

A NEWSLETTER FOR MEMBERS, WHĀNAU, FAMILY & FRIENDS

# Lymphoedema Support Network

*What's Inside* +  
Much More

- COVID-19
- Useful Websites
- Exclusive Offer from  
Pure Shade by New Zealand

# Chairperson's Report

Michele Ulrich



## Lymphoedema Support Network

Dear Members,

### Newsflash

We hope your year has started well.

We have decided to completely change the way the Lymphoedema Support Network (LSN) offers support at meetings.

We have noticed over the last year numbers attending our meetings, have reduced despite excellent speakers and better publicity.

We have asked those living with and those at risk of lymphoedema - and it seems people want answers to their own personal questions.

So we're keen to offer our meetings in a different way.

Nothing can replace the information and help you get from your lymphoedema therapist so we're offering more general and useful information to help people manage their own lymphoedema.

Meetings will continue at the Auckland Cancer Society, Domain Lodge, in the Support Room every two months starting in March until November, at 7.30pm.

There will be experienced lymphoedema therapists on hand.

We will also include tips on moving and breathing and those who want to get up and move around will be able to do so.

The meetings will be particularly useful to those recently diagnosed or wanting additional information.

Michele Ulrich  
Chairperson

### Meetings Every Two Months

7.30pm-8.30pm

### Followed by a 'Cuppa' at:

Auckland Cancer Society

Domain Lodge

1 Boyle Crescent, Grafton

(Free Undercover Parking)

Last Monday of the Month 2020

March is

Lymphoedema  
Awareness  
Month



30 Mar - **Cancelled (Due to COVID- 19)**

25 May

27 July

28 Sept

30 Nov

### To Be Advised

The situation with the coronavirus disease (COVID-19) is evolving. We will be in close contact with the Cancer Society Auckland about meeting cancellations.

Please call (09) 3080160 about whether meetings are going ahead.



**EMERGENCY**

Coronavirus  
disease (COVID-  
19) outbreak

*Your Health & Wellbeing Matters*

# *Lymphoedema & Coronavirus*

COVID-19 is a new illness that can affect your lungs and airways

*Dear LSN Members, Whānau, Family and Friends,*

This is a challenging time around the world and here at home in New Zealand

Knowing that you might have some concerns, especially about COVID-19 and the implications with Lymphoedema, we want you to know that you have our support and your wellness and happiness is our main concern. With that in mind, we have put together some current and relevant information to assist you.

## *Key Websites*

### *Official Information*

New Zealand Government – Unite against COVID-19

<https://covid19.govt.nz>

The Ministry of Health

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>

(MOH) Social Media sites: they will be using these channels to alert people to key updates and messaging specifically about COVID-19

<https://www.facebook.com/minhealthnz>

<https://twitter.com/minhealthnz>

World Health Organisation (WHO)

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Safe Travel Website

(Official advice for New Zealanders travelling/coming home)

<https://www.safetravel.govt.nz/news/novel-coronavirus-china-covid-19>



Please remember: information is updated daily as this is an ever evolving Global Pandemic. The information in this article was up-to-date at the time of print. Please continue to check the above websites and watch any 'breaking news' on your devices, for the latest updates.

## *Symptoms*

Symptoms include fever (over 38 degrees), tiredness, cough and difficulty breathing. Difficulty breathing is a sign of possible pneumonia and requires immediate medical attention.

## *What do I do if I have Symptoms?*

If you have flu-like symptoms of the coronavirus, inform the people around you. Call the NZ Covid-19 Healthline on **0800 358 5453 (+64 9 358 5453)** for international SIMs) This is a Dedicated Healthline 24 hours a day, 7 days a week, or call your GP.

## Prevention

### *(Best Practice Hygiene and Physical Distancing)*

- Avoid shaking hands and Hongi
- Physical distancing (avoid unnecessary contact with others) and stay two metres apart when possible
- Wash your hands with soap and water often (for at least 20 seconds) and dry thoroughly. If soap and water are not available, use hand sanitiser that is at least 60% alcohol and rub it till it dries
- Don't touch your eyes, nose or mouth if your hands are not clean
- Try to avoid close contact with people who are unwell
- Cough or sneeze into your elbow or by covering your mouth and nose with tissues
- Put used tissues in the bin or a bag immediately

## Handling Animals

- Animals do not carry or transmit the coronavirus. Follow 'Best Practice Hygiene' after handling animals.

## If You Wear a Compression Glove/Sleeve/Hand

- Wash your garments each day
- Most garments can be washed in your washing machine on a gentle wash and then dried on the gentle cycle of your tumble drier. If your garment cannot be tumble dried then air dry it thoroughly before use
- It may be useful to buy some disposable plastic gloves to wear over your compression glove or hand piece. Remember: the plastic glove will not protect you from the virus. The coronavirus can live on the plastic glove and be transferred in the same way as it can on your hand so follow 'Best Practice Hygiene'
- Carry a spare compression glove/garment with you in a sealed plastic bag to use if you are worried your glove may get contaminated. Put the dirty one in the plastic bag and seal it up until it can be washed. Remember: throw the plastic bag away
- Keep your hands well moisturised as frequent washing can make the skin dry and cracked



Imagine with all your mind  
Believe with all your heart  
Achieve with all your might  
Embrace with all your fight



*Kindest Regards from the LSN Committee*



## Think Outside the Box for Cleaning

*(Clean and disinfect frequently touched objects and surfaces, important ones to remember)*

- Mobile Phones
- Keyboards, telephones, remote controls, doorknobs etc...
- Supermarket trolley handle
- Gym equipment
- Library books
- Wash your hands before inserting contact lenses or performing any other activity that brings you in contact with the eyes, nose or mouth

## Carry Hand Sanitiser in Your Bag/Car

- Car door handles inside/outside
- Public transport handles/seatbelts
- ATM/Eftpos machines
- Cash handling

## Tips for Managing Your Own Mental Health & Wellbeing

- Spend time in places that feel safe and comfortable as much as possible
- Reach out to your usual supports – family and whānau, friends and workmates
- Keep to usual routines – mealtimes, bedtime, exercise etc...
- Keep active, it can improve general wellbeing and help distract from distressing feelings
- Tell yourself that how you are feeling is a normal reaction and will pass
- Fact check any information you see online with reliable sources
- Reduce Stress & Fear: the easiest way to do this is to regularly practice deep diaphragmatic breathing and extend the exhalation of your breath. This is a scientifically verified practice that will help calm your nervous system and bring peace and calm to your mind and body



# Useful Websites

The following selected  
websites/links are suggestions only.  
These ideas may assist you when  
researching 'all sorts of things'  
Lymphoedema related.

Lymphoedema New Zealand Website  
<http://www.lymphoedemanz.org.nz>

Lymphoedema Therapists New Zealand  
<http://www.lymphoedemanz.org.nz/Lymphoedema+Therapists.html#LTPP>

Lymphoedema Wikipedia  
<https://en.wikipedia.org/wiki/Lymphedema>

Lymphoedema Support Group Registry  
<http://www.lymphoedemanz.org.nz/support+groups.html>

Lymphoedema Support  
(Lymphoedema after Breast Cancer)  
Breast Cancer NZ Foundation  
<https://www.breastcancerfoundation.org.nz/support/moving-forward-after-treatment/lymphoedema>

Australasian Lymphology Association  
<https://www.lymphoedema.org.au>

Lymphoedema Academy of Australia Pty Ltd  
<https://www.facebook.com/lymphoedemacourses/>

Macquarie University of Australia Lymphoedema Education  
<https://www.mqhealth.org.au/hospital-clinics/lymphoedema-clinic/lymphoedema-education>

## Facebook Links

<https://www.facebook.com/groups/376043549464562/>

<https://www.facebook.com/lymphedemasppt/>

<https://www.facebook.com/Lymphsupport/>

<https://www.facebook.com/lymphoedemaqueensland/>

## TOP TIP

Type into the search bar:  
natural therapies .for lymphoedema

Books on Lymphoedema  
<https://www.google.com/search?client=safari&rls=en&q=books+on+lymphoedema&ie=UTF-8&oe=UTF-8>

My Reflection-Protheses 3D Scanning  
<https://www.myreflection.co.nz/welcome>

Water Exercises for Lymphoedema  
<http://www.lymphnotes.com/article.php/id/24/>

Gardening With Lymphoedema  
<https://www.gardeningknowhow.com/garden-how-to/lifestyle/gardening-with-lymphedema.htm>

Skin Care for Lymphoedema  
<https://www.macmillan.org.uk/information-and-support/coping/side-effects-and-symptoms/lymphoedema/skin-care.html#3688>

Natural Mosquito Repellent  
<https://www.healthline.com/health/kinds-of-natural-mosquito-repellant>



# Top Tips to Keep Comfortable for all Seasons

## *Suggestions from the Therapists*

- Put a splash of cornflour (yes ... the same cornflour that you cook with) onto your affected limb and lightly spread it – It will be easier to pull your compression on in the heat, when you are hot and bothered.
- Get a spritzer bottle from the \$2 shop and part fill it with water and freeze it so that in the afternoon when you're out and about or at work, you can lightly spray your limb (with compression on and pat the cold water in (the ice in the spritzer will have melted but still be cold).
- Lying in a cooler bath or indeed a cold bath is marvellous for a hot and bothered lymphoedematous limb ... try it!
- Keep your clean compression in a bag in the fridge overnight so that it's cool when you put it on and for that matter a night garment too in the day.
- Take a second set of compression garments if you are wearing a sleeve, to work in your cool bag with a cool pack and change into them after lunch.
- Use cold wheat bags (not silica pads or cool packs for the freezer – they are way too cold and don't mould well around a limb) for less than 15mins at a time and cool your limb before you go to bed say – make an "arm sandwich" with one bag underneath your arm and one on top ... or wrap a wheat bag around your worst place on your leg (i.e. ankle and use a couple of clothes pegs to hold it in place). One member uses cool gel packs that can be moulded but you must put a hand towel underneath to protect the surface skin.
- In the heat of the summer, a member told me she was cooling herself in their pool with compression on between outside jobs and that the breeze on her legs helped them feel cool for a couple of hours. Please check with your therapist to see if your skin condition is up to this.
- Try a cooling towel (available from Rebel Sport), wet it and hang around your neck – this works really well for cooling L/O arm &/or leg people as it creates a place of coolness at the neck.
- Remember to stay hydrated and drink plenty of cold or cool water.
- If you wear a breast prosthesis try leaving it out when you get the chance.
- Wear loose black cotton trousers and dampen the trousers. This is an incredible relief for people in compression stockings – two members raved about this.
- Try natural fabrics like cotton, rayon (yes from wood chips) or silk. I get my baggy rayon trousers from Exhibitionist in New Lynn.
- Dampen your back and sit with the fan or breeze at your back.
- Microdacyn Wound Care: It removes and physically kills germs, reduces inflammation and actively starts rapid healing. Available in pharmacies.
- One of our members reported having seen great results in reducing chafing with Neat 3B Action Cream. It states it is an antiperspirant and reduced chafing substantially.

\*Available from the chemist and online

<https://www.neatfeat.com/shop/hot-deals/3B-Action-Cream-chafing-rash.html>



## Keeping Arms and Hands Dry when Bathing

**TOP TIP**

\*Pedigree Medical Disposable Shoulder Length Gloves

A Fantastic Idea for Keeping Dry when having a Shower or Bath with Tapping, Bandaging or Compression Garments on

Ristrom Packaging (2004) Limited  
<https://www.ristrom.co.nz>  
Phone: +64 3 358-6082  
Fax: +64 3 358-6084  
Email: [sales@ristrom.co.nz](mailto:sales@ristrom.co.nz)  
23 Sheffield Crescent  
Burnside, Christchurch  
NEW ZEALAND



Highly Recommended By: Mary Martin - LSN Committee Member



# Let's Get Serious About Melanoma

MICHELE URLICH CERTIFIED LYMPHOEDEMA THERAPIST 20YRS  
CHAIRPERSON LYMPHOEDEMA SUPPORT NETWORK

## My Story

(As told by Lisa Harrison Williams)

I had a walk-in nail client a couple weeks ago. She had been going to the "NAILS" type salons for years. She had a straight dark vertical stripe down her nail. She said as soon as she sat down---I need a colour dark enough to cover this stripe. The nail salons "diagnosed" her a few different ways. Some said it was a lack of calcium. Some said it was hereditary. At least one had told her it was a blood blister.

This is melanoma!!! I did not want to frighten her but I told her she needed to see her doctor immediately! She called me today to tell me that yes it was a very aggressive melanoma that has already spread to her lymph nodes!! Her prognosis is not good! Please pay attention to abnormalities in your nail beds!! Odd changes in your nails can very likely be nothing to worry about! But sometimes it is an indication of a very serious disease. And please keep an eye on the nail beds---toes and fingers---of your elderly loved ones and your loved ones that aren't physically able to notice changes in the nail beds! Early diagnosis can make all the difference in the world!!!

*"Melanoma can develop in places other than skin!"*

It is very important to check fingernails and toenails regularly - also soles of feet and in between toes. Not all melanomas are BLACK there are many variations from pink, pearl coloured and red. Any lesions that are new or have changed need to be checked by a GP or Dermatologist. Early detection/treatment of skin cancers often result in a complete cure.



## Emma John - Personal Stylist from Sisterhood of Style



Hi, I'm Emma and I'm passionate about helping women (and men) rediscover their confidence in themselves and their own style. I help extraordinary people showcase their individual style and unique personality. I empower them to feel more confident, knowledgeable and delighted by their own wardrobes and less overwhelmed at shopping for themselves. I also offer men's styling to help them feel more confident and energised by their wardrobes. I do this by empowering them with style tips, tricks and tools to achieve their unique look, working within their budget, timeframes and their own wardrobes. I love helping people to feel their best and curate the wardrobe of their dreams, to make getting dressed easier, every single day. I offer a variety of Styling experiences - something to suit everyone from in person wardrobe edits and personal shopping to style parties, an online offering called Stylist in your pocket right through to event styling.

Website: [www.sisterhoodofstyle.com](http://www.sisterhoodofstyle.com)

Instagram [@sisterhoodofstylenz](https://www.instagram.com/sisterhoodofstylenz)

Facebook [@sisterhoodofstylenz](https://www.facebook.com/sisterhoodofstylenz)

Booking a style experience:

<https://calendly.com/sisterhoodofstyle>



In July of last year, we were very privileged to have Emma as our speaker for our public meeting. Amongst discussing some brilliant styling strategies, Emma created two fabulous wardrobes for two of our members. Both were individually designed around their lymphoedema limitations, and Emma gave fantastic suggestions for their individual wardrobe looks, so they could enjoy styling with confidence.

'Call Emma for an appointment, she is very down to earth and approachable; and she can help you with your 'new' styling needs'.

***"Never Underestimate The Power Of A Good Outfit On A Bad Day"***

**Exclusive  
Offer**

# Pure Shade by NZ Sunscreen

Advertisement

Pure Shade by NZ Sunscreen is the one product range every woman wants this summer! The ultimate in sun-care luxury for your face and body! Made in NZ with the finest natural and organic ingredients. Pure Shade is 4 products in 1 step (bottle) – a luxury ultra-light moisturiser, a natural illuminating brightener, an anti-ageing cream, and a high protection, broad spectrum UVA / UVB SPF50+ sunscreen. It won't leave your skin white, chalky or greasy, and provides 8 hours protection from burning, sun spots and discolouration, and helps with sagging skin and wrinkles. Pure Shade Moisturising Brightening Sunscreen 70ml RRP \$45.00 on special \$39.95 visit [www.nzsunco.com](http://www.nzsunco.com)

Available online from [www.nzsunco.com](http://www.nzsunco.com) or from Smith and Caughey, Loop Duty Free, and great pharmacies, natural health retailers and day spas across New Zealand.

***\*\*Use exclusive  
code LSN online checkout to  
get further 15% off the price***



## What customers tell us:

*\*We love the light matte feel on their skin, works well under make-up.*

*\*That it works well for young and very sensitive skin.*

*\*Fantastic when out having fun, don't notice it's on.*

*\*Love that it is a multi-purpose product that not only protects but moisturises, brightens, and nourishes the skin.*



## 5 Reasons to choose Pure Shade

**With so many sunscreens in New Zealand not meeting their claims here are 5 reasons to choose Pure Shade as your sunscreen this summer**

- 1) Made in New Zealand for New Zealand conditions. Which means we understand how harsh the New Zealand sun is and have developed a formulation that works.
- 2) Independently tested every batch of Pure Shade to date. Pure Shade has been independently tested in Australia by the same lab that does all the Consumer magazine testing.
- 3) Pure Shade exceeds its claim of being an SPF 50+. Independent tests have proven that Pure Shade can claim to provide very high protection and can be labelled an SPF 78. That's 28 points above what we claim.
- 4) Pure Shade provides broad spectrum UVA and UVB protection. Essentially providing comprehensive protection from the effects of sun on the skin.
- 5) Customers keep coming back. Over half of all Pure Shade sales are from repeat customers!

Natasha Ulrich  
CEO New Zealand Sunscreen Limited

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# Travelling with Lymphoedema & Holiday Tips

Save this article for when we are travelling again

**The following travel and holiday tips listed below, all apply to reduce your risk of a flare-up in flight, travel by bus, train or car, and the days following on your holiday.**

- Arrive at the airport well rested and in good time to avoid stress and delays
- Book a wheelchair to reduce standing time
- Wear a support stocking/sleeve/singlet etc...on the affected limb prior to and when flying on the day
- Carry medication in your hand luggage (Check expiration dates on your medication before your travel, and make sure you have enough medication to cover your holiday before you leave)
- Take a photocopy of your prescriptions
- If you get stopped at customs have your prescription available
- Ask the flight attendant for assistance to store your luggage in the overhead locker for you, to avoid straining any recent chest surgery or radiation
- When booking seats on flights choose 'Economy Plus'- more expensive but gives superior leg room space. For extra leg room the seats in the row alongside the exit doors are good, bearing in mind you will be asked to assist in case of an emergency
- Book an aisle seat
- Practice gentle exercise and deep breathing
- Move around the plane as often as possible. If moving around the plane is disturbing other travellers stand and do heel raises (stand on toes) to reduce leg swelling
- If you have lower limb lymphoedema, wear well-fitting footwear which provides good support
- When travelling do not remove your shoes because swelling could increase and then you might not get your shoes back on
- When travelling carry a prescription for antibiotics from your GP, if you are prone to Cellulitis
- Take the prescribed antibiotics the day before the scheduled flight if prone to infection from flying. If Cellulitis recurs taking an extended course of antibiotics with you is recommended
- Drink plenty of Water, avoid sweet drinks, caffeinated drinks and alcohol during your flight
- Sipping water throughout the flight will also make you need the bathroom more than your fellow passengers and an aisle seat will help you avoid disturbing them
- If you feel that your limb is swelling careful use of ice may be helpful - be careful not to burn your skin
- New cuts or grazes may be sprayed with Microdacyn, a superior-oxidised solution available from the chemist. Carry antiseptic cream and use if the wound starts to look red
- Take an insect repellent with you. Bug and mosquito bites cause local pain and inflammation, itching and scratching can cause infection
- Eat plenty of fresh fruit and vegetables
- Extra Vitamin C in tablet form, could be useful
- Avoid sunburn, especially on your lymphoedema limb. Pain, inflammation and swelling can increase the burden on a compromised lymphoedema limb
- Avoid spas and hot pools
- Elevate the limb as often as possible
- Moisturise the skin with water-based cream -oil based creams could rot the compression stocking/sleeve/singlet etc...
- If wearing a compression garment in hot climates spray it with cold water to cool you down
- Taking out travel insurance is advisable indicating the limb/area affected by Lymphoedema
- Wear a 'Medical Alert' bracelet engraved with 'Caution - Lymphoedema leg/arm' etc...

# First Aid Kit – Travelling with Lymphoedema

***Your kit may include but is not limited to the following:***

- Hand gel/hand wipes
  - Alcohol wipes and plasters
  - Antiseptic cream – (anti-itch/anti-inflammatory cream)
  - Antihistamine tablets and cream
  - Anti-bacterial cream (prescription)
  - Pain killers
  - Your filled prescription of antibiotics
  - Diarrhoea medication
  - Microdacyn
  - Thermometer
  - Bandages
  - Insect repellent – Spray or cream for Bugs & Mosquitos
  - Lip Balm
  - Sunblock SPF 30 or above, at least once every two hours for summer and winter holidays
  - After Sun Care for summer and winter holidays (seek advice from your medical practitioner)
  - Compression garments at least two, one to wear and a spare (if possible)
  - Roll of tape if you use taping
- 
- Water bottle
  - Sun hat
  - Sun glasses
  - Long sleeved high collared shirts to keep lymphoedema arms cool and sun protected
  - Light loose pants to keep lymphoedema legs cool and sun protected
  - Waterproof sandals or jandals to wear poolside and on the beach to protect feet from injury and infection
  - Compression garment for swimming (if recommended by your therapist)



In summary, when you are travelling to your destination, plan ahead.

Find out the details of a local GP at your holiday place and the address and directions to the local hospital.

When possible, work with your lymphoedema professional to get to know your individual risks.

Prepare well so you are confident and calm and well able to self-manage your lymphoedema.

***The most important thing to remember is; Not to let your lymphoedema or any other disability/illness define who you are, get out and about and have fun.***



## *Tasty Cheese Bites*

Happy Baking

By Judy Hills – LSN Treasurer

1/4 cup lightly cooked bacon  
chopped

1 cup tasty cheese

2 tblsp onion soup mix

1/2 cup flour

1/2 tspn Baking Powder

1x 250grams sour cream (If it  
is quite firm I put it in  
microwave for 20 secs as it is  
easier to work in).

Oven 180 Degrees

Mix all ingredients together

Spoonfuls into lined mini  
muffin tins (line with mini  
muffin patty cases)

Bake 20 mins or until golden  
brown.

*You can double the mixture, it  
takes a bit longer but it is worth  
it as they freeze so well.*



# SCAR MANAGEMENT

Written by: Claire Doole LSN Deputy Chairperson

I went in to buy some tape for the therapist taping my new scar and was told about scar management. It's normal for skin to heal with a scar. The scar may involve the surface layer of the skin or other structures below such as nerves and tendons. When a scar is new it may be red, lumpy and hardened. *There are ways to make a scar softer, less sensitive and less obvious.* Even older scars can be improved.

## TREATMENT

*It's best to start treating the scar as soon as it is fully healed.*

There are some things we can do improve the scar.

*Scar massage* can help. If it's not on an area with lymphoedema you can massage moderately for up to 10 mins. If it's over a lymphoedema area, talk to your therapist about pressure. Use a moisturiser and massage along the scar. A wound care nurse and lymphoedema therapist said she had seen good results with Bio Oil. Massage can reduce the sensitivity of the scar and make the tissue more moveable. This can be done twice a day and is useful for 3-6 months or while it seems beneficial.



*Silicone gel or taping* can be put on the scar. Silicone gel comes in sheets which can be cut to size. They are expensive but also last months (\$60 for a small scar pack. I got six pads from one pack, from Toomac Solutions). You wash out the silicone sheets with the special liquid provided, dry and re-use. They are thin, flexible and self-adhering. Read the instructions carefully as you need to build up tolerance wearing it. Silicone gel is best used 12-24 hours a day for 3-6 months. Some lymphoedema therapists will also tape the scar using a multi-layer herringbone pattern that produces a compression and can stay on for up to a week or more. You can wear the gel or tape under a compression garment.

*Stretching and exercise* can help keep the area supple. Some therapists offer myofascial release or can show you how to reduce the puckering that can occur alongside a scar.

*Desensitising the scar.* If the scar or surrounding area is overly sensitive, you can touch it, preferably with your own hand (then the brain gets the message on both surfaces). I was told to use a cotton ball and gently touch any areas too sensitive for touch until the area desensitised. Touching also improves numbness.

Skin scars may take up to a year to mature. Scars can heal normally or be overly thickened (known as i) hyperkeratosis or ii) keloid scars). The underlying tissues in normal healing underneath can take up to two years to completely heal – remodelling phase. As scars mature, they become smoother, less sensitive and paler. Protect new scars from sunlight for the first year.



## Coriander, Chilli & Lime Salsa



### Ingredients

4-6 Large Ripe Tomatoes (finely diced)  
1 Cup Coriander Leaves (finely chopped)  
1 Large Red Chilli (seeds removed, finely chopped)  
1 Small Red Onion (finely diced)  
1 Large Bulb of Garlic (finely grated)  
Rind of 1 Lime (finely grated)  
Juice of 2 Limes  
2-3 tbsp Extra-Virgin Olive Oil

### Method

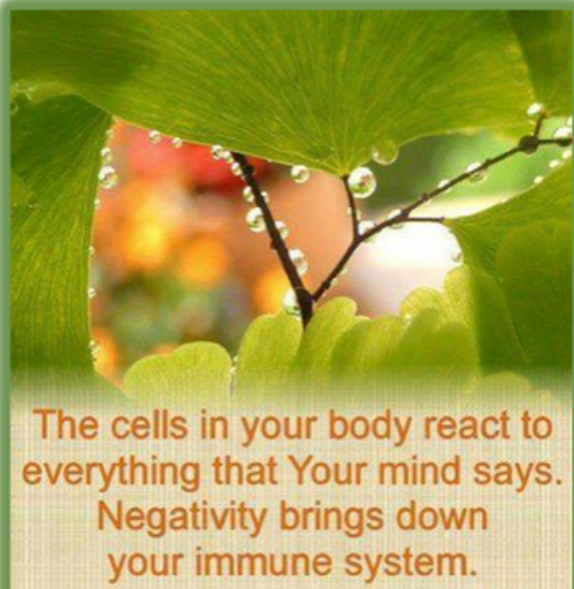
1. Combine the ingredients in a medium to large bowl.
2. Squeeze in the juice from the 2 limes, add the extra virgin olive oil, and mix well.
3. Season to taste with Sea Salt and freshly milled Black Pepper
4. Cover and set aside for one hour, or longer to let all those beautiful flavours develop.

*The following are only a few of the well known researched health benefits for **Coriander**: It may help your Body Detoxify, Lowers Cholesterol Levels, Regulates Blood Pressure. **Chilli**: Rich in Immune-Boosting Antioxidants & Vitamins, fights Fungal Infections, Colds, and Flu. **Lime**: Has anti-inflammatory properties, may aid in Digestion, Nourishes & promotes healthy Skin. There are many more Health Benefits for all the ingredients in the Salsa, enjoy researching the benefits for plant-natural self care.*

# Herbs

Information provided by: The Epsom Herb Group Auckland

## TURMERIC AND GINGER LATTE



2Tbs finely grated ginger  
2Tbsp honey  
1Tbsp cinnamon  
4 tsp turmeric  
½ tsp finely ground black pepper  
2 cups water, milk or nut milk to serve

To make the turmeric and ginger chai base, combine all ingredients except milk in a pot, bring to a boil and simmer gently for 5 minutes. If not using immediately, allow to cool then transfer to a jug and chill for up to 2 weeks until needed. When you are ready to make a latte, warm ¼ cup chai base per person and heat and froth 1 cup milk per person. Divide the hot chai base between cups or heat proof glasses, top with hot milk and sprinkle with cinnamon.

*Who could imagine that such a health tonic, rich in antioxidants, could taste so good!*

## PLANTAIN SALVE

Known also as snakeweed it is effective in drawing poison and infection from a wound. This can be done by crushing or chewing well a leaf and using it as a poultice but it is preferable to make an ointment that can be put in a 1st Aid box.

Pick the leaves later in the day when they are free of moisture or dew. Put clean dry leaves in a jar and cover with cold pressed olive oil. Leave about 6 weeks at room temperature and out of direct sunlight. Strain through muslin or similar and put the oil in a stainless steel bowl in a pan of simmering water.

Add 12 grams beeswax to each ½ cup of oil. When the wax has melted add several drops of lavender essential oil, which is an antiseptic and quickly pour into small glass pots. That's all. Keep on hand for use when needed. I have had success in drawing out deep seated splinters with this salve.

*If there is any sign of infection see your health professional*



## FRESH HERB PASTA



Pkt/box Pasta  
4 Tbsp butter  
1 Tbsp olive oil  
1 clove garlic crushed

1 Bay leaf chopped finely  
3 sage leaves chopped  
1 Tbsp fresh rosemary chopped

1 Tbsp fresh thyme chopped  
1 tsp fresh marjoram chopped  
1 cup fresh basil chopped  
1 cup fresh Italian Parsley chopped

Sauté half the herbs with garlic and use the rest fresh. Wonderful on its own this pasta is an excellent base for summer produce. Suggested toppings: mozzarella and raw cherry tomatoes, or roasted heirloom tomatoes and parmesan.



# Impressed by you



A book of 28 portraits and personal stories. This book offers a personal insight into patients and their loved ones stories. The stories are varied and feature children, teenagers, women and men.

[HTTPS://WWW.IMPRESSEDYOU.COM/EN/](https://www.impressedbyyou.com/en/)

I first got my fungal toenail infection 17 years ago while on chemotherapy, and it has persisted. About five years ago a podiatrist said to me, "give up trying to get rid of it Claire; just try to keep it under control" Oh dear, he didn't know my tenacity.

I have wanted to write this article for a long time but was determined my nails would be better first.

There are many strains of fungal infection. There are many products out there, ones you can paint on, take in tablet form and even laser but this is my fungal story and what worked for me. At last my nails are almost cured & the secret for me has been RejuveNail®. As with all drugs you need to read the instructions carefully. APO-Ciclopirox Nail Lacquer Topical Solution is much cheaper and has the same active ingredient.

## The Journey

When I first got my fungal nail infection the treatment was Batrafen nail lacquer. I applied it every day for years (the instructions advised less often). I removed the lacquer each week & trimmed infected or loose nail.

The nail continued to deteriorate and despite my best efforts at cleaning nail tools between toenails, the problem spread until almost all my nails on both feet were affected. The only good thing about Batrafen was, it was available on prescription.

About five years ago I switched to the very expensive Loceryl, using at least 10 bottles. Initially this seemed good, but again didn't get rid of my nail infection entirely, which now was down to the cuticle which is much harder to eradicate.

I tried two boxes of Canesten, which involved 10 minutes of soaking each night for about two weeks, and then daily application. Again it showed early signs of working but didn't cure the problem.

A podiatrist advised me to paint the lacquer or lotion on the skin surrounding the nail. You must be careful and stop if the skin reddens.

## Diary of a Toenail

by Claire Doole LSN Deputy Chairperson

A couple of summers ago while I was still using Loceryl, I was swimming about three times a day and it was too expensive to keep reapplying Loceryl, so I tried Oregano oil sold as Stop Fungus purchased online from Greece. This seemed to help keep the fungal infection under control but wasn't a cure. It did make me smell a little bit of lasagne.

The active ingredient is Thymol which is also in the herb thyme. I haven't tried Tea tree oil which is also supposed to be useful and recommended by my current podiatrist to use as a preventer. Protect garments from the oil. I tried the oral terbinafine tablets prescribed for 15 months, again the problem didn't resolve. You need regular blood count & liver function tests.

Sixteen months ago I went to a new podiatrist. She said "some of my patients have had success with RejuveNail".

My toenails were a mess. In May 2018 Juire of Step Forward Podiatry assessed that "about 95% of her toenails were infected with fungal infection. Now (September 2019) about 5-10% of the infection is present at the nail plate of both big toenails only. This has been a great success as most of the infection is cleared".

The infection was previously in the cuticle in both big toes and has now nearly grown out. She said that she didn't get any financial benefit for recommending the product. It has been expensive. I found a chemist (in Dominion Road, Auckland) selling it for \$58 which is nearly \$20 cheaper than I paid elsewhere. Once I didn't screw the lid on and some evaporated. Once I dropped the bottle into the bath and wasted half. Read the instructions carefully, some people can't use it and the product needs to be stored in the dark.

I have been conscientious. Soaking my feet for five minutes and applying the product every single night. After about a year I realised the smaller toes on each foot were clear, now it's only on the big toes, near the top of the nail.

The end is in sight.

*I confirm no commercial conflict of interest - Claire Doole*

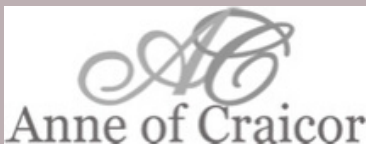
# LYMPHOEDEMA DIRECTORY A-Z

Lymphoedema Support Network Newsletter 2020

## Anne Of Craicor

*It's About You*

Contact: Anne Corbett  
Qualified Underfashion Specialist  
Monday - Friday 9am - 5pm  
Saturday 9am - 2pm  
84 Kerikeri Road  
Kerikeri  
Northland  
Ph 09 401 7295  
Email: [craicor.kerikeri@vodafone.co.nz](mailto:craicor.kerikeri@vodafone.co.nz)  
Website: [www.anneofcraicor.co.nz](http://www.anneofcraicor.co.nz)



Registered Ministry of Health Provider

## Breast Care Products

(National Mobile Consultant North Island)  
By Appointment  
Contact: Retail & Online  
Address: 32 Cherrywood Drive,  
Otumoetai, Tauranga, Monday to Friday  
9am-5pm  
Address: 12 Silverdale Street,  
Silverdale Auckland  
Auckland - Monday to Thursday 9am-  
5pm Friday 9am-4pm  
Phone: 07 576 7245  
0800 264 822  
Email: [orders@breastcareproducts.co.nz](mailto:orders@breastcareproducts.co.nz)  
Products: Breast prostheses, mastectomy  
bras, active wear, abdominal belts.  
Qualified Corsetiere

## Comfoot

Comfoot (Shoes)  
Contact: Retail Hours  
Tuesday - Friday 10am - 4pm  
Saturday 10am - 2pm  
Address: 92F Marua Road, Ellerslie,  
Auckland  
Phone: 09 579 7575  
Email: [chriscomfoot@xtra.co.nz](mailto:chriscomfoot@xtra.co.nz)  
Website: [www.comfoot.co.nz](http://www.comfoot.co.nz)  
Products: Shoes

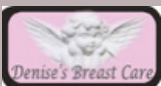


## Denise's Breast Care

Fitting venues in Auckland and Hamilton  
with free parking, also provide home and  
weekend fittings  
Please contact to confirm a fitting time  
and place that suits you  
Phone: 07 846 6200 (Hamilton)  
Phone: 09 814 8822 (Auckland)  
Mobile: 022 102 8873  
Email: [denise@denisesbreastcare.co.nz](mailto:denise@denisesbreastcare.co.nz)  
[www.denisesbreastcare.co.nz](http://www.denisesbreastcare.co.nz)  
Products: Lymphoedema bra, breast  
prostheses, mastectomy bras, active  
wear, swim wear etc...

Qualified Corsetiere

Registered  
Ministry of Health  
Provider



## Exhibitionist Style

Exhibitionist Style (summer day wear)

Contact: Retail - Mon to Sun 10am-5pm  
Address: 17 Veronica Street, New Lynn,  
Auckland  
Phone: 09 826 0663

Email: [exhibitionistltd@gmail.com](mailto:exhibitionistltd@gmail.com)  
Web: <https://www.exhibitioniststore.co.nz>  
Facebook: <https://www.facebook.com/ExhibitionistLtd/>  
Messenger: [m.me/ExhibitionistLtd](https://m.me/ExhibitionistLtd)

Products: Wide range of clothing  
including loose legged trousers, rayon &  
cotton

## Notes



# LYMPHOEDEMA DIRECTORY A-Z

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## Haddenham Healthcare

Haddenham Healthcare  
Contact: Sue Gibson  
Address: 56 Lunn Ave, Mt Wellington  
Auckland  
Phone: 021585050  
Email: [Sue.gibson@jackson-allison.co.nz](mailto:Sue.gibson@jackson-allison.co.nz)  
Website: [Haddenham Healthcare](http://HaddenhamHealthcare.co.nz)  
Products: Three different production processes to closely match the needs of lymphoedema patients. STOCK – available off the shelf for same day dispatch. SIZED – sized to accommodate a wide range of patients whilst offering the full choice of options and colours. CUSTOM- fully customisable offering the widest choice possible of style, fabric and options

## Maree Louise Underfashions

Maree Louise Underfashions – By Appointment  
Contact: Retail Monday to Friday 10am-4pm, Saturday 9am-1pm  
Address: 113 Great South Road, Papakura, Auckland  
Phone: 09 298 0999  
Email: [corsetsus@xtra.co.nz](mailto:corsetsus@xtra.co.nz)  
Products: Breast prostheses, mastectomy bras, & alterations, active wear. Compression garments Jobst ready to wear sleeves, Jobst hosiery men's and women's & Venoflex knee highs. Abdominal & hernia belts.  
Qualified Corsetiere

## Medi-Rent

Medi-Rent (Compression Pumps)  
Contact: Customer Service  
Address: 3/61 Beauchamp Rd Matraville  
NSW 2036 Australia  
Phone: NZ 09 972 3068  
Email: [info@medirent.co.nz](mailto:info@medirent.co.nz)  
Website: [www.medirent.co.nz](http://www.medirent.co.nz)  
Products: LX9 compression pump. Arm sleeve, arm-vest, leg, and trunk garments available



## Mobiderm

Mobiderm (c/o Medivex)  
Contact: Rose - [info@mobiderm.co.nz](mailto:info@mobiderm.co.nz)  
Address: 120 Symonds St, Royal Oak, Auckland  
Phone: 0800 486 483  
Email: [info@mobiderm.co.nz](mailto:info@mobiderm.co.nz)  
Website: [Mobiderm.co.nz](http://Mobiderm.co.nz)

Products: Retail orders and purchases are online only Mobiderm® Bandaging; Compression Bandaging; Mobiderm® Garments: Gloves; Mitten; Night/Standard Sleeves (no hand piece); Autofit Sleeves; Autofit Knee High; Autofit Thigh High

## Natural Wear National Mobile Consultants

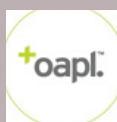
Natural Wear National Mobile Consultants (N & S Island) (Breast Care) - Retail & Online  
Contact: By Appointment Monday to Friday 9am-5pm. Saturday 10am-1pm  
Address: 120 Symonds St, Royal Oak, Auckland  
Phone: 09 624 3718 or 0800 61 26 12  
Email: [info@naturalwear.co.nz](mailto:info@naturalwear.co.nz)  
Products: Breast prostheses & mastectomy bras, active wear, Compression sleeves Venoelegance (Thuasne) Mediven, Venoflex, no hosiery. Abdominal & hernia belts, joint support. Qualified Corsetiere

## Obex Medical

Compression Pumps and Garments  
Contact: Simona Niculescu  
Address: 303 Manukau Rd, Epsom, Auckland Phone: 09 630 3456  
Email: [Simona.niculescu@obex.co.nz](mailto:Simona.niculescu@obex.co.nz)  
Website: [www.obex.co.nz](http://www.obex.co.nz)  
Products: Compression Garments Venosan7000 off the shelf/custom made. Venosan launch in early 2020 flat knit garments off the shelf/custom made. Tubular bandages: SAMA® Frottee 4 sizes, 10m roll. Accessories: Donning/doffing, skin glue, donning gloves. Compression Pumps: Bio Compression pumps for lymphoedema. Off the shelf/custom made appliances (sleeves). Range of styles of appliances including: full pants/vests/full upper body garment.

## Orthopaedic Appliances Pty Ltd

Orthopaedic Appliances Pty Ltd  
Contact: Paul Taylor (Category Manager)  
Address: 29 South Corporate Avenue, Rowville, VIC, 3178, Australia  
Phone: 00613 8709 1100 or 0061 4 3117 7262  
Email: [pault@oapl.com.au](mailto:pault@oapl.com.au)  
Website: [www.oapl.com.au](http://www.oapl.com.au)  
Products: Mego Afek, Lympha Press range of Pumps & Associated Garments – including upper limb, lower limb, and custom made.



## Protec Solutions

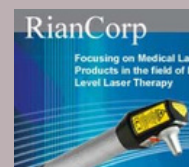
Protec Solutions  
Contact: Can sell direct to public  
Address: 151 Park Rd, Miramar, Wellington  
Phone: 04 387 7231  
Email: [orders@protecsolutions.co.nz](mailto:orders@protecsolutions.co.nz)

Products: Need a prescription for garment. Off the shelf and custom made. Medi range sleeves and hosiery.



## RianCorp

RianCorp (Laser)  
Contact: Helen and Ann  
Address: 7 Fleet St, Richmond, SA 5033, Australia  
Phone: +61 8 8232 8822 (Helen) and +61 412 848 127 (Ann)  
Email: [sales@riancorp.com](mailto:sales@riancorp.com) (Helen)  
Website: [RianCorp](http://RianCorp.com)  
Products: Laser - LTU-904 Low Level Laser



# LYMPHOEDEMA DIRECTORY A - Z

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## Second Skin

Second Skin

Contact: Cathy Harries

Address: 15/386 Scarborough Beach

Rd Osborne Park WA 6017 Australia

Phone: +61 7 3084 4319

Email: [brisbane@secondskin.com.au](mailto:brisbane@secondskin.com.au)

Website: [www.secondskin.com.au](http://www.secondskin.com.au)

Products: Custom made compression garments and ready to wear compression garments

## Shoe Talk

Shoe Talk

Contact: Retail & Website

Address: 401a Great North Rd,

Henderson, Auckland

Phone: 09 835 9936

Website: [www.shoetalk.co.nz](http://www.shoetalk.co.nz)

Products: Shoes

Buy Wide Fitting Shoes For Men  
And Women Online At Shoe Talk



## Toomac Solutions

Toomac Solutions

Contact: Customer Services

Address: 32D Poland Rd, Wairua Valley,  
Auckland

Phone: 09 443 5347

Email: [sales@toomac.co.nz](mailto:sales@toomac.co.nz)

Website: [www.toomacsolutions.co.nz](http://www.toomacsolutions.co.nz)

Products: Juzo off the shelf and custom-made compression and accessories, Solaris Wraps Caresia and Night Tribute, Arion donning/doffing accessories, glue, medical tape, scar pads, special detergent.



## Undercover Angel Mobile Fitting Service

Undercover Angel

Mobile Fitting Service

Contact: Robyn Haines

Qualified Corsetiere

Phone: 027 249 0862

Email: [robyn@undercoverangel.co.nz](mailto:robyn@undercoverangel.co.nz)

Website: [www.undercoverangel.co.nz](http://www.undercoverangel.co.nz)

Products: Post mastectomy bras and prostheses, Compression sleeves and Hosiery

Qualified Corsetiere



## USL Medical

USL Medical

Contact: Customer Services

Address: 494 Rosebank Road,

Avondale, Auckland

Phone: 0800 74 48 27

Email: [sigvaris@uslmedical.co.nz](mailto:sigvaris@uslmedical.co.nz)

Website: [www.uslmedical.co.nz](http://www.uslmedical.co.nz)

Products: SIGVARIS Compression stockings and sleeves, custom made stockings, Compreflex inelastic wraps, donning and doffing aids, wash lotion, glue, application gloves.

*Notes*

*For 3 of Your Fav's*



# Lymphoedema Support Network

The information provided in this newsletter is designed to provide helpful information. It is not intended to provide medical advice, diagnose or treat any medical condition. Every effort has been made to ensure that the information in this newsletter is correct, but the Lymphoedema Support Network does not accept any responsibility for action or omission based on inadvertently incorrect information in this newsletter. The Lymphoedema Support Network does not endorse product or suppliers, the suggestions provided are from our members and clients who have wanted to share this information with you. It is strongly recommended that persons wishing to use information obtained in this newsletter for decisions about health matters, first consult their medical practitioner.

**Lymphoedema**  
SUPPORT NETWORK

## **Lymphoedema Support Network**

021 088 68 351

[info@lymphoedema.org.nz](mailto:info@lymphoedema.org.nz)

PO Box 56 214, Dominion Rd,  
Auckland 1446

[www.lymphoedema.org.nz](http://www.lymphoedema.org.nz)

## **The Auckland Cancer Society Information Service**

09 308 0160

0800 800426

[information@akcansoc.org.nz](mailto:information@akcansoc.org.nz)

***We Appreciate Your Support As This Is Our Only Income***

***Membership Application to Lymphoedema Support Network 1 April 2020 -31 March 2021***

Subscription: \$15.00

Donation: \$

Amount Enclosed: \$

Please make cheques payable to 'Lymphoedema Support Network' & post to  
PO Box 56 214, Dominion Road, Auckland 1446 **OR**

online banking **ASB 12-3061-0390536-00**

Please use your full name in the reference & email your details to:

[info@lymphoedema.org.nz](mailto:info@lymphoedema.org.nz)

First Name

Last Name

Phone

Email

Address

City & Postcode

Type of Lymphoedema - Arm / Leg / Other / \_\_\_\_\_

Please tick to receive meeting notices **by Post** ☐ **or Email** ☐