



Gay Lee Gulbrandson
NCTMB, CLT-LANA, Certified Dr Vodder Instructor

LYMPHEDEMA WELLNESS MANUAL

Gay Lee Gulbrandson, CLT-LANA, NCTMB, CMT

For Therapists, Patients, Clinic Staff, Conference Groups, Researchers

What Is A Lymphedema Wellness Manual?

A Whole Health Access "Catalog" for the lymphedema (LE) community.

Every topic a lymphedema patient or therapist may need to consider. Including therapy effectiveness ratings, resources for CDT that are thorough and documented. This is an essential user reference for LE and a powerful tool for wellness.

WHAT YOU WILL FIND...

- | | |
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| <input checked="" type="checkbox"/> LYMPHEDEMA DESCRIBED & DEFINED | <input checked="" type="checkbox"/> ASSESSMENT |
| <input checked="" type="checkbox"/> INDIVIDUAL TREATMENT PROTOCOL | <input checked="" type="checkbox"/> RISK FACTORS, PREVENTION |
| <input checked="" type="checkbox"/> COMBINED DECONGESTIVE THERAPY | <input checked="" type="checkbox"/> OTHER TREATMENTS FOR LE |
| <input checked="" type="checkbox"/> EXERCISES | <input checked="" type="checkbox"/> QUALITY of LIFE EVALUATION |
| <input checked="" type="checkbox"/> RESOURCES & REFERENCES | <input checked="" type="checkbox"/> MLD TOPIC CARDS |
| <input checked="" type="checkbox"/> LE GLOSSARY & BLANK FORMS | <input checked="" type="checkbox"/> NCBTMB 8 CE EXAM |

TAILORED TO MEET NEEDS of THERAPISTS and PATIENTS...

- | | |
|---|---|
| <input checked="" type="checkbox"/> Improve Patient Compliance & Satisfaction | <input checked="" type="checkbox"/> Guidance for Treatment Protocols |
| <input checked="" type="checkbox"/> LE Maintenance Planning | <input checked="" type="checkbox"/> Increase Patient Understanding of CDT |

EXCEPTIONAL VALUE...

**Includes LE Patient Blank Forms,
Color Illustrations, Comparison Charts,
Reference Guides, Research Reports,
An 8 CE Approved NCBTMB Home Study Course**

Includes a companion Lymphedema Wellness Manual Patient Handbook (44pg.)

ORDER YOUR COPY TODAY...

VISIT www.VodderMLD.com/b/wellness

• Gay Lee Gulbrandson is approved by the National Certification Board for Therapeutic Massage & Bodywork (NBTMB) as a continuing education Approved Provider. #451083-09 (Also Approved in FL and MI).



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For Therapists, Patients, Clinic Staff, Conference Groups, Researchers

340 Color Pages; Includes a 44 Page Patient Handbook

Here is what your colleagues say about this incredible new resource:

✓ The **Lymphedema Wellness Manual** will be on your desk at all times! Not only does it summarize -- but it also organizes important studies and recommendations. All this information in a condensed manual will increase your confidence when fielding questions in the clinic. The sections on controversial or confusing topics such as medications, pump use and infection are very helpful in sifting through the data and hearsay to make sound recommendations. The countless patient handouts, teaching tools and forms are well-designed and illustrated. This manual serves as an excellent bridge from the textbook to the clinic and home. *Sarah Stolker, MSPT, CLT-LANA, senior instructor- Norton School of Lymphatic Therapy, author of No Rules: Lymphedema and the Young Women at Risk, and many other publications and articles.*

✓ A user friendly resource for patients and therapists alike. I commend Gay Lee for linking the components of practice with the levels of scientific evidence to support them! This manual will open many eyes for those who pay careful attention to the expansive contents. Read it and prepare to change the way you think about lymphedema and its treatment. *Sheila H. Ridner, PhD, RN, FAAN, MSHA, Martha Rivers Ingram Professor- Vanderbilt University School of Nursing.*

✓ The author has provided painstaking assessments of the evidence available for common practices in the field. Her presentation of resources is exhaustive and up to date. Even the most naive therapist will gain confidence by having this manual to rely upon for navigating the sometimes confusing world of lymphedema treatment... *Dr. Paula Stewart MD, CLT-LANA, A founding director of LANA, member of the Medical Advisory Committee of the NLN, former Medical Director of the HealthSouth Lakeshore Rehabilitation Hospital, etc.*

✓ The Lymphedema Wellness Manual is a tour de force! An invaluable resource for therapists working their way through the maze of information - and mis-information - available about this complex condition. Gay Lee has taken the guess-work out of assessment and management decisions; links to other resources and references are available throughout. This manual is a must-have for therapists, and should be required reading in all training courses. *Jan Douglass RMT BHSoc (Hons) Dr Vodder CLT Dr Vodder School International Instructor, author, researcher on Lymphedema, Flinders University and Medical Centre, AUS.*

✓ This very useful and comprehensive manual provides a wealth of practical information for patients and therapists on all aspects of lymphedema assessment and management, and includes an impressive array of charts, illustrations, forms, checklists and resources rarely available in a single publication. *Kathleen Francis M.D., Medical Director Lymphedema Physician Services, P.C., Medical Director of the St Barnabas Lymphedema Treatment Center, member of the NLN Medical Advisory Board, Medical Director of Klose Training and Consulting, author of numerous studies, articles, presentations on Lymphedema.*

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