He was referring to the fact I was single following the breakdown of my first marriage.

I followed his advice and had yet another lumpectomy.

I also made it clear to him that no matter what, I would want a mastectomy the next time I required surgery.

It wasn't that simple. The cancer returned, and I attended the appointment with my new partner at the time and handed a typed letter to the nurse to give to the consultant so he could read it before he saw

I went into the consultant's room, where he had my letter in front of him. He was laughing. I wasn't finding the situation at all amusing.

Types of mastectomy

- **standard mastectomy**
all of the breast tissue and most of the skin covering it is removed
- **nipple-sparing mastectomy**
a skin-sparing mastectomy where the nipple isn't removed
- **skin-sparing mastectomy**
all of the breast tissue is removed, including the nipple, but most of the skin covering the breast is left
- **radical mastectomy**
a now-rare procedure where all of the breast tissue is removed, as well as the skin covering it, the two muscles behind the breast and the lymph nodes in the armpit
- **modified radical mastectomy**
as above except the large muscle behind the breast (the larger of the two pectoral muscles) is left in place. The operation usually involves removing most of the breast tissue and skin, and the nipple.

Source: <https://www.nhs.uk/conditions/mastectomy/>

He then looked at me and said following the tests that have been carried out; you will require surgery (no surprise to me). However, you will be required to attend a psychological assessment to prove you are of sound mind to have a mastectomy without reconstruction.

This was to be my 7th operation on the same side of my body.

I saw the psychologist; she immediately agreed with my decision and supported me through the process.

When I had a diagnosis on the other side of my body, I thought getting another mastectomy without reconstruction would be easy, especially as I had already been diagnosed with Lymphoedema.

Oh no, I had to go through the three-month counselling protocol with the same psychologist.

Why do patients have to be treated like this when reconstruction or partial mastectomies (which sometimes fail resulting in a total mastectomy anyway) cost the NHS so much more money than just doing mastectomies?

This is a question that has been asked so many times and was asked me just this week.

I don't know.

I do not understand the system and when patients are begging for less costly procedures, why can't consultants agree with what the patients require, need, or want?

Yet these situations are regularly occurring and, in my case, over decades"

[READ FULL ARTICLE](#)

FLAT FRIENDS UK COMMENT

Flat Friends UK is dedicated to supporting women who have had mastectomy surgery without breast reconstruction, including those who may face such decisions now or in the future.

In a survey conducted by [Flat Friends](#) in 2021, it found that patients facing mastectomy in the UK are being denied information and treatment options.

Cancer Patients Denied Information and Treatment Options

76% given information on reconstruction.
Only 32% given information on staying flat.

53% did not feel well informed of their
surgical options to achieve symmetry.

92% of women denied flat symmetry felt
dissatisfied with how they look.

Only 6% of women granted flat
symmetry felt dissatisfied with
how they look.



Sarah Coombes
Chair, and Founder Trustee Flat Friends

“You should expect to be treated with dignity and respect by your breast care team. You should also be involved in making decisions about your care and treatment, including having time to ask questions and discuss the information that you are given. Your breast care team should support you with this.

much of your breast as possible. You can request a simple mastectomy instead of a lumpectomy if having breast-conserving surgery is not important to you.

Your surgeon will discuss reconstruction options with you, but this does not mean that this is the surgery you must have. If you are unsure about whether you want to have reconstruction you can delay your decision until later. You can change your mind about any procedures at any time, and your choice should be respected by your team. Your team may advise you to see a clinical psychologist to discuss your wishes and feelings to make sure that you are making the right decision for you.

The National Institute for Health and Care Excellence (NICE) produce guidelines for the management of diagnosed breast cancer and familial breast cancer. These guidelines aim to 'help healthcare professionals offer the right treatments to people, taking into account the person's individual preferences.'

Things to consider:

- How you want to look and feel after surgery.
- The different ways breast shape can be created, including with reconstruction, or wearing prostheses under your clothes.
- How long the recovery time will be and the possibility of needing multiple surgeries.
- Possible complications post-surgery.
- If you need to delay reconstruction.

There are different phrases you can use to explain to others what you want your chest to look like if you know that you do not want to have reconstruction now or in the future. These include 'Flat', 'Living Flat', and 'Flat Closure'. Whether you are having a single mastectomy or a double mastectomy, 'Flat' describes the space where your breast was. If you tell your surgeon and breast care team that you want flat closure then they should aim to create a smooth chest, without excess skin or tissue.

It is important to discuss your expectations with your surgeon before your surgery. You may want to find images of your ideal mastectomy scars to show to your surgeon. We have a gallery of mastectomies in our patient booklet and on our website.

If your surgeon will not agree to perform a mastectomy with flat closure, you have the right to be referred to a different surgeon, or different hospital on the NHS. Your hospital's Patient Advice and Liaison Service (PALS) can offer further information, or help to resolve problems you have using the NHS.

You can find more information on our website www.flatfriends.org.uk. We also create safe, friendly environments for women to share experiences, ask advice, and offer support to each other. We support women who live in the UK or British Isles, as well as those who now live abroad. The charity exists for

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For women who are facing a mastectomy and wish to find out more about their options, we provide a period of access to our private Facebook group. This allows women to speak with others and ask questions. We believe this is a vital element for patients making informed decisions about their surgery.

Our private Facebook groups have thousands of members who chat honestly and openly about mastectomy surgery and living flat.

We also run regular, regional face-to-face support groups across the UK and British Isles.

[DOWNLOAD GUIDE TO MASTECTOMY FROM FLAT FRIENDS](#)

[FLAT FRIENDS - USEFUL LINKS](#)

**CONGRATULATIONS TO PHYSIOMED
ELEKTROMEDIZIN AG!**

Once again, PHYSIOMED ELEKTROMEDIZIN AG have complied with all Medical Device Regulation (MDR) requirements to renew certification. If you work in the medical device industry you will know what a huge task this is. No wonder they all look so happy in this picture!

PhysioPod UK worked with Jan Schneider, Chief Operating Officer & Head of RA & QM at Physiomed to ensure everything was in place for the UK and Ireland.

As Julie and I always say, “teamwork makes the dream work!”

Glad to be a part of such a fantastic company ❤️



DEEP OSCILLATION AS PART OF THE SELF CARE ROUTINE FOR LYMPHOEDEMA

DR ALISON MERRICK commented on read this next post:

"Fantastic post completely summing up the benefits of DO on top of MLD. As a therapist using this on my clients it is a game changer. I love it, clients love it and the results speak for themselves."



Lin first had breast cancer twenty-six years ago, initially developing secondary Lymphoedema of the arm. It now also affects her trunk and both legs.

She had developed a comprehensive self-care package by rowing and swimming most days, wearing her compression stockings, and using her homemade skin moisturisers with MLD massage once a month.

In 2017, a breast cancer recurrence was treated by mastectomy, and the Lymphoedema became much more problematical, especially during the period immediately following when her activity levels were much reduced.

Lin managed to arrange CDT at the Wittlinger Lymphoedema Clinic in Austria (via the S2 route <https://www.nhs.uk/using-the-nhs/healthcare-abroad/going-abroad-for-treatment/what-is-the-s2-route/>)

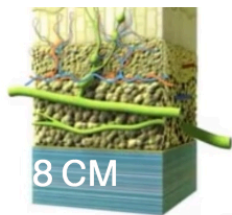
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reducing the levels of lymph back down to where self-management again seemed possible. She learned a great deal about self-management's ongoing importance and many tips and tricks regarding effective exercises.

Lin further invested in the Deep Oscillation Personal to continue self-management at home...



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ADDING DEEP OSCILLATION TO THE LYMPHOEDEMA SELF CARE ROUTINE

The addition of my Deep Oscillation Personal to the regime, has been a revelation and a real saviour. It is remarkable that after treatment, I can actually see how effective it has been.

This may be the only instance in life where wrinkles are welcome!
The wrinkles indicate empty skin to me - I'm sure you know what I mean.

I use it very third day on average and in 'emergencies' when I can feel things getting out of hand.

It seems to take only relatively minor build ups before it becomes painful, but with the DOP I can stop it in its tracks. The response and relief are instantaneous.

On my last check up at the Lymphoedema Clinic at St Catherine's Hospice, the subcutaneous tissues were soft and pitting, the limb shapes are near normal, my skin is in excellent condition.

But the most amazing thing, I think, is the measured reduction in the bilateral limb volume since my last check up six months ago:

My right leg is reduced by 595 mls
My left leg is reduced by 327 mls
Though we didn't measure the trunk, the reduction there is visible too, and I can see and feel my ribs.

As Tony Hancock probably would have said, 'that's very nearly an armful!'

Thank you for all your help

Lin

'We all have a responsibility to normalise not drinking'

A fabulous article which will be of interest to the consumer or those in hospitality

Founder of Club Soda



"A non-drinking guest's expectation of what will be on offer for them at work and corporate receptions is usually so low that they will be planning their exit before they've even arrived. I have lost count of the times that I have been at an event where guests have been welcomed with a tray of wine or beer, and I have been directed to the corner of the room to help myself to some warm concentrated orange juice. These events were not a breakfast, and nor is it 1980 any more - why is orange juice still considered a drink option?

The great news for everyone in hospitality is that formerly dull alcohol-free drinks have had an innovation makeover. You no longer need to serve your adult guests a lemonade. There are low calorie and sugar-free options like Lucky Saint, Naughty and Everleaf and many tasty alcohol-free wines and lower sugar craft sodas available.

So how can you up your game?

Most drink receptions are catered on the basis that everyone drinks alcohol. They ignore the fact that there are many attendees who will be driving, pregnant, dieting, or going to the gym next morning, as well as maybe not drinking for religious reasons. What is their experience of your event going to be?

Here are the top reasons to give your drinks menu an overhaul:

- You want to be inclusive - When you are not drinking, the level of thought that has gone into your attendance at a reception is really obvious. A warm glass of orange juice concentrate screams 'we don't really care if you stay or not'. You cater for vegetarians with your food options, why not do the same for those not drinking alcohol?

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People looking to drink less, or not at all, will have their early exit planned. Or they might not even show up in the first place.

- Over 60% of all drinkers are trying to cut down - The mindful drinking trend encompasses a huge number of occasional drinkers too, who will be glad to be offered more choice. Club Soda members tell us that their resolve will often break at work and networking events, where poor alcohol-free options nudge them towards 'fitting in' with a glass of wine.
- By providing real choice – from full strength wines and beers to lower ABV products and alcohol-free drinks – you are enabling people to make the right decisions for them. Most importantly, you are creating an environment where your guests can refuse alcohol without feeling embarrassed or ashamed about it. Incidentally, we have often observed that when a good alcohol-free option is on the menu, the number of people opting to drink it is much higher – it is the drink in the hand that is important, not how much alcohol is in it.
- And don't forget that all drinks are created equal. Put your low and no alcohol options front and centre alongside their boozy counterparts. And please please please serve them in a grown up glass. If you have waiters serving the alcohol, then do the same with the alcohol-free drinks, rather than asking your guests to serve themselves. And remember that water is for everyone (especially those drinking) and is not an alcohol-free option!

Finally, use your consumer or corporate power and make sure that when you next book external venues, retender your catering contract or go to awards ceremonies you make it known that good alcohol free to a deal breaker!

Laura

Club Soda is the UK's mindful drinking specialist. Experts in alcohol and behaviour change, they also run the Club Soda Tasting Room & Bar in Covent Garden. The Tasting Rooms are a space for consumers to try and buy low and no alcohol drinks and for brands to connect with consumers and the trade.

Club Soda is a social impact B Corp Business and creates change, choice and connection through research, events, drinks expertise, corporate workshops, menu conclusion and more.

You can find Club Soda at joinclubsoda.com on social [@joinclubsoda](https://twitter.com/joinclubsoda) and at The Club Soda Tasting Rooms, 39 Drury Lane, London, WC2B 5RR

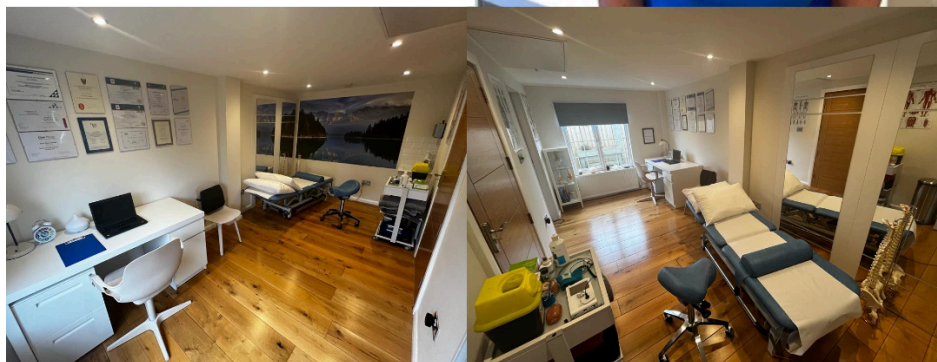
- Laura Willoughby MBE is the founder of the world's largest mindful drinking, Club Soda, and the UK's foremost expert in low and no alcoholic drinks. Club Soda runs the new Low & No Tasting Rooms in Covent Garden.

are supported in their journeys to live well by being more mindful about drinking alcohol.

- Laura was voted one of 2022's 100 most influential women in hospitality by CODE, named as one of Drinks Retailing's latest Top 100 Most Influential People in Drink and is a Trustee for The Drinks Trust

DEEP OSCILLATION® NOW AT PHYSIO LYMPHOLOGY

Welcome aboard Ewa!



Ewa Gonczowska
MSc (Physio) MCSP HCPC MLDUK

Physiolymphology
 Kelvedon Hatch
 Brentwood
 CM15 0BG

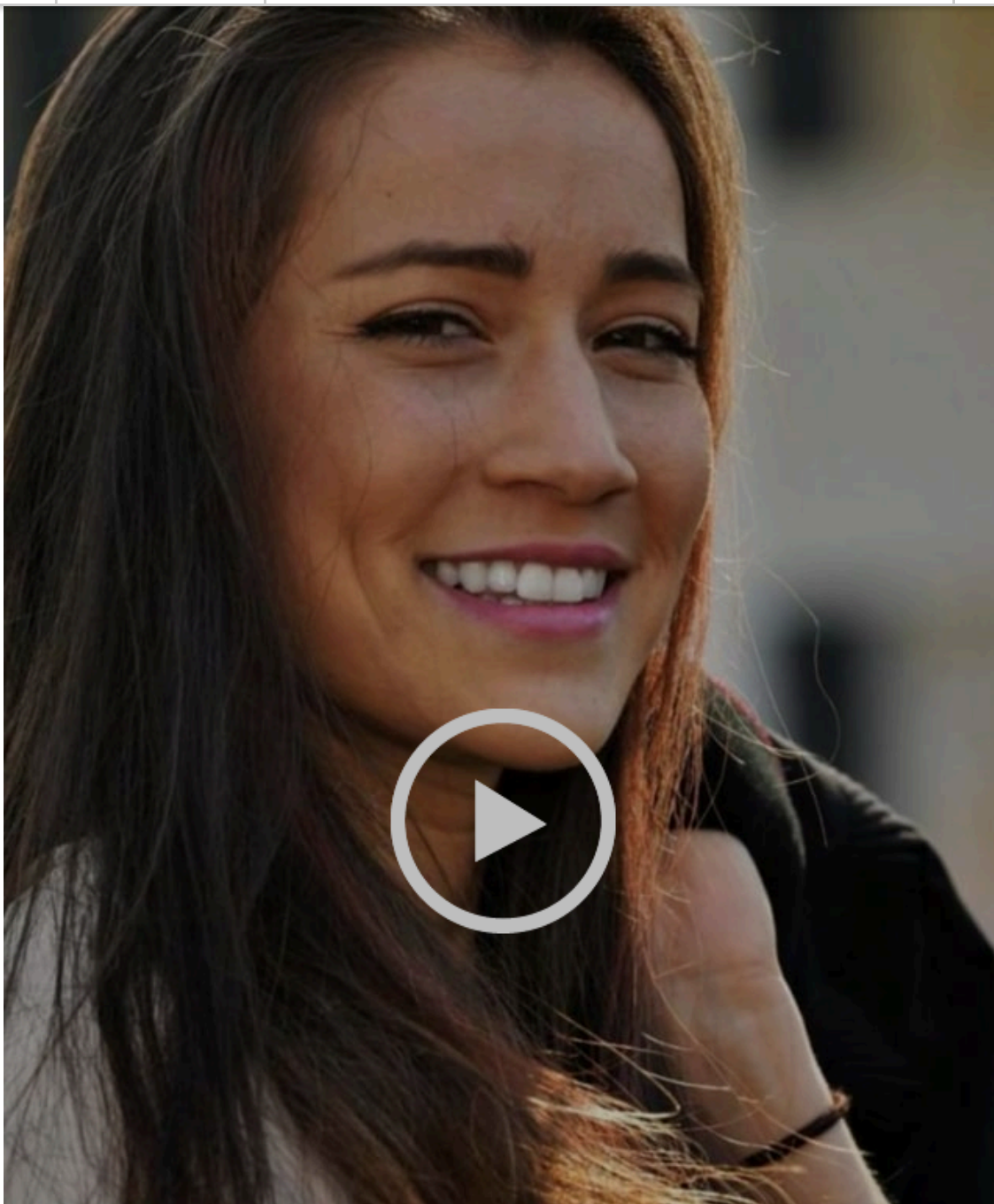
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Lymphoedema Self Care with @lymphiefit

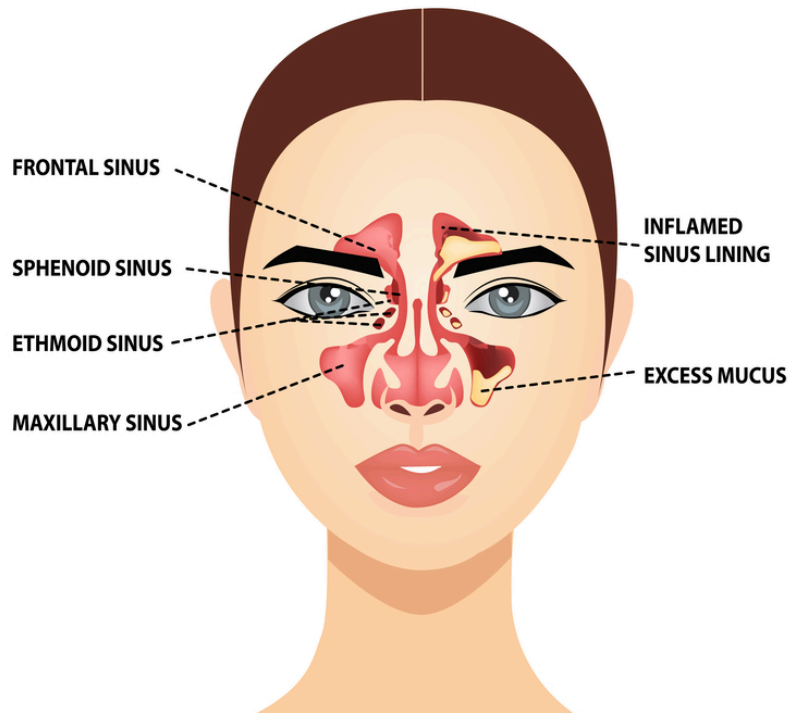


**Lymphoedema
Self Care
with @lymphiefit**

Gaynor Leech Guest Blog - April 2023



"Who can forget being checked as a youngster for swollen glands around their neck or jawline, generally when they had a sore throat? This decision would determine whether you needed to see the doctor for antibiotics or if your mother sent you off to school because she believed you were healthy. How many of us would know that this straightforward activity inspected an element of the lymphatic system? You may not be aware that these glands are cervical lymph nodes. These are in the neck region, and not to forget that the tonsils and adenoids are lymphoid organs.



Lymphoedema patients mistakenly believe that it just affects their limbs. However, it can also affect the breast, head, neck, or genitalia. But many of us are unaware that our bodies include clusters of lymph nodes connected by a system of lymphatic vessels called the lymphatic system. White blood cells and antibodies are transported to your organs and tissues by the intricate network of ducts and capillaries that makes up your lymphatic system. Your immune system is strengthened by these cells and antibodies, which also aid in preventing infections.

The lymph system must rely on muscle movements and drinking water to transfer the lymph through the veins. Stress, exhaustion, inactivity, cold temperatures, infection, chemical or food additives, and age can all slow down the body's normal lymphatic flow.



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system, which may lead to a cold, the flu, sinus or other infections. During the COVID era 2020-2022, I spent much more time working on L-W-O Community; by August 2022, I was exhausted. I knew I was doing too much but I wasn't ready for what happened next. My sinuses became infected, I had never experienced a sinus infection before, and it was horrendous. My immune system felt sluggish, and my body had been warning me to slow down for some weeks.....

[READ ABOUT WHAT HAPPENED TO GAYNOR NEXT](#)

[MORE GREAT NEWS FROM GAYNOR!](#)



Cancer Care Map

A bit more news from Gaynor..

"I am thrilled to announce that L-W-O community has been listed on the [Cancer Care Map](#).. The Cancer Care Map is an online resource to help people living with cancer find care and support services in their local area, anywhere in the UK. The website is run by the cancer charity The Richard Dimpleby Cancer Fund. You can search by area for cancer support, including support and services for lymphoedema.

Supported by NHS England, support organizations, and cancer charities across the UK."

[HAVE YOU HEARD OF HAPPIFUL?](#)

"We're on a mission to create a healthier, happier, more sustainable society"



Happiful co-founders and sisters, Aimi Maunders and Emma Hursey

Happiful Magazine was born from the passion of two sisters, Emma and Aimi. They wanted to help people seeking local mental health and well-being support. So, in 2005, they founded [Counselling Directory](#), which connects people to a professional therapist in their area.

"Since then, we have grown added four more wellness directories to our family: [life coaching](#), [hypnotherapy](#), [nutrition](#) and [complementary therapies](#). *Happiful Magazine* was the next step in our mission in sharing the knowledge that help and support can always be found when you need it.

We're dedicated to sharing the stories, experiences and support available for the whole of our society and our values are at the core of everything we write and do. If we're not passionate about our work, neither will our readers be....."

[READ MORE](#)

THAT'S NOT FAT - THIS IS LIPOEDEMA

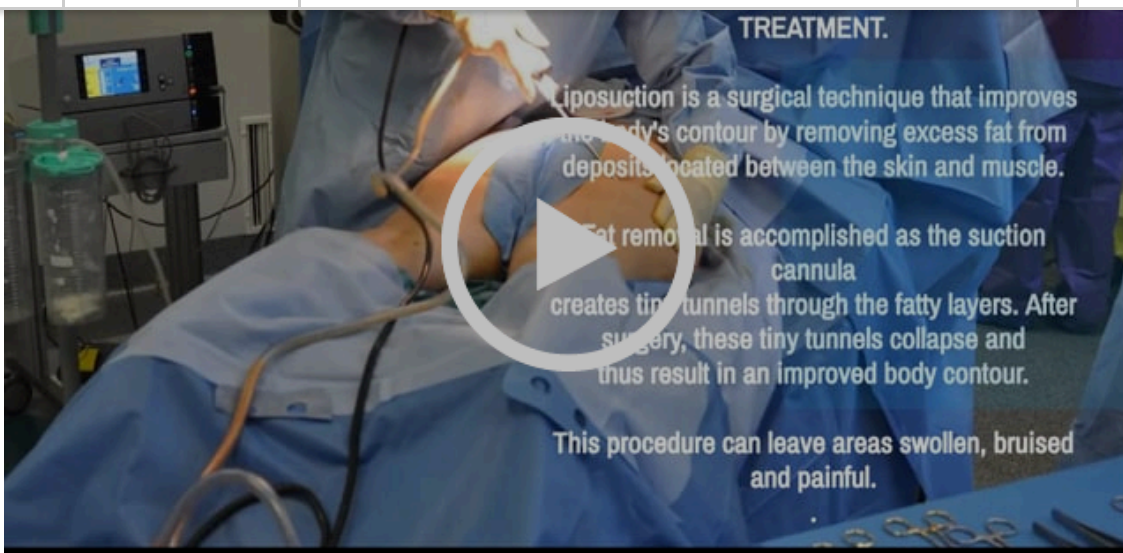


With thanks to Ana Gordillo Lopez
Specialist in lymphoedema and lipedema
Avda Presidente Adolfo Suárez 14A. Sevilla
Tel: 660926789.
consultaanaagordillo@gmail.com

"This photo seems incredible to me. The patient has let us publish it so that you can see the difference between the operated calf and the one that has not been operated. The fat nodules look like "golf balls."
That's not fat, this is LIPOEDEMA."



**PRE LIPOSUCTION DEEP OSCILLATION
TREATMENT**



Lymphoedema and Lipoedema News From Down Under

PhysioPod Talk To Associate Professor Ramin Shayan



like to share with our readers?

Hi Mary, it has been busy Down Under for lymphoedema and lipoedema awareness.

We have had some good coverage in the mainstream media, with the National Broadcaster ABC spending the time to shine a light on lipoedema (<<link).

In a dedicated media special, they highlighted the plight of lipoedema sufferers and the inaccessibility of public recognition and funding for treating the disease. They approached Tara and myself and spent several days on background and then presented a lead primetime story on all statewide and national networks that ran all weekend.

I highlighted the need for better science and a biomarker that would allow us to diagnose patients and differentiate lipoedema from other confounding diseases. The message about insufficient funding may not have fully filtered through, but our interview was interlaced with patient accounts of the difficulties of living with lipoedema.



An in-depth digital platform dive into Tara's research perspective on the back of her excellent work at the St Vincent's Medical Institute provided the details of some of the misconceptions surrounding lipoedema and the nature of the pathological tissue that develops.

Additionally, Tara was interviewed by Hilary Smale of ABC which you can listen to below and following that is a transcript of the interview.

treatment what do you do differently to other plastic surgeons?

Well, in the interview, you will hear that Tara mentions "de-bulking" as a surgical option (liposuction + skin excision) and this is something I do at Brighton Plastic Surgery in Melbourne.

I remove excess adipose tissue, using a specialised liposuction technique and I also perform skin excision longitudinally along the leg, one leg at a time. This is careful tissue removal, ensuring identification and preservation of the lymphatic vessels that run in the inner aspect of the leg and thigh. I developed this technique after seeing how poor the traditional techniques can be for the aesthetics, and also excess skin can cause management problems of its own. Ladies are pleased with the results.

Below is the ABC radio interview

Dr. Tara Karnezis Talks About Lipoedema to Hilary Smale



PDF OF RADIO INTERVIEW TRANSCRIPT

READ REST OF ARTICLE INCLUDING RAMIN'S LYMPHOEDEMA UPDATES

Lipoedema, the painful condition you've probably never heard of

By Gemma Breen of the ABC News
Specialist Reporting Team



The disease almost exclusively affects women and those assigned female at birth.

(Supplied: Attic Salt Photography)

Chances are, you've probably never heard of lipoedema, or what the condition involves.

It's thought to affect 11 per cent of women and those assigned female at birth.

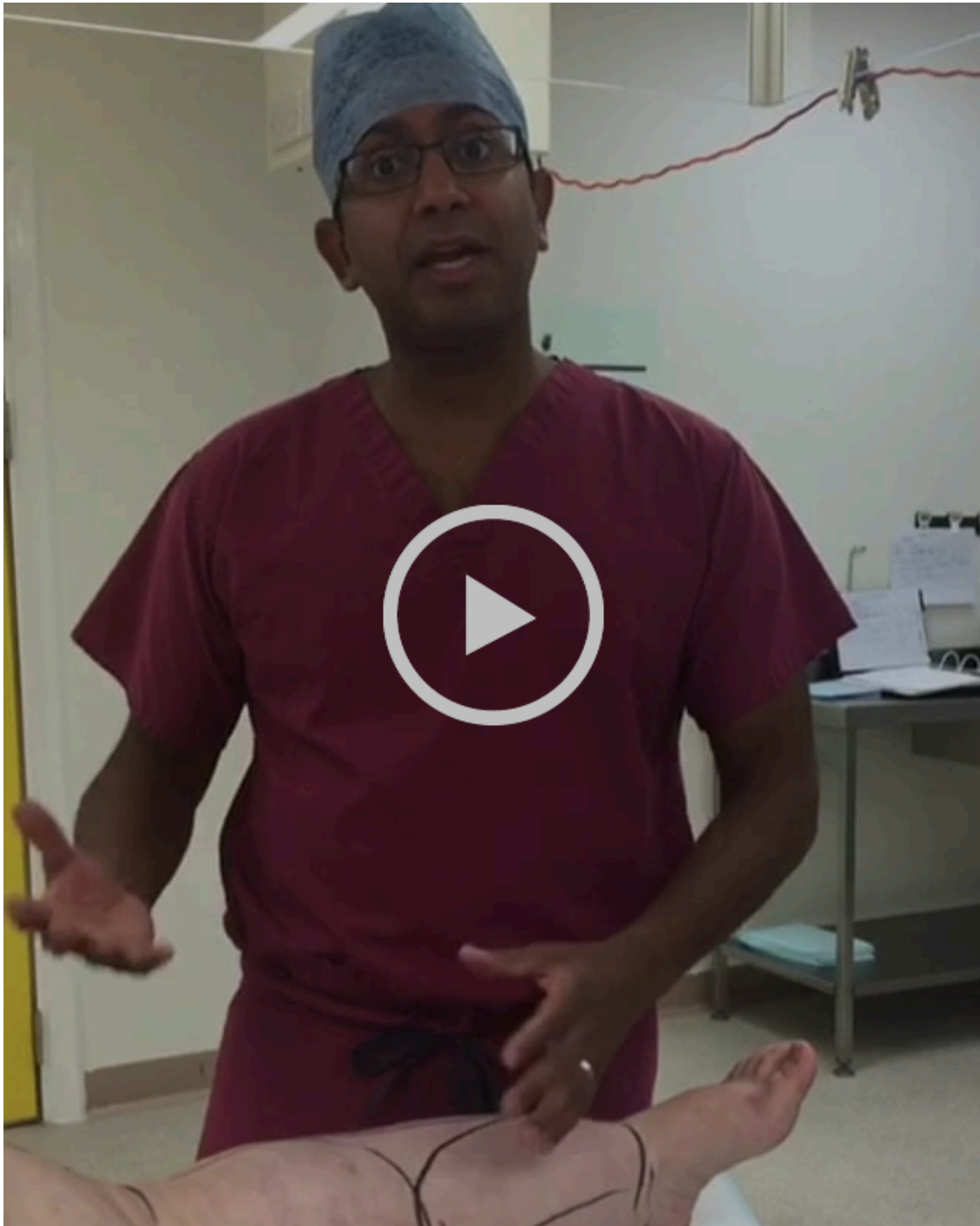
The ABC has heard from

dozens of women with the condition who live in chronic pain, often being dismissed and judged by the health system because they appear overweight.

But lipoedema has nothing to do with obesity.....

[READ FULL ARTICLE ON ABC NEWS](#)

Mr Karri discusses impact of Deep Oscillation pre liposuction



Deep Oscillation NOW in Preston



What's in a logo?



By Gavin Neate

Founder of WelcoMe (<which now includes Lipoedema)

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In Greek mythology, Nike is the Winged Goddess of Victory. The logo is derived from goddess' wing, 'swoosh', which symbolises the sound of speed, movement, power and motivation.

The U of Unilever is filled with variety of random images. But every single image depicts the range of products Unilever manufactures.



When one initially looks at Amazon logo the arrow at the bottom seems like a smiley face, but it is more than that. The arrow is pointed from a to the z; representing the fact that Amazon offers sheer variety of products for sale. And the smiley depicts customer's satisfaction.

The three strip of Adidas logo represent a mountain, pointing out towards challenges and goals people need to overcome



and finally



So, there is no surprise that the word "welcome" is used to welcome people, but what is it about the change of font in the "m" and the "e" in our logo and why is it important to what our company delivers?

Everywhere we go we see the word "Welcome" above doors.



We don't necessarily expect to be met by someone bowing and scattering rose petals in front of us.. but we do expect to not feel, well, unwelcome.

For disabled people the welcome that the rest of us take for granted is seldom extended to them. In fact every single time they see the word "Welcome" above an entrance they could be forgiven for being just that little bit cynical as to the experience they are about to receive.

From, "No dogs allowed" to "yes, we can accommodate you, there's a seat by the toilet", or "have you been drinking?" for those with balance issues, or "there's not enough space for your chair", or, just looks of disapproval when your autistic child is louder than they feel they should be. Everywhere disabled people go, they are reminded that

<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/disability/articles/disabledpeoplesaccesstoproductsandservicesgreatbritain/februarytomarch2022>

So, the “me” in our much loved logo is not just important.. it’s crucial, and not just to make disabled people feel better, but also so that all of us can see that two incredibly meaningful letters have been hiding in plain site our entire lifetime, and that it is our responsibility to make sure they really mean something to everyone.



RETIREMENT NEWS!



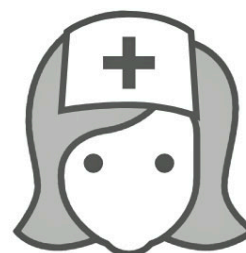
Sue Hansard, Lymphoedema Nurse Specialist at First Lymph Care (FLC) retired from physically seeing patients on 31st March 2023 after a remarkable career educating and helping her patients.

Last month Sue was nominated by a patient in our exceptional ladies in Lymphoedema for her patient care and advice.

It's really great news that FLC will continue as an online information and advice service, supporting past and new clients and will keep abreast of developments within the Lymphoedema sphere.

Amongst the many articles Sue has written for us over the years two stick out in our minds, one about her career in Lymphoedema

Ever Thought of Specialising in Lymphoedema?
Sue Hansard, Lymphoedema Nurse Specialist



and

Dementia - Finding Mum by Sue Hansard Lymphoedema
Nurse Specialist, Mentor, Educator and Writer at
FIRST LYMPH CARE



Sue hopes to finally be able to devote serious time and energy to writing her poetry and children's stories, her wild water swimming and her gorgeous family.

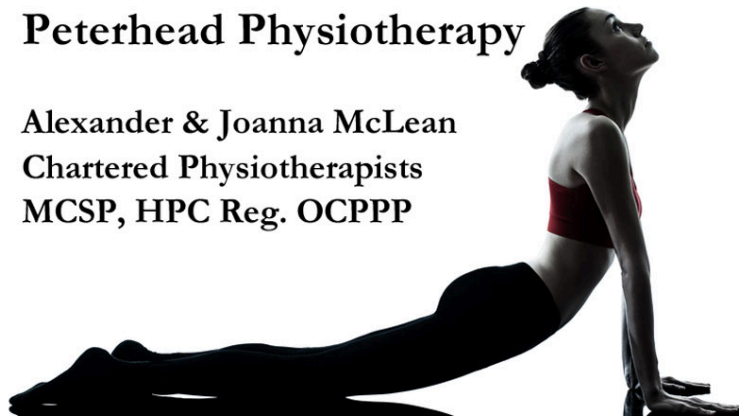
We wish her every happiness as she embarks on this next chapter of her life and we hope Sue will continue to contribute to our newsmagazine either via professional comments on articles or perhaps we might get luck enough to share her poetry with our readers?

Much love to you Sue and take good care x



Peterhead Physiotherapy

Alexander & Joanna McLean
Chartered Physiotherapists
MCSP, HPC Reg. OCPPP



"Dear Julie and Mary

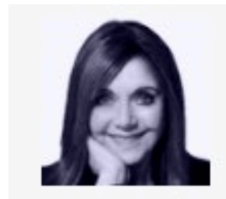
I am writing to inform you of our decision to retire.

We would like to take this opportunity to thank you for your help and regular bulletins these many years, this has been very much appreciated.

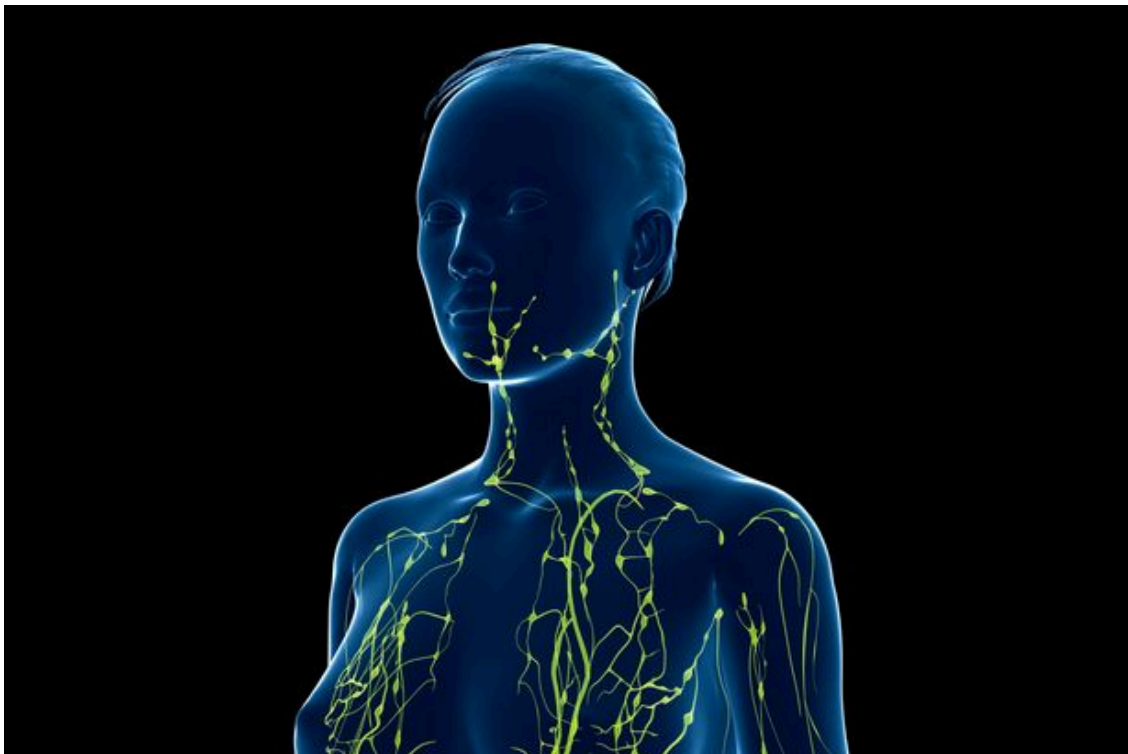
We wish you every success in business moving forward.

Sincerely Alex and Joanna"

'Lymph study is a big leap forward for bone healing'



Dr Miriam Stoppard on the groundbreaking news that lymphatic vessels, which help to bolster our immune systems, also have a role in regenerating bone and blood cells



These findings are very fundamental, opening doors for understanding the impact of bone lymphatics on the immune system and their role in bone and blood diseases (Getty Images/Science Photo Library RF)

"The lymphatic system isn't an easy concept to grasp, not even for a medical student. Suffice to say it's a network of vessels that branch throughout the body, and play an important role in the draining of

For some reason, in the past we assumed the brain and the eye were excluded from the lymphatic system, as was bone, but it's not true....

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But the other thing that has made the most phenomenal difference to the regime is the discovery of the personal DEEP OSCILLATION® Personal.

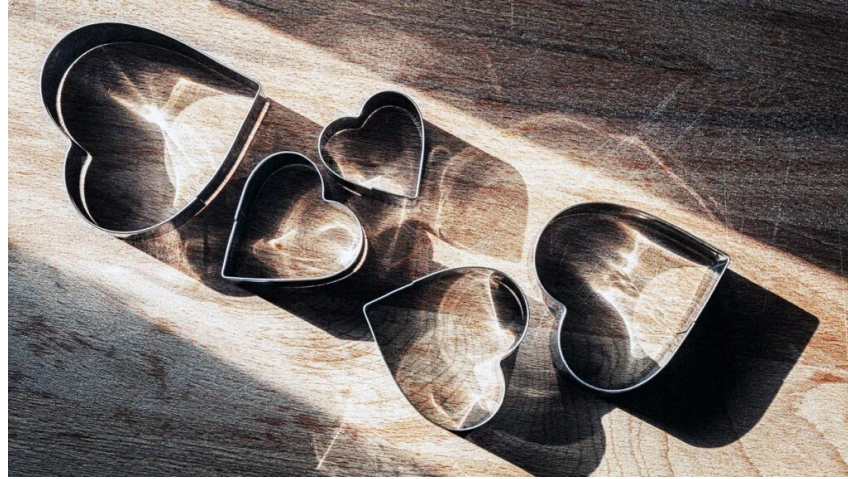
I can alleviate the pain and discomfort almost instantly, and I can actually see results within an hour of use, both in in the tightness and texture of my skin, and the very obvious reduction in fluid accumulation.

It means that I have reduced my concerns about cellulitis risks, and the development of fibroses. Being small and portable - in its own dinky travel bag - it means that travelling - long journeys in the car or even by air - are possible, can be contemplated without fear of the usual result of painful swelling. It has put control back into my own hands. That's essential for me."



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Treating a heart attack before it happens: It may not be a science fiction



Helen Sotiriadis/Stocksy

- The effects of a heart attack are often permanent, as the heart tissue cannot regenerate, unlike some other tissues.
- This means that despite somebody surviving a heart attack, the damage done could cause health problems or death in the years following the event.
- Regenerating heart tissue to allow damaged heart tissue to be treated is a hot topic in research.
- Now researchers have discovered a mechanism that allows them to treat heart tissue in mice, before a heart attack, in a way that provides protection months later.

Although most people survive a heart attack initially, the risk of death significantly increases over the following years.

In fact, 65% of people [Trusted Source](#) who have a heart attack over the age of 65 die within eight years of the initial incident. This is at least partly because while a person may survive an initial heart attack, the heart attack itself, which leads to the heart tissue being deprived of oxygen and then dying, does not regenerate in adult humans.

In a recent animal study, researchers identified a mechanism that allowed them to treat heart tissue and make healthy mice's hearts more resilient before a heart attack.

The study's results appear in [*Nature Cardiovascular Research*](#).

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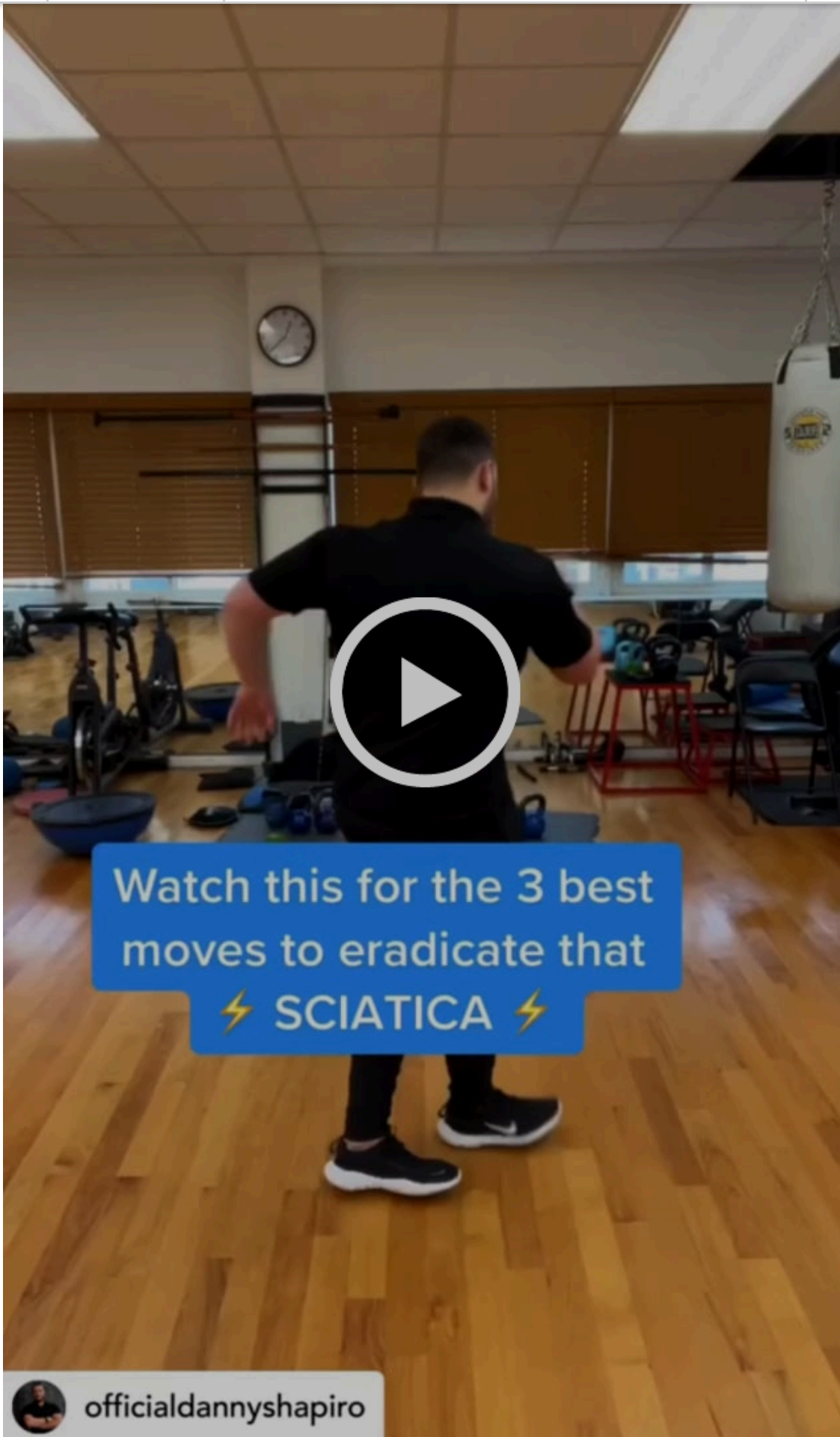
MOVES FOR SCIATICA PAIN

With thanks to

[@officialdannyshapiro](#)

⚡ Knock that sciatica pain out REAL quick! ⚡

Sciatica can be a real nuisance and cause a lot of different issues. These moves are really great at reducing symptoms and helping to open up that pesky sciatic nerve so it stops acting up. Try these moves out and make sure to take your time and breath. As always, if this move causes you pain, decrease the range of movement. If pain persists, stop the exercise!



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“Wishing you sunshine, good times and a very happy Easter!”

Mary and Julie xx



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