

A TYPICAL TREATMENT

At the first consultation part of the time will be spent discussing lifestyle and current health problems and Assessed, with which to establish an individualized treatment care plan. Individual care plans are especially important for Breast cancer related Lymphoedema through an early detection and surveillance Protocol. Head and neck Cancer related Lymphoedema also requires a specialized care plan.

And Lipo-Lymphoedema requires a specific protocol of care especially if the surgical option is considered

A referral from a healthcare physician is helpful but not essential. Scans and test results also assist in developing the care plan.

The first consultation or massage is likely to take approximately 1-1/2 hours. Subsequent visits are usually 1 hour or less

Registered Provider with

- All Private Health Insurers
- TAC
- DVA
- SWEP
- NDIS
- WORKCOVER

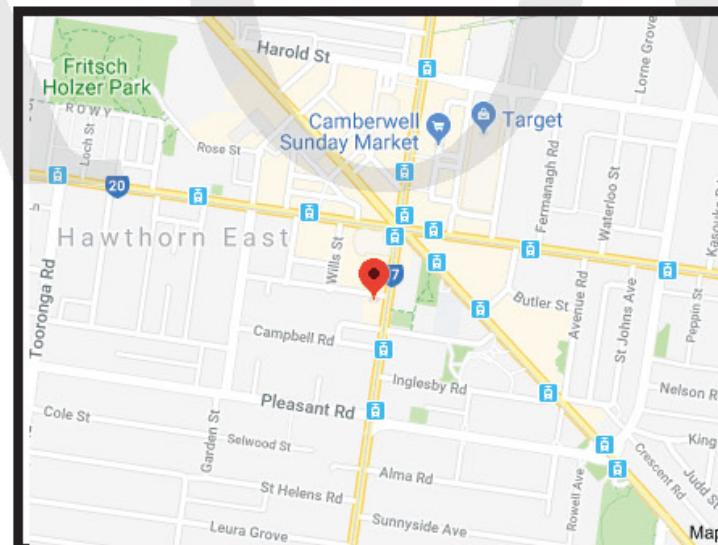
HELEN SMENDA

Helen is a Registered Nurse, Lymphoedema Practitioner, and Remedial Massage Therapist She has had 30yrs nursing experience working in clinical areas/nurse education/academic and clinical research areas within Hospitals and Universities in New Zealand, England, Asia and Australia. She previously worked for 10yrs as an Oncology Clinical Trials Coordinator at Cabrini Hospital and has extensive knowledge of current cancer treatments in particular Breast and Melanoma

She has completed post graduate studies in Nurse Education/Research in 1997, a Masters of Business in 2004, a diploma of Remedial Massage 2016, Level 1 Lymphoedema Certification in 2013 and the Senior Certification in 2018

Helen's professional memberships includes:

- AHPRA
- Australasian Lymphology Association (ALA)
- National Lymphoedema Practitioner Register (NLPR)
- Australian Massage Therapy Association (AMT)



Health and Healing

**Camberwell
Lymphoedema
Clinic**

Treatment of Lymphoedema Lipo-Lymphoedema Pregnancy related swelling Remedial Massage

HELEN
SMENDA
LYMPHOEDEMA
REGISTERED
NURSE

Contact

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Patients can also self book via the website
www.camberwellymphoedema.com.au
Address: Ground Floor, Suite 3 685 burke Rd
Camberwell 3124

MANUAL LYMPH DRAINAGE (MLD)

MLD is a light, pain free, rhythmic massage which moves the skin to move Lymph fluid from an area of body and returns it to the vascular system

As a result of considerable research and development, MLD techniques are successfully used to provide pain relief, symptom control and speed the body's own natural healing process in both acute and chronic medical conditions

Lymphoedema is a chronic swelling (oedema) due to an accumulation of Lymphatic fluid in the body's tissue

Symptoms associated with Lipoedema and primary or secondary Lymphoedema respond particularly well to MLD

MLD massage has a cleansing and regenerating effect. The immune system is stimulated and above all, it is relaxing and pain free.

TREATMENT OF LYMPHOEDEMA AND LIPO-LYMPHOEDEMA

Complex Decongestive Therapy (CDT) is an effective approach to the management and treatment of Lymphoedema.

This includes:

- An exercise program
- Good nutrition
- MLD
- Laser Therapy (Class 1)
- Compression bandaging/garments
- Lymph pumps
- Lymph taping

This is complemented by comprehensive assessment and monitoring, including information and advice on:

- Travel
- Diet
- Skin care
- Precautions

Communication with a client's Healthcare Physician is essential in the treatment process for Lymphoedema. Consultation and involvement with the wider health care team ensures holistic, kind and caring healthcare

For 'high risk' patients, e.g. with cancer related diagnosis, Complex Decongestive Therapy should be part of a total quality-of-life care package.

MEDICAL CONDITIONS

Many different conditions can be treated using CDT techniques. to manage body swelling
These include:

- Cancer (Melanoma, Breast, Bowel, Head and neck, Prostate, Gynaecological)
- Diabetic Venous/arterial ulcers
- Heart disease related swelling
- Trauma induced swelling
- Post operative oedema
- Scar tissue
- Migraine, tinnitus, neuralgia and sinus problems
- Burns
- Whiplash
- "Lumpy" breast
- Palliative care
- Stress
- Multiple Sclerosis/MND
- Stroke

PREGNANCY

MLD and remedial massage are safe during pregnancy and can help to prevent or reduce:

- Swelling in the limbs
- Post delivery stretch marks
- Lower back aches/pain