



## LLN September 2010 Newsletter

**Our Upcoming Meeting:**

**Date: Thursday, Sept. 30, 2010 7:00 PM**

**Location: Piedmont Hospital Executive Dining Room (next to Rich Auditorium)**

**1968 Peachtree Rd NW, Bldg 77, Atlanta**

**Topic: "Review of the September 22-26, 2010 National Lymphedema Network Conference"**  
**Speaker: LLN therapists and members who attended the NLN conference; its primary goal is to promote interdisciplinary collaboration and to share the breakthroughs and innovations in the field of Lymphology. (Light appetizers will be served afterwards.)**

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*(Park in the North Parking Lot at Piedmont Hospital. Look for the LLN meeting signs. If you cannot climb the steps to the auditorium area, enter through the Rehab Services entrance and follow the signs to the elevators.) Go to this link for driving directions: <http://www.piedmonthospital.org/oth/Page.asp?PageID=OTH000240> )*

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**REGISTER NOW: Saturday, October 16th, 2010: 13<sup>th</sup> State of GA Annual Lymphedema Education & Awareness Conference, DeKalb Medical Center, Decatur, GA 7:30 AM-5:00 PM**



*(See registration flyer included in this issue.) This year's program features an important update on the latest efforts to improve insurance coverage for lymphedema diagnosis and treatment, dealing with quality of life issues, networking for parents and for teens, lymphatic system imaging for diagnosis, exercise, and a fashion show of treatment garments!*

Map URL: <http://www.hospital-data.com/hospitals/DEKALB-MEDICAL-CENTER-DECATUR.html>

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**Check out every page on the new and highly improved LLN website: (<http://www.lighthouselymphedema.org>)** . Thanks to LLN board member Clint Labarthe for completely renovating our site with a fresh new look, and lots of informative new features. Videos have been added to tell you more about lymphedema and available resources. It's pretty exciting!

## *2010 Lymphedema Education Day at the GA State Legislature*

LLN had great traffic for our displays, and we were introduced in the House of Representatives by Representatives Debbie Buckner and Burke Day.



L-R: Janie Smith, Rep. Debbie Buckner, Joan White, Rep. Burke Day, Vicki Day, and Linda Harman.



GA Rep. Debbie Buckner presenting Joan White with the proclamation recognizing Lymphedema Education and Awareness Day in Georgia.

## **Craft Contributions Needed for Piedmont Hospital Holiday Crafts Bazaar - Nov. 2010**

Location: Piedmont Hospital Holiday Craft Bazaar, Building 77, parking in the North Lot behind Bldg. 77. Donations of baked goods, knitted or crocheted garments and other craft items are appreciated. Proceeds will support the LLN BAG Fund. Contact Joan White to donate items for sale or to work at the booth: 770-442-1317. Last year we raised \$604!

## *Bill Goering Memorial Fencing Tournament Proceeds Contributed to LLN*



Fifth Annual Bill Goering Memorial Tournament  
20-21 February 2010 Denver, Colorado

On February 20-21, 2010, the LLN was the recipient of all funds raised at the Bill Goering Memorial fencing tournament held in Denver, CO. The tournament is sponsored by Monica Goering in memory of her late husband Bill Goering, a well-known fencer who devoted much of his life to the sport as a competitor, a referee and a mentor to many younger fencers. Nathan Anderson, Owner and Head Coach of the Denver Fencing Club, is the tournament organizer. Deb Cozzone, niece of Monica and Bill Goering, attended the tournament and accepted the donation with gratitude on behalf of the LLN. Approximately 100 competitors participated in the Bill Goering Memorial this year, which held brackets in various age groups in all three weapons: epee, foil and saber. The number of competitors necessitated 2 days of competition for the first time in this tournament's history.

The tournament raised \$2,330.00 for the LLN, and an anonymous donor matched the donation to make a grand total of **\$4,630.00** for the LLN. Our sincere thanks are extended to Monica Goering, Nathan Anderson, and all of the competitors who participated in the Bill Goering Memorial in 2010.



## **LLN B.A.G. FUND UPDATE**

The LLN Bandages and Garments fund has been active this summer. A total of 14 patients have been helped during June, July and August. So far in 2010, the BAG fund has assisted **22** patients, for a total of **\$6,644.88**. **13** arm patients and 8 leg patients have been assisted, in addition to one patient who had lymphedema elsewhere. 8 approved applicants are in the process of finishing treatment and being fitted.

The BAG Fund is very grateful to our supporting providers, BSN-Jobst, JUZO, Medi USA and Sigvaris, Inc., for supporting our BAG fund by donating one off the shelf garment per quarter as needed. This has made it possible to assist additional lymphedema patients at no expense to the BAG Fund. We also greatly appreciate A Woman's Place, Pretty Please, Tuscan Sun Wellness Center, Solaris and Peninsula Medical for assisting us in fitting and underwriting our BAG fund patients.

Together we are making a difference in the lives of numerous lymphedema patients, but at the end of this busy summer, our funds will again be low. Donations may be earmarked by entering Bandages and Garments Fund (BAG fund) in the memo line of your check.

## 8th Annual Gloria Watts-Cox 8K Lymphedema Awareness Walk, Saturday, June 5, 2010

The Gloria Watts-Cox Walk (a 5-mile loop which began/ended at Clifftondale Park in College Park, GA) took place on June 5, a warm and sunny morning. Deb Cozzone and her two sons, Justin and Kyle, and DeCourcy Squire represented the LLN in remembrance of Gloria. The 8K walk was created in memory of Gloria Watts-Cox to raise funds for the medical treatment of persons suffering from lymphedema and to promote research for proper treatment of lymphedema patients. At the completion of the course, there were refreshments and awards presentations in various categories. There was a large crowd and we wish the Gloria Watts-Cox Foundation all the best in their fund-raising efforts!

### ***CONSIDER THE SOURCE & CONSULT YOUR DOCTOR - DEBUNKING POPULAR CANCER MYTHS:***

There are far too many myths about cancer causes to address them all. Here are a few popular ones, gleaned from the American Cancer Society, the National Cancer Institute and interviews with local oncologists, from the National Cancer Institute Library Online and the Cleveland, OH *Plain Dealer* 08/17/2010.

***Antiperspirants/deodorants*** - This myth works on the theory that antiperspirants prevent the body from eliminating dangerous toxins. But no conclusive research links the use of underarm antiperspirants or deodorants with breast cancer, the National Cancer Institute says. Additionally, breast cancer rates haven't changed significantly since the 1930s, before most people used deodorants and antiperspirants regularly. (Now, more than 90 percent of adults regularly use deodorants.)

***Artificial sweeteners*** - Nonsugar sweeteners got a bad name in 1981, after the U.S. National Toxicology Program's "Report on Carcinogens" listed saccharin as a substance reasonably believed to be a human carcinogen. Experiments on rats had shown an increased risk of bladder cancer. But saccharin came off the list in 2000 after more research showed the tumors were caused by a mechanism not relevant to humans. Now, there's no clear evidence that any artificial sweeteners available commercially in the United States are associated with cancer risk in humans, the NCI says. Studies have been conducted on the safety of several, including saccharin, aspartame, acesulfame potassium, sucralose, neotame and cyclamate.

***Cancer cells spread when exposed to air*** - In a study in five urban clinics about 10 years ago, 38 percent of patients believed that cancer spreads when exposed to air during surgery. Of those, 24 percent said they would reject lung cancer surgery based on that belief. Nineteen percent said they would reject surgery even if their doctor told them the belief had no scientific basis. Meropol has encountered patients who believe this. "There really isn't a basis for this belief," he says.

***Fluoridated water*** - Fluoride is added, at a rate of one part fluoride per million parts water, to public water-supply systems to prevent tooth decay. Many studies, in humans and animals, have shown no association between fluoridated water and risk for cancer, the NCI says.

***Hair dye*** - Early hair-dye formulations contained chemicals found to cause cancer in animals, and manufacturers changed their products to eliminate some of these chemicals in the mid-to-late 1970s. Some studies have indicated that people who began using hair dyes before 1980 have an increased risk of developing non-Hodgkin's lymphoma, but the evidence for increased risks of other cancers from hair dye use is limited and inconsistent, according to the NCI.

***Mammogram radiation*** - The amount of radiation used in a mammogram, a low-dose X-ray picture of the breast, is very low, and the risk of any harm is extremely small, the NCI says. Patients should, however, make sure they are imaged at an American College of Radiology-accredited facility using up-to-date equipment.

***Somebody else with cancer*** - Cancer is not a communicable disease, meaning it can't be transmitted from person to person by close contact, Meropol says. But someone can give you human papillomavirus, a sexually transmitted disease that can cause cervical cancer or oral cancer. Also, hepatitis B and C, viruses transmitted through sexual intercourse or use of infected intravenous needles, can increase the risk of liver cancer.

***Underwire bras*** - This theory was first floated in a 1995 book called "Dressed to Kill." Authors Sydney Ross Singer and Soma Grismaijer claimed that women who wore tight bras all day, every day, had a much higher risk of developing breast cancer. Their theory was that underwire bras constrict the lymph system, trapping toxins. The magazine *Scientific American* reported that the authors failed to exclude variables such as known risk factors for breast cancer including age, family history, high-fat diet and obesity.

***A weakened immune system*** - The "strength" of someone's immune system does not affect the chance of developing cancer, Meropol says. However, a patient with an unusual condition such as HIV or someone who is taking immunosuppression drugs for an organ transplant are predisposed to certain cancers. "But these types of immunodeficiency conditions are very, very unusual," says Meropol. "For people who frequently get bronchitis or the common cold, this isn't the type of immunity problem that would lead to cancer."

**LLN GARAGE SALE FUNDRAISERS:** Despite bad weather on April 24th (the day it was originally scheduled), the 5th annual LLN garage sale was held impromptu a day earlier when the sun was shining brightly at the home of Elaine & Gary Gunter. Great interest (and a dealer showing up fortuitously) enabled LLN to realize **\$589** on the sale of donated merchandise. Our thanks to those who donated items for sale. Also, Joan White held a sale in Cadillac, MI, and raised an additional **\$234** (to be used for scholarships for the October conference). Please consider a similar fundraiser in your neighborhood if you can!

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**ATLANTA HEALTH & WELLNESS EXPO** Saturday, April 24, 2010 at Lenox Mall in Atlanta. DeCourcy Squire and Joan White were at the LLN booth with the display board, DVD, and many handouts.

**EMORY WINSHIP CANCER CLINIC Celebration of Living, June 19, 2010:** Beverly Thompson represented the LLN. Topics: Learning, laughter and lunch for patients, survivors and family. This event provided information on what's new in cancer prevention, treatment, and survivorship. There were information sessions on nutrition, communication with kids about cancer, coping with depression and fatigue, exercise and general wellness. Special guest and entertainer was Ryan Hamner, a four-time cancer survivor.

**OTHER LYMPHEDEMA SUPPORT GROUP NEWS:** In addition to a strong unity of spirit in promoting education and awareness for lymphedema and related lymphatic diseases, support groups lend assistance and a shoulder for all lymphedema patients, family members, caregivers, therapists, and the medical community. We need more support groups in this country!

**1. AMERICAN LYMPHEDEMA FRAMEWORK PROJECT (<http://www.alfp.org/>)**

- March 6, 2010 was National Lymphedema Awareness Day.
- International Lymphedema Framework Meeting 2012 will be held in Toronto, Canada

It is important for all lymphedema patients to get the best care possible, so please visit the ALFP website and make your voice heard.

**2. NATIONAL LYMPHEDEMA NETWORK 9TH ANNUAL MEETING (<http://www.lymphnet.org/>)** The conference, "Lymphedema: Breaking Through the Barriers: Research, Education and Practice", will take place September 22-26, 2010, at the Hilton Orlando Bonnet Creek Hotel and Conference Center in Orlando, Florida. *(A summary of this meeting will be provided on September 30th at the next LLN meeting.)*

**3. THOMAS HOVATTER DAY** - DeCourcy Squire gave a presentation on lymphedema treatment at this annual meeting on Saturday, June 19 in Johnson City, TN.



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**2010 Lighthouse Lymphedema Network Calendar Dates to Remember:**

- **Saturday, September 18:** LLN Board meeting, home of Joan White, 10240 Crescent Ridge Drive, Roswell, GA 30076
  - **Thursday, September 30** – LLN Monthly Meeting at Piedmont Hospital, "Review of the NLN Conference" – All therapists and others who attended the Conference will participate.
  - **October 2-3:** Two-day "It's a Journey" walk
  - **Saturday, October 16:** LLN annual Lymphedema Education & Awareness Day conference, DeKalb Medical Center, Decatur GA
  - **November 2010** - Piedmont Hospital Holiday Craft Bazaar (exact date TBA -check LLN website)
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**The LLN Board of Directors** is composed of LLN members and therapists taking an active leadership role in the activities of the organization:

*Delores Bradley, Samantha Cannon, Deb Cozzone, Vicki Day, Shelley Smith DiCecco, Gwen Forbes-Kirby, Elaine & Gary Gunter, Linda Harman, Laura Hoffman, Stephanie Kirkpatrick, Jennifer Kitt, Clint and Debbie Labarthe, Kim Mainer, Vera Newman, Pat O'Connor, Katie Russo, Elizabeth O'Sullivan, Cole Sanders, Stacy Saraydar, Janie Smith, Lisa Sollenberger, DeCourcy Squire, Sandi Stephens, Beverly Thompson, Shirley Tucker, Joan White (director), and new member/treasurer Larry Ashmore.*



The next board meeting will be **Saturday, Sept. 18, 10:00 AM - 1:00 PM at the home of Joan White, 10240 Crescent Ridge Drive, Roswell, GA 30076.**

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**THE LLN BOOK** – Our editor, Vera Newman ([newmanvs@bellsouth.net](mailto:newmanvs@bellsouth.net)), and the book review committee have edited our stories and assembled the book for publication. Vera's son has been working on the layout and design, and she is now looking for a publisher. We'll have further details about ordering the book after publication. Our book will feature personal stories from:

- Patients who developed lymphedema after surgical, chemotherapy, or radiation treatment for breast cancer or other types of cancer (secondary lymphedema)
- Patients who were born with lymphedema (primary lymphedema)
- Patients who developed lymphedema from other surgeries such as: knee or hip replacement, abdominal surgeries, fracture, infection, other
- Family members who are caregivers for lymphedema patients
- Therapists: successful treatment stories, caring family stories, unusual stories
- Physicians: personal observations and comments

The main goal of our book is to let patients and family members know that they are not alone. We care, and we are here for you – always! Help us to help others – the goal for the money raised from the sale of the book is to help indigent patients through our [Bandages and Garments Fund](#).

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**REMEMBER TO SEND US YOUR NEW E-MAIL ADDRESS IF IT CHANGES, SO THAT YOU CAN CONTINUE TO RECEIVE OUR NEWSLETTERS AS PDFs, AND GET MEETING REMINDERS!**

## *In Loving Memory of Sunnie Bates, A Founding Board Member of LLN*



*(Sunnie Bates lived a full and wonderful life - many of us in LLN had no idea of how many fascinating things she had done before we met her at LLN's inception. The following information is from her obituary in the Atlanta Journal-Constitution.)*

Sunnie Bates believed that one person could make a difference and she tried through many vocations to touch people's lives and leave the world a better place through her actions and beliefs. Though her parents, Missouri and Henry Stanley named their daughter Mary Elizabeth in honor of her grandmothers, early in life her cheerfulness and positive attitude earned her the nickname "Sunnie". At the time of her death on Saturday, July 10, she was a resident of Roswell, GA. A member of the college class of 1945 of Roanoke (VA) College, she majored in classics and excelled in extracurricular activities, being chosen the first female editor of the college newspaper when she was a seventeen year old junior. She was listed in Who's Who Among American Students.

Sunnie had many careers. Her first paycheck was for modeling for the N. and W. Railroad magazine and match cover when she was fifteen. In the early 1950's, her activism with the League of Women Voters led to a career in television. A LWV member for over 50 years, she served on local and state boards in New York, Connecticut, and Georgia. In 1960, Sunnie was presented the McCall's Gold Mike by Chief Justice of the Supreme Court, Earl Warren, the highest award given to a female broadcaster at that time, for her groundbreaking series of programs on WRGB, Schenectady, in which she explored discrimination in the north and predicted the emerging civil rights struggle. She and her partner, Ernie Tetrault, earned numerous awards for their daily show which they coproduced. Working for the world's first television station which had grown out of the GE labs, creative programming and innovation was encouraged. According to her daughter, Jill ... "Mom insisted that television was not radio with pictures and action was imperative. She allowed herself to be thrown off the station roof to demonstrate a rescue in case of fire. She drove a sulky at Saratoga Raceway, rode a circus elephant, steered the tiller of a fire engine, piloted a barge through locks near Pittsburgh, washed windows of a skyscraper and went to Spring training with the Pittsburgh Pirates. She was proud of her series on adoption which led to five children being adopted by her co-workers". She was a judge or mistress of ceremony for several Miss New York pageants and accompanied the winner as chaperone and photographer to the Miss America Pageant in Atlantic City. She enjoyed telling friends about her interviews and friendly meetings with Ronald and Nancy Reagan, Governor and Mrs. Averill Harriman, Governor and Mrs. Nelson Rockefeller, Gore Vidal, Werner von Braun, Charlton Heston, Eleanor Roosevelt, Grandma Moses, Roberta Peters, Vic Damone, Gordon Parks, Johnny Mathis, Tony Bennett, Phyllis Diller, Tallulah Bankhead, Dave Garroway, Frank Blair, Walter Cronkite, Hal Holbrook, Mr. J. C. Penney, Archbishop Iakovos of the Greek Orthodox Church and many others. She was listed in Who's Who of American Women.

Sunnie was Bill Bum's partner on the Noon News at KDKA in Pittsburgh, then the highest rated daytime program in the nation, when she left to marry Woody Bates and move to Atlanta in 1962. Soon thereafter, she was one of the founding members of Atlanta Planned Parenthood and served as its first Executive Director while establishing clinics throughout the city. She was co-producer of a League of Women Voters television series on China in 1972, wrote a League publication, "Georgia's Stake In World Trade". And testified before the Federal Trade Commission. It was while she was recovering from her first cancer surgery that Sunnie decided that she wanted to fill each day to the fullest, so she embarked on a career in real estate, becoming an Assistant Broker with Coldwell Banker. She retired after ten years when she could no longer carry the expanding listing books due to neuropathy and paralysis in her arm. An intense interest in Japan was shared by Sunnie and her husband, leading to many trips there and culminating in building a traditional sukiya-styled Japanese home where they lived for 24 years. Their collection of books about Japan and the Japanese numbers in excess of 5,000 volumes. Sunnie studied Ikenobo Japanese flower arranging as well as Japanese customs and language and spent every Monday afternoon with a group which for many years offered friendship and assistance to Japanese women in adjusting to life in this country, She and her husband were active in the Japanese community as members of the Japan America Society of Georgia, Dokushokai, Tomodachi, The Japanese American National Museum and as resources on Japanese culture. An avid reader, Sunnie was a member of three book clubs, and until she lost the use of her right arm, she was an avid needlepointer. **She was a board member of the Lighthouse Lymphedema Network, and the National Lymphedema Network. THANK YOU, SUNNIE, FOR ALL YOU DID FOR LLN!**

***Thank you, Lighthouse Lymphedema Network:***

Please accept my gift/donation in appreciation for your efforts to support, educate, and create awareness about a serious medical condition called lymphedema.

Donor's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (Home) \_\_\_\_\_ (Work) \_\_\_\_\_ (Cell) \_\_\_\_\_

E-mail: \_\_\_\_\_

Enclosed is my tax deductible donation of \$ \_\_\_\_\_, to be used for the General Fund \_\_\_\_\_, or the B.A.G. Fund \_\_\_\_\_

The Lighthouse Lymphedema Network is a 501(C) (3) non-profit organization. Please make all checks payable to the Lighthouse Lymphedema Network and mail to the LLN, 10240 Crescent Ridge Drive, Roswell, GA 30076. Call 770-442-1317 for information.

**Change of Address Request:** We try to keep our mailing list updated constantly; if you have any changes that should be made to your mailing or e-mail addresses, please send this information to the LLN address: The Lighthouse Lymphedema Network, 10240 Crescent Ridge Drive, Roswell, GA 30076; or by e-mail to [elaine.gunter@comcast.net](mailto:elaine.gunter@comcast.net).

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***Remember: Don't forget to give us your e-mail address if you want to be reminded about meetings, to receive the LLN newsletter as a PDF file (in color!), and to save mailing costs!***

***LLN's website is <http://www.lymphedemalighthouse.org>***

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Return service requested to:

***LLN Newsletter Editor  
1625 Sprucewood Court  
Decatur GA 30033 USA***

