



PROJECT OVERVIEW

Lymphedema: Take Control is a two-year community-based educational outreach and health promotion project to raise awareness about lymphedema that is secondary to breast cancer and the value of exercise to its risk reduction and management. In August 2007, Breast Cancer Action Ottawa was awarded \$151,441 from the Canadian Breast Cancer Foundation – Ontario Chapter to implement this initiative.

Target Audiences

- Breast cancer patients and survivors at risk of developing lymphedema
- Breast cancer patients and survivors with lymphedema
- Members of the health, wellness and fitness sectors who encounter those at risk of developing or currently managing lymphedema in the Ottawa area

Objectives

- To raise awareness and educate breast cancer patients and survivors, the health, wellness and fitness sectors, and the broader community about lymphedema risk reduction and management
- To promote exercise as a positive means of enhancing quality of life while proactively reducing the risk of lymphedema or managing an existing condition
- To cultivate self-sustaining community-based partnerships in the health, wellness and fitness sectors

Project Activities

Project Governance & Staffing

The project is guided by an advisory committee, whose members serve in a voluntary capacity with their personal experience or professional expertise in breast cancer and/or lymphedema, and implemented by a small team of project staff (see over page for advisory committee and project staff members).

“Go With the Flow” Exercise Program Development & Delivery

Based on current evidence in cancer care and fitness, the eight-week “Go With the Flow” exercise program was developed to help reduce the risk or manage lymphedema secondary to breast cancer. A total of 25 sessions will be offered across Ottawa from April 2008 to June 2009.

Training Fitness Instructors in “Go With the Flow”

A four-hour workshop has been developed to educate Ottawa area personal trainers and group fitness instructors in lymphedema risk reduction and management through exercise with the “Go With the Flow” module. The workshop is accredited by Can-Fit-Pro, a national fitness accrediting body. A total of 12 workshops will be offered from July 2008 to June 2009.

Development of Print Materials

- Fold-out brochure to raise awareness about lymphedema
- Exercise manual to support “Go With the Flow” participants in exercising at home

Sharing Information & Building Relations

Throughout the project, Breast Cancer Action will share information with existing and new community partners in the Ottawa area.



ADVISORY COMMITTEE

Judy Bedell

Judy is a certified fitness leader with specialty training in lymphedema care.

Dr. Margaret Farncombe

Dr. Farncombe has expertise in palliative care with a focus on lymphedema.

Betty Flack

Betty is a breast cancer survivor who has experienced lymphedema.

Anna Kennedy

Anna is Executive Director of the Lymphovenous Association of Ontario and a cancer survivor living daily with lower limb lymphedema.

Louise Killens

Louise is an experienced physiotherapist and certified lymphatic therapist.

Susan J. Smith

Susan is a Registered Nurse with expertise in palliative care. She works with breast cancer patients and is herself a breast cancer survivor.

PROJECT STAFF

Amy Cailloux

Office Manager, Breast Cancer Action

Kathleen Gotts

Coordinator, Breast Cancer Action

Louise Haley

Consultant, Physiotherapist, Haley Rehab

Colleen Lyle

Executive Director, Breast Cancer Action

Stephanie Woodard

Facilitator and Lead Instructor, Cancer Care Fitness Specialist

Caren Weinstein

Designer, Vintage Designing Co.

For information about the project, please contact Kathleen Gotts

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