

Conference Wrap

12th International Lymphoedema Framework Conference #ILF2025

Dr Linda Khong and Vera Koh

1. Why did you decide to attend the conference?

LK: The conference was attractive as it featured a range of engaging keynote speakers with preconference masterclasses each morning, and sponsored lunch topics for discussion each day, as well as a breakout skill zone by industry suppliers. I was drawn to a conference that fostered professional development and collaboration among lymphoedema and lipoedema speakers from Europe and the Americas.

VK: Attending the conference in Niagara Falls, Canada, marked my first international conference – a truly memorable experience. I feel incredibly fortunate that it was held in a country I've long wanted to explore, adding a personal layer of excitement to this professional journey. My goal in attending was to broaden my horizons and deepen my clinical expertise in lymphoedema care. The conference offered a rich blend of global perspectives, cutting-edge research and meaningful connections that will undoubtedly enhance my practice moving forward.

2. How did the conference address your current challenges?

LK: Three masterclasses were dedicated to addressing relevant pressing issues faced by attendees like me. The small class size was a great forum for robust discussion and delving in-depth into each topic.

- **Professor Christine Moffatt (CBE)** elaborated on what might mimic cellulitis in lymphoedema and shared tips on differential diagnosis. I was pleased

that she also shared practical strategies and case studies to illustrate when oral antibiotics might be indicated or when to refer patients for intravenous antibiotics.

Ko LN, Garza-Mayers AC, St John J, Strazzula L, Vedak P, Shah R, et al. Effect of dermatology consultation on outcomes for patients with presumed cellulitis: a randomized clinical trial. *JAMA Dermatology*. 2018;154(5):529–36. doi:10.1001/jamadermatol.2017.6196

- **Professor Kristiana Gordon** suggested a list of 5 steps for subjective assessment of patients suspected to suffer from congenital or primary lymphoedema. Subsequently, how to apply them to the various categories (lymphatic malformations, syndromic, systemic involvement, congenital, late onset) as described in her paper. Gordon K, Varney R, Keeley V, Riches K, Jeffery S, Van Zanten M, et al. Update and audit of the St George's classification algorithm of primary lymphatic anomalies: a clinical and molecular approach to diagnosis. *Journal of Medical Genetics*. 2020;57(10):653–9. doi:10.1136/jmedgenet-2019-106084
- I have enhanced my awareness with a masterclass by **Dr David Keast**. He highlighted the factors associated with increased risk of wound infections in patients with lymphoedema. https://woundsinternational.com/wp-content/uploads/2025/03/IWII_2025_Wound-cleansing-web.pdf

VK: The masterclass by Professor Christine Moffatt was beneficial for me. What really stood out was the finding that chronic oedema patients are 7 times more likely to develop cellulitis, with risk

factors which include obesity (BMI > 30) and male diabetes (mixed results). It was a good reminder to be aware of risk factors.

Another workshop challenged my thinking with regard to how the different systems, including venous and arterial systems, integrate to allow good tissue health and, therefore, wound healing. The lymphatic system is another essential system for wound healing. Therefore, it's important to consider the lymphatic system when managing wounds.

3. Were there any key takeaways or actions for the future?

LK: For me, there were 6 key takeaways:

- The pneumatic intermittent compression pump will likely NOT be considered a compression therapy aid and has been excluded by the International Compression Club (<https://www.icc-compressionclub.com/>).
- There are emerging cases where GLP-1 medication has had a positive impact on patients with long-term lymphoedema.
- Is Alzheimer's disease a manifestation of brain lymphoedema?
- There is no 'oedema' in lipoedema. Hence, it has been renamed lipalgia.
- Bauerfeind has off-the-shelf, merino-mixed, round-knit knee-high stockings.
- Video links covering how to measure and to customise Medi's Circaid Reduction Kit of the lower limb, upper limb, and torso can be found via Medi USA's website (<https://www.mediusa.com/healthcare-professional/lymphedema-solutions/healthcare-professional-products/circaid-reduction-kit/>).