



'I was chuffed with the actual turnout of 600 attendees from 35 countries'



Linda Khong (LK) and Vera Koh (VK) attended the 12th International Lymphoedema Framework (ILF) Conference (23–25 October 2025) in Niagara Falls, Canada

VK: I have 3 key takeaways:

- When managing nutrition in patients with lymphoedema, it is essential to consider both frailty and sarcopenic obesity (excess body fat and low muscle mass and function), as these conditions can significantly influence treatment outcomes and nutritional strategies.
- Lymphovenous anastomosis (LVA) surgical techniques and lymph drainage procedure of LVA in the necks of patients with Alzheimer's has positive outcomes.

The lymphatic system is a brain-wide waste clearance pathway that uses cerebrospinal fluid (CSF) to flush metabolic waste. Deep sleep is important for promoting waste clearance from the brain and, therefore, maintaining brain health and supporting neurological restoration. Degenerative brain diseases are caused by the deposition of tissue debris, such as beta-amyloid, in the

brain parenchyma due to insufficient CSF drainage to clear waste products.

4. What's memorable about the conference?

LK: I was chuffed with the actual turnout of 600 attendees from 35 countries. There were opportunities to network in the evenings that were both professionally enriching and socially enjoyable, meeting like-minded colleagues from Canada, Brazil, Chile, and many more.

Two major new publications were launched at the conference:

New European Wound Management Association (EMWA) document, *Chronic oedema of the lower limb. Practical guidance on diagnosis, effective treatment and ongoing management.*
Chronic oedema – practical guidance

New Stride 2 version document,

Professional Guide to Compression Garment Selection for the Trunk and Upper Limb. Issuu Reader

VK: 'Lymphoedema practice does not progress with complacency.'

This recurring sentiment was present in several presentations. It made me consider how important it is to evaluate the norms of treatment when practising lymphoedema management. This means not just accepting the chronic nature of the condition but actively questioning whether current practices truly serve patients' long-term health and quality of life.

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