



13th International **LYMPHOEDEMA FRAMEWORK 2026**

10th ITA.L.F. NATIONAL CONGRESS

In collaboration with

EUROPEAN SOCIETY OF LYMPHOLOGY
INTERNATIONAL LIPEDEMA ASSOCIATION
LIPEDEMA WORLD ALLIANCE



Rome, October 28-31

Congress Venue: Auditorium della Tecnica - Rome - Italy

ilfworldcongress-rome2026.org



Scientific Coordinator:
Dr. Michelini Sandro

Welcome Address

**Rome, Italy
28–31 October 2026**



Dear colleagues and enthusiasts of these fields,

We are pleased to meet with you on this occasion, during which we are certain that many influential “opinion leaders” will share their experiences for the benefit of all of us who are professionally committed every day to improving the health and quality of life of countless patients worldwide. Lymphoedema, especially in its secondary forms, is steadily increasing in the global population, despite early diagnosis and the significant therapeutic options now available for cancer-related conditions.

Likewise, Lipedema—which is now recognized much more frequently, even in its early clinical stages, and is no longer confused with other conditions as was the case until recently—has captured the interest of many medical disciplines and various healthcare professionals. National healthcare systems—both public and private—are reevaluating, albeit in different ways, the diagnostic, therapeutic, and care pathways required by patients with these conditions; and the industry surrounding them is constantly seeking new solutions to support clinicians and healthcare professionals. Patients and patient advocacy groups follow our professional development events with interest, actively participating in the appropriate forums dedicated to them—as is the case here—to foster an ongoing dialogue that can only mutually benefit the common good. The topics will cover many aspects of basic science, with particular reference to genetic factors, clinical practice, differential diagnosis, and pharmacological treatment guidelines (including the new GLP-1 and GIP agonists and other aspects related to nutrition and physical exercise), conservative physical therapy—which differs in approach for the two conditions—and surgical treatments; all aspects regarding which we will seek to adequately highlight the strengths and limitations that still accompany our personalized therapeutic choices in individual clinical cases.

There will certainly be references to social welfare issues that, even today, present gaps of varying significance in many countries that need to be addressed.

The ILF and ITA.L.F.—which represents its Italian branch with a particularly active network—look forward to welcoming you for a fruitful, mutual commitment toward further shared growth.

You are all welcome, and we extend to you our heartfelt greetings and gratitude, especially in recognition of the personal sacrifice involved in your participation, which we know all too well under these circumstances.

May the Roman sky illuminate these busy and constructive days, while also leaving you a little time to enjoy the wonders and surprises that this city always holds in store for those who visit it, even for the umpteenth time.

We wish you all a successful conference.

**The Scientific Coordinator of the Event
Sandro Michelini**



Professor Sandro Michelini, Professor Christine Moffatt, distinguished colleagues, representatives of our National Lymphoedema Frameworks and partner organisations, researchers, clinicians, industry partners, patient organisations, people living with lymphoedema and their families, ladies and gentlemen:

Buongiorno, and a very warm welcome to Rome!

It is a great honour and a genuine pleasure, on behalf of the International Lymphoedema Framework, to welcome you to the **13th International Lymphoedema Framework World Congress**, held jointly with the **10th Italian Lymphoedema Framework National Congress** here in this magnificent city.

We are particularly grateful to our hosts, the Italian Lymphoedema Framework, under the leadership of Dr Sandro Michelini, for welcoming our international community to Italy and for the tremendous work that has gone into bringing us together.



The International Lymphoedema Framework was founded on a simple but powerful principle: that people living with lymphoedema must be at the heart of everything we do. It is also founded on the belief that no single profession, institution or country can solve the challenges of lymphoedema alone. Progress requires patients, clinicians, researchers, policymakers, industry and communities working together.

That philosophy is reflected in our National Frameworks, including ITALF, which bring stakeholders together at country level while remaining part of a wider international movement. These Frameworks contribute to research, education, patient advocacy, service development and the dissemination of best practice.

And that same spirit is visible throughout the programme before us.

Yesterday's pre-Congress discussions brought the ILF Board and National Frameworks together to consider our scientific and organisational priorities and, importantly, provided a dedicated space for patients, patient associations and health professionals to share experiences about how we can improve the quality of care.

That is precisely what a Framework should be: **not simply an organisation, but a place where different voices meet and where those voices lead to action.**

Over the coming days, we will hear about some of the most exciting developments across our field—from genetics and basic lymphatic science to new approaches to diagnosis; from conservative management and compression to microsurgery; and from nutrition and lipedema to paediatric lymphoedema and patient self-efficacy.

I am especially pleased that children and young people have such an important place within this programme. Our dedicated panel on paediatric lymphoedema will explore personalised management, the Child LIMPRINT work, psychosocial impact, genetics, treatment, tools for children and adolescents, and both professional and patient self-efficacy.

This is important because lymphoedema is never simply about swelling. It is about the person who lives with that swelling every day. It is about the child who may feel different from other children. It is about the adolescent learning to manage a lifelong condition while trying to participate fully in school, friendships and family life. It is about parents searching for answers. It is about adults trying to work, raise families and live fulfilling lives while managing a condition that too often remains poorly recognised.

This is why the ILF's vision is not simply to advance lymphology. Our vision is to create **a better everyday life for people worldwide who live with lymphoedema and related disorders.**

And the word **worldwide** matters.

To Professor Michelini and the entire **Italian Lymphoedema Framework**, thank you for your leadership, partnership and generous hospitality. To Professor Christine Moffatt, our ILF Board and National Frameworks, thank you for continuing to champion the Framework philosophy. To our scientific committee, speakers, session chairs, organisers, sponsors and industry partners, thank you for making this gathering possible.

And above all, to the patients, families and patient organisations represented here: **thank you.** Your experiences, your questions and your expectations must continue to guide our work.

I hope that when we leave Rome, we leave not only with new scientific knowledge, but with renewed friendships, new collaborations and an even stronger determination to improve the lives of people living with lymphoedema and related disorders everywhere. The challenges before us are significant. But the principle on which the International Lymphoedema Framework was built remains as relevant today as ever:

We are stronger together than separate.

Benvenuti a Roma. Welcome to Rome.

I wish you all a stimulating, productive, enjoyable and, above all, memorable Congress.

Thank you very much.

Arthur Bagonza



AUDITORIUM • Main Session

07:00 / 08:00 • Registration

08:15 / 10:00 **SESSION 1:** BASIC SCIENCES IN LYMPHOLOGY
Joint session ILF - ITALF - ESL

10:00 / 10:20 • Coffee Break

10:20 / 11:35 **SESSION 2:** CLINICAL AND INSTRUMENTAL DIAGNOSIS IN LYMPHOLOGY
Joint session ILF - ESL - ITALF

11:35 / 13:30 **SESSION 3:** PANEL ON PAEDIATRIC LYMPHOEDEMA
Joint session ILF - ITALF - ESL

14:30 / 15:50 **SESSION 4:** BASIC SCIENCE IN LIPEDEMA SYNDROME
Joint session ILF - LWA - ILA

15: 50 / 16:20 • Coffee Break

16:20 / 17:50 **SESSION 5:** LIPEDEMA: CLINICAL AND INSTRUMENTAL DIAGNOSIS
Joint Session ILF - ILS - LWA - ILA

17:50 / 18:50 **SESSION 6:** LIPEDEMA AND COMORBIDITIES
Joint session LWA - ITALF - ILA

19:00 • OPENING CEREMONY



HALL B • Oral Communications and Posters

14:00 / 16:00 **SESSION 1:** Clinical aspects

16:20 / 18:00 **SESSION 2:** Diagnosis

18:00 / 18:45 **SESSION 3:** Surgical treatment in Lymphoedema and Lipedema



HALL C • Workshops

10:20 / 11:35 **WORKSHOP:** Compression therapy reimagined: from symptom relief to patient autonomy in lipedema and lymphedema management

11:35 / 13:05 **WORKSHOP:** Eat. Sleep. Compress. Repeat

17:00 / 18:30 **WORKSHOP:** Schockwaves for Lipedema: rationale & state of the evidence



AUDITORIUM • Main Session

08:30 / 10:10 **SESSION 7:** CONSERVATIVE TREATMENT IN LIPEDEMA
Joint session LWA - ILA - ITALF

10:10 / 10:30 • Coffee Break

10:30 / 12:00 **SESSION 8:** OBESITY AND LIPEDEMA:
NEW THERAPEUTICAL APPROACHES / PANEL DISCUSSION

12:00 / 13:00 **SESSION 9:** NUTRITION IN LIPEDEMA AND LYMPHOEDEMA
Joint Session ILF - LWA - ITALF - ILA

13:00 / 14:00 • Lunch

14:00 / 16:00 **SESSION 10:** SURGICAL TREATMENT OF LYMPHOEDEMA

16:00 / 16:30 **SESSION 11:** COMPRESSION: SYSTEMATIC OVERVIEW

16:30 / 16:45 • Coffee Break

16:45 / 17:45 **SESSION 12:** BANDAGING AND GARMENTS IN LYMPHOEDEMA
Joint session ILF - ITALF - ESL

17:45 / 18:45 **SESSION 13:** PANEL ON MIDLINE LYMPHOEDEMA



HALL B • Oral Communications and Posters

8:30 / 10:10 **SESSION 4:** Conservative treatment in Lymphoedema (1)

10:30 / 11:20 **SESSION 5:** Conservative treatment in Lipedema (1)

12:00 / 13:00 **POSTER 1**

14:00 / 15:20 **SESSION 6:** Conservative treatment in Lipedema (2)

15:30 / 16:20 **SESSION 7:** Physical treatment in Lymphoedema (2)

16:45 / 17:35 **SESSION 8:** Conservative treatment in Lymphoedema (3)

17:40 / 18:50 **SESSION 9:** Oncological Lymphoedema



HALL C • Workshops

10:30 / 12:30 **WORKSHOP:** Multidisciplinary treatments for patients with Lipedema or Lymphoedema using Nesa XSignal and Deep Oscillation

13:00 / 14:00 **LUNCH SYMPOSIUM:** Every step counts - advancing compression knowledge

14:00 / 15:30 **WORKSHOP:** Diagnosis of Lipedema

15:30 / 16:30 **WORKSHOP:** Self Management in children



AUDITORIUM • Main Session

08:30 / 10:00 **SESSION 14:** CONSERVATIVE TREATMENT OF LYMPHOEDEMA
Joint session ILF - ITALF - ESL

10:00 / 10:20 • Coffee Break

10:20 / 12:15 **SESSION 15:** SURGICAL TREATMENT OF LIPEDEMA

12:15 / 13:15 **SESSION 16:** LIPEDEMA GUIDELINES AND CONSENSUS DOCUMENTS
Joint session ITALF - ESL - ILF - ILA - LWA

13:15 / 14:15 • Lunch

14:15 / 15:15 **SESSION 17:** BANDAGING AND GARMENTS IN LIPEDEMA
Joint session ITALF - ILA - ESL - LWA

15:15 / 16:15 **SESSION 18:** ILF - ITALF WORK UPDATING

16:30 • FINAL REMARKS



HALL B • Oral Communication and Poster

8:30 / 10:10 **SESSION 10:** Integrate Management of Lymphoedema and Lipedema

10:30 / 11:50 **SESSION 11:** Quality of life, Educational, Miscellanea

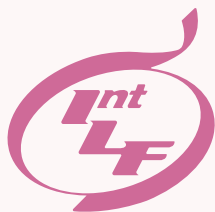
12:00 / 13:05 **POSTER 2**



HALL ARCHITETTURA • Workshops

10:30 / 11:30 **WORKSHOP:** Therapeutic Education and Self-Management in Lymphedema:
From the Chronic Care Model to Clinical Practice

12:00 / 13:00 **WORKSHOP:** Compression in complex patients



13th International **LYMPHOEDEMA FRAMEWORK 2026**

Lymphoedema and Lipedema: What future lies ahead, between lights and shadows?

10th ITA.L.F. **NATIONAL CONGRESS**

In collaboration with

EUROPEAN SOCIETY OF LYMPHOLOGY
INTERNATIONAL LIPEDEMA ASSOCIATION
LIPEDEMA WORLD ALLIANCE

Rome
October 28-31

*detailed
program*

Main Session

Oral Communications and Posters

Workshops

Scientific Coordinator:
Dr. Michellini Sandro



28th | October
Wednesday

HALL ARCHITETTURA



Pre-Congress

09:00 / 10:45 | Welcome of ILF Board to the national Frameworks and discussion on general topics: organizative and scientific proposals

10:45 / 11:15 • Coffee Break

11:15 / 13:00 | Discussion among the national Frameworks

13:00 • Light Lunch

14:30 / 18:00 | Discussion, new proposals and Conclusions

HALL B

14:30 / 17:30 | Patient's associations and patients Meeting (with the participation of some sanitary operators): How to improve the quality of sanitary assistance sharing the experiences



07:00 / 08:00 • Registration

08:00 / 08:15 • Welcome address and remarks

Michelini Sandro (IT), Moffat Christine (UK), Bagonza Arthur (UG)

08:15 / 10:00 • SESSION 1

BASIC SCIENCES IN LYMPHOLOGY

Joint session ILF - ITALF - ESL

Chairs: Amore Miguel (AR), Ostergaard Pia (UK), Vilkula Miikka (BE)

08:15 ▶ **Keynote Lecture:**

Researches Frontiers in Lymphology

Marilys Witte (US)

08:30 ▶ Novel Genetic causes of complex lymphatic anomalies

Vilkkula Miikka (BE)

08:40 ▶ Therapeutical approaches to vascular malformations

Boon Laurence (BE)

08:50 ▶ Localized Late-Onset Primary Lymphoedema: Clinical, Anatomical, and Pathophysiological Characterization of an Underrecognized Phenotype
Amore Miguel (AR)

09:00 ▶ Advances in LTB₄ Antagonism for the Treatment of Lymphoedema and Lipedema

Rockson Stanley (US)

09:10 ▶ Update on Lymphoedema Genetics

Ostergaard Pia (UK)

09:20 ▶ Genetics in primary Lymphoedema

Bertelli Matteo (IT)

09:30 ▶ Primary Lymphoedema is Lymphatic Malformation

Lee Byung-Boong (US)

09:45 ▶ **Discussion**

10:00 / 10:20 • Coffee Break

10:20 / 11:35 • SESSION 2

CLINICAL AND INSTRUMENTAL DIAGNOSIS IN LYMPHOLOGY

Joint session ILF - ESL - ITALF

Chairs: Bagonza Arthur (UG), Bourgeois Pierre (BE), Cestari Marina (IT)

- 10:20 ▶ **Keynote Lecture:**
Holistic work-up of patient with chronic oedema
Damstra Robert (NL)
- 10:35 ▶ The nuclear medicine techniques for the evaluation of the edemas
Bourgeois Pierre (BE)
- 10:45 ▶ Lymphosome concept and clinical correspondances
Suami Hiro (AU)  **VIDEO**
- 10:55 ▶ Three-dimensional ultrasound diagnostics: Lights and shadows
Cestari Marina (IT)
- 11:05 ▶ Green indocyanine in primary lymphoedema
Van Zanten Malou (NL)
- 11:15 ▶ Deep lymphatics of the limbs: what do we know?
Onorato Alberto (IT)
- 11:25 ▶ **Discussion**

11:35 / 13:30 • SESSION 3

PANEL ON PAEDIATRIC LYMPHOEDEMA

Joint session ILF - ITALF - ESL

Chairs: Moffat Christine (UK), Quéré Isabelle (FR), Stasi Elodie (IT)

- 11:35 ▶ **Keynote Lecture:**
Personalized management of Primary Lymphoedema based on genetic background
Quéré Isabelle (FR)
- 11:50 ▶ Child Limprint Denmark – Prevalence
Bagonza Arthur (UG)
- 12:00 ▶ Child Limprint Denmark – Clinical profile
Noerregaard Susan (DK)
- 12:10 ▶ Child Limprint Denmark – Psychosocial impact
Moffat Christine (UK)

- 12:20 ▶ Child Limprint Denmark – Genetics
Ostergaard Pia (UK)
- 12:30 ▶ Pediatric Lymphoedema treatment: an Erasmus Project
Michelini Sandro (IT), Borman Pinar (TR)
- 12:40 ▶ Adolescents and children's tools
Bagonza Arthur (UG)
- 12:50 ▶ Professional self-efficacy
Moffat Christine (UK)
- 13:00 ▶ ILF Navigator: the new educational website for children and families
Stasi Elodie (IT)
- 13:10 ▶ Proposal for a new scale for assessing disability in children with lymphoedema
Ricci Maurizio (IT)
- 13:20 ▶ **Discussion**

13:30 / 14:30 • Lunch

14:30 / 15:50 • SESSION 4

BASIC SCIENCE IN LIPEDEMA SYNDROME

Joint session ILF - LWA - ILA

Chairs: Ostergaard Pia (UK), Rockson Stanley (US), Shayan Ramin (AU)

- 14:30 ▶ **Keynote Lecture:**
US 'Standard of care' according to EBM
Herbst Karen (US)  **VIDEO**
- 14:45 ▶ From the AKR1C1 to the OSBPL8: On the subject of a hereditary disease
Bertelli Matteo – Michelini Sandro (IT)
- 14:55 ▶ Why do perforators hurt when Doppler is normal? The missing piece in Lipedema
Simarro José Luis (ES)
- 15:05 ▶ Histology and ultrastructure of connective tissue proliferation in Lipedema: the role of micro vessels
Sbarbati Andrea (IT)
- 15:15 ▶ Under the Let-7 Sign
Cione Erika (IT)

15:25 ▶ Genetics in Lipedema
Ostergaard Pia (UK)

15:35 ▶ **Discussion**

15: 50 / 16:20 • Coffee Break

16:20 / 17:50 • SESSION 5

LIPDEMA: CLINICAL AND INSTRUMENTAL DIAGNOSIS

Joint Session ILF - ILS - LWA - ILA

Chairs: Cestari Marina (IT), Damstra Robert (NL), Mander Antonio (IT), Simarro José Luis (ES)

16:20 ▶ **Keynote Lecture:**

Clinical Aspects of Lipedema
Simarro José Luis (ES)

16:35 ▶ Lipedema and inflammation: usefulness of the 'resistive index'
Cestari Marina (IT)

16:45 ▶ How to differentiate lymphoedema from Lipedema
Manokaran Gurusamy (IN)

16:55 ▶ Sarcopenia assessment in Lipedema patients through the STAR
-Sonographic Thigh Adjustment Ratio
Michelini Serena (IT)

17:05 ▶ The porosity of lymphatic vessels Lipedema versus control: observation
and assessment using IGL Lymphography
Belgrado Jean Paul (BE)

17:15 ▶ **Keynote Lecture:**

From biomedical diagnosis to olistic health profiling in lipedema: an ICF-
BASED approach
Hendrickx Ad (NL)

17:25 ▶ **Discussion**



17:50 / 18:50 • SESSION 6

LIPDEMA AND COMORBIDITIES

Joint session LWA - ITALF - ILA

Chairs: Erbacher Gabriele (DE), Frederichi Paula (BR), Michelini Serena (IT)

- 17:50 ▶ **Keynote Lecture:**
Exploring Disease Interrelationships in Patients with Lipedema and Other Lymphatic Disorders
Rockson Stanley (US)
- 18:00 ▶ Basic psychological science in Lipedema syndrome
Erbacher Gabriele (DE)
- 18:10 ▶ Lipedema and Insulin-resistance
Sciuscio Manuela (IT)
- 18:20 ▶ Lipedema and gynecological associated diseases
Frederichi Paula (BR)
- 18:30 ▶ Comorbidities and complications in Lipedema
Szuba Andrej (PL)
- 18:40 ▶ Pelvic Floor Muscle Activity under Different Postural and Functional Conditions in Women with Lipedema: an observational study
Sampaolesi Vanessa (IT)
- 18:50 ▶ **Discussion**

19:00 • OPENING CEREMONY



14:30 / 15:45 • SESSION 1

CLINICAL ASPECTS

Chairs: Leone Alfredo (IT), Noerregaard Susan (DK), Piantadosi Angela (IT), Wigg Jane (UK)

- 14:30 ▶ Complex Lymphedema, Rare Lymphatic Diseases, and the Pediatric Population: The Role of Diagnostic Investigations in Personalizing Rehabilitative Management
Piantadosi Angela, Boemia V.K., Luongo V. (IT)
- 14:37 ▶ Using Tissue dielectric content to assess total limb volume- an new way of calculating
Wigg Jane, Pugh S. (UK)
- 14:44 ▶ Microvascular and Dermal Sclero-Adipose Alterations in Lipedema
Sbarbati Andrea, Amuso D., Simal Bayulgen D., Veronese S. (IT)
- 14:51 ▶ Are Ulcers in Patients with Lymphedema Really Difficult to Heal? A Comparative Clinical Observation
Planinsek Rucigaj Tanja (SI)
- 14:58 ▶ Myths and Facts about Lipedema (Lipalgia Syndrome): Separating Evidence from Misconceptions
Kanellopoulou Eleni (GR)
- 15:05 ▶ BLS Lymphoedema Clinical Definitions and Assessment Guide (5S)
Borthwick Yolande, Brown L., Garner M. A., Johnston L., Keogh H., Kosevic T., White C., Wigg J. (UK)
- 15:12 ▶ Reflecting on the diagnostic criteria of lipedema. Questions raised through clinical assessment
Konstantina Chanou, Chrysikou A. (GR)
- 15:19 ▶ Evaluation of Pressure Pain Threshold in Patients with Lipedema
Burcu Duyur Cakit, Doğanyigit Kuzan N., Atar B., Nazlıgül N. (TR)
- 15:26 ▶ **Discussion**

16:25 / 18:00 • SESSION 2

DIAGNOSIS

Chairs: Martini Romeo (IT), Oliva Enrico (IT), Stoichkova Velika (RO), Wigg Jane (UK)

- 16:25 ▶ Identifying deep greater trochanter (gluteal) drainage pathways using ICG imaging: A new understanding
Wigg Jane, Pugh S. (UK)
- 16:32 ▶ A comparison of diagnostic measures for breast cancer related Lymphedema
Koehler Linda, Axberg M., Carlson E., Hawkins P., MacDonald E., Melum H., Stafford E., Straub A., Witte K. (US)

- 16:39 ▶ Diagnostic accuracy of different measurement methods for detecting breast cancer-related lymphedema: the Lymph-Detect study
Gürsen Ceren, De Groef A., Devoogdt N., Heroes A. K., Meeus M., Smeets A., Spincemaille L., Thomis S., Verbeelen K. (BE)
- 16:46 ▶ Thresholds and discrimination of perception levels for cold/heat/deep pressure/superficial pressure/vibration stimuli in Lipedema versus control
Stoichkova Velika (RO)
- 16:53 ▶ Anatomical variances with the lymphatic system in desmoplastic small cell round tumor. A case study
Di Cecco Shelley, Bobeck J., Hay, J., Malik A., Pingle S., Thomas K., Wang A. (US)
- 17:00 ▶ Lipoedema diagnosis- its not so easy when on the cusp?
Pugh Stacy, Wigg J. (UK)
- 17:07 ▶ Obesity-Induced Lymphedema: The Only Potentially Reversible Form of Lymphedema?
Chrysikou Aikaterini, Chanou K. (GR)
- 17:14 ▶ The reliability of tissue di-electric constant measurements in the lower limb
Eason Helen, Dylke E. S., Fearn N. (AU)
- 17:21 ▶ Decompensation of Primary Lymphedema Following May–Thurner Syndrome: A Venous–Lymphatic Interface
Yedidya Ofra, Bass A. (IL)
- 17:28 ▶ Integrated clinical evaluation and ultrasound support in the rehabilitative management of Lymphedema and Lipedema: utility, limits, and perspectives in the complex decongestive therapy pathway
Piantadosi Angela, Arianna G., Ceriello D., Iacobucci L., Pelosi R. (IT)
- 17:35 ▶ Mapping Lymphatic flow and drainage routes in head and neck lymphoedema using indocyanine green (ICG) imaging
Wigg Jane, Pugh S. (UK)
- 17:42 ▶ Towards ultrasound-informed individualised Lymphoedema Care: integrating tissue assessment into compression therapy decision-making
Dai Misako, Kimori K., Ogawa Y., Sanada H., Sato A., Suehiro K., Sugama J. (JP)
- 17:49 ▶ Dependent oedema in functionally dependent older adults in Japan: challenges in diagnosis and management
Dai Misako, Hoshino M., Konya C., Sato A., Takizawa R. (JP)
- 17:56 ▶ **Discussion**

18:20-18:50 • SESSION 3

SURGICAL TREATMENT IN LYMPHOEDEMA AND LIPEDEMA

Chairs: Campisi Corrado Cesare (IT), Giw Mostofizadeh (DE), Rovnaia Aleksandra (RU)

- 18:20 ▶ How to reduce the risks of lymphatic surgery in lymphedema patients: pre and postop protocols
Rovnaia Aleksandra, Damato A. (RU)
- 18:27 ▶ Combined Ultrasound-Assisted and Power-Assisted Liposuction in Stage II–III Lipedema: Improved Clinical Outcomes Compared with Power-Assisted Liposuction Alone
Bruno Agostino (IT)
- 18:34 ▶ The novel approach in lymphedema treatment: combining biobridge and complex decongestive therapy – first outcomes and conclusions
Rovnaia Aleksandra, Damato A. (RU)
- 18:41 ▶ **Discussion**

19:00 • OPENING CEREMONY

10:20 / 11:35

▶ WORKSHOP:

Compression therapy reimagined: from symptom relief to patient autonomy in lipedema and lymphedema management

Forner Cordero Isabel (ES), Borman Pinar (TR)

11:35 / 13:05

▶ WORKSHOP:

Eat. Sleep. Compress. Repeat

Phillips Natalie (UK), Suzie Ehmanm (UK), Susan Witt (UK)

17:00 / 18:30

▶ WORKSHOP:

Shockwave for Lipedema: rationale & state of the evidence

Gianesini Sergio (IT)

19:00 • OPENING CEREMONY

08:30 / 10:10 • **SESSION 7**

CONSERVATIVE TREATMENT IN LIPEDEMA

Joint session LWA - ILA - ITALF

Chairs: Forner Cordero Isabel (ES), Hendrickx Ad (NL), Iker Emily (US)

- 08:30 ▶ **Keynote Lecture:**
Conservative treatment of Lipedema
Forner Cordero Isabel (ES)
- 08:45 ▶ Ultrasound-observed changes in subcutaneous tissue fascia and skin following regular exercise in Paediatric Lipedema
Iker Emily (US)
- 08:55 ▶ Integrated Conservative Treatment Protocols Focusing on Functional Recovery in Lipedema: LIPORehab, preliminary data of a prospective longitudinal study
Michelini Serena (IT)
- 09:05 ▶ Complementary and alternative approaches in Lipedema management, with a particular emphasis on integrative and technology-dependent methods
Borman Pinar (TR)
- 09:15 ▶ Body Image, Psychological Distress, and Well-Being in Italian Women with Lipedema: A Controlled Cross-Sectional Study”
Fabbro Nerina (IT)
- 09:25 ▶ Physical exercise in Lipedema: clinical effects, exercise modalities and emerging physiological insights
Campaci Diego (IT)
- 09:35 ▶ Beyond Edema: Exploring the Autonomic Nervous System in Pain, Sleep, and Quality of Life in Lipedema and Lymphedema
Medina Raquel (PT)
- 09:45 ▶ **Discussion**

10:10 / 10:30 • Coffee Break

10:30 / 12:00 • SESSION 8

OBESITY AND LIPEDEMA: NEW THERAPEUTICAL APPROACHES

PANEL DISCUSSION

Chairs: Faerber Gabriele (DE), Frederichi Paula (BR), Michelini Sandro (IT),
Simarro José Luis (ES)

- 10:30 ▶ **Keynote Lecture:**
Tirzepatide and its comparison with other GLP1 receptor agonists
Viana Diogo Pinto (BR)
- 10:45 ▶ Obesity and LiDo
Cornely Manuel (DE)
- 11:00 ▶ GLP-1/GIP inhibitors: what does the future hold?
Tolone Salvatore (IT)
- 11:15 ▶ Lipedema and insulin resistance: 'An integrated approach using tirzepatide and CDT in the management of obesity-associated Lipedema
Sciuscio Manuela (IT)
- 11:30 ▶ **Discussion**

12:00 / 13:00 • SESSION 9

NUTRITION IN LIPEDEMA AND LYMPHOEDEMA

Joint Session ILF - LWA - ITALF - ILA

Chairs: Cannataro Roberto (IT), Faerber Gabriele (DE), Szuba Andrej (PL)

- 12:00 ▶ **Keynote Lecture:**
Why lifestyle and nutrition matter in lymphoedema and lipedema
Faerber Gabriele (DE)
- 12:15 ▶ Ketogenic diet and beyond; state of the art in nutrition
Cannataro Roberto (IT)
- 12:25 ▶ Ketogenic diet and other solutions in lipedema treatment
Jeziorek Malgorzata (PL)
- 12:35 ▶ KETOLYMPH Trial: Nutritional Ketosis as a Novel Metabolic Strategy for the Treatment of Lymphedema
Timmermans Nicolas (BE)
- 12:45 ▶ **Discussion**

13:00 / 14:00 • Lunch

14:00 / 16:00 • SESSION 10

SURGICAL TREATMENT OF LYMPHOEDEMA

Chairs: Campisi Corradino (IT), Lee Byung-Boong (US), Yamamoto Takumi (JP)

- 14:00 ▶ Lecture: Lymphatic Surgery today
Lee Byung-Boong (US)
- 14:15 ▶ Lymphatic Surgery and Microsurgery for Lymphoedema: Indications, Techniques and Long-Term Clinical Outcomes
Corrado Cesare Campisi (IT)
- 14:25 ▶ RRR: Importance of Debulking and Reconstruction in Lymphoedema Surgery
Yamamoto Takumi (JP)
- 14:35 ▶ Lymphatic Surgery 4.0: new frontiers in microsurgery, combining imaging, super microsurgery and personalised treatment
Gentileschi Stefano (IT)
- 14:44 ▶ Pathophysiological bases of the surgical treatment of lymphatic disorders
Boccardo Francesco (IT)
- 14:53 ▶ Lymphatic malformations and oedema: what is the link?
Mattassi Raul (IT)
- 15:02 ▶ Preoperative Diagnostic Workup in Lymphatic Surgery: Our Approach
Kruppa Philipp (DE)
- 15:11 ▶ How to achieve complete reduction of primary and secondary chronic Lymphoedemas with long-lasting results without recurrence
Brorson Hakan (SE)
- 15:20 ▶ Surgical Management of long term lymphoedema
Manokaran Gurusamy (IN)
- 15:29 ▶ Lymphoedema surgery and science – where are we going with this age old problem?
Shayan Ramin (AU)
- 15:38 ▶ Primary Lymphedema: When and How to Operate?
Thomis Sara (BE)
- 15:45 ▶ **Discussion**

16:00 / 16:30 • SESSION 11

COMPRESSION: SYSTEMATIC OVERVIEW

Chairs: Bagonza Arthur (UG), Moffat Christine (UK)

- 16:00 ▶ Overview
Moffat Christine (UK)
- 16:10 ▶ Compression and Cellulitis/Erisipela
Bagonza Athur (UG)
- 16:20 ▶ Compression and surgery/microsurgery
Devoogdt Nele (NL)

16:30 / 16:45 • Coffee Break

16:45 / 17:45 • SESSION 12

BANDAGING AND GARMENTS IN LYMPHOEDEMA

Joint session ILF - ITALF - ESL

Chairs: Belgrado Jean Paul (BE), Noerregaard Susan (DK), Sciuscio Manuela (IT)

- 16:45 ▶ **Keynote Lecture:**
Which compression and when
Forner Cordero Isabel (ES)
- 17:00 ▶ Comparison of the physical behavior of the various compression systems.
Belgrado Jean Paul (BE)
- 17:10 ▶ Which kind of compression in complex clinical cases
Macciò Alberto (IT)
- 17:20 ▶ Effects of compression in primary and secondary lymphoedema
Boccardo Francesco (IT)
- 17:30 ▶ **Discussion**

17:45 / 18:45 • SESSION 13

PANEL ON MIDLINE LYMPHOEDEMA

Chairs: Borman Pinar (TR), Campisi Corrado Cesare (IT), Devoogdt Nele (BE)

- 17:45 ▶ Genital Lymphoedema treatment
Wald Martin (CZ)  **VIDEO**
- 18:00 ▶ Epidemiology of lower limb lymphoedema after pelvic lymph node dissection for urogenital cancer
Devoogdt Nele (BE)
- 18:10 ▶ Current evidence and developments in assessment and management of head and neck lymphoedema
Arends Coralie (NL)
- 18:20 ▶ Comprehensive care for head and neck cancer patients with cervico-facial lymphoedema. Clinical assessment, specialized physiotherapy and home-based empowerment
Romaldini Fabio (IT)
- 18:30 ▶ Conservative treatment of male genital Lymphoedema
Alecci Alberto (IT)
- 18:40 ▶ **Discussion**

08:30 / 10:10 • **SESSION 4**

CONSERVATIVE TREATMENT IN LYMPHOEDEMA (1)

Chairs: Belgrado Jean Paul (BE), Romaldini Fabio (IT), Vetrano Mario (IT)

- 08:30 ▶ A preliminary study on the immediate effects of multi-layer bandaging on balance, mobility, quality of life and risk of falling in patients with lower limb lymphoedema: a pre and post intervention analysis.
Tacconi Claudia, Michelini Sa., Michelini Se., Romaldini F., Vetrano M. (IT)
- 08:37 ▶ The role of posture and function in shaping oedema & lymphedema
Triantafyllou Evripidis (GR)
- 08:44 ▶ Beyond Prescription: the role of the specialized orthopedic technician in effective compression therapy
Angeli Arianna (IT)
- 08:51 ▶ Compression garments in lymphedema treatment – the cornerstone that often has been neglected: strategy for the best results of maintenance phase
Rovnaia Alexandra, Damato A. (RU)
- 08:58 ▶ Efficacy, safety and patient acceptability of an innovative single-bandage multicomponent compression system in secondary lower-limb lymphoedema: a prospective case series
Pascal Filori (FR)
- 09:05 ▶ Kinesio taping as an adjunct to standard decongestive therapy for persistent breast and/or truncal oedema after breast cancer: protocol and preliminary one-month outcomes from the KiTaLymph trial
Leurs Heleen, De Vrieze T., Fransen E., Gebruers N., Ham M., Hanssens M., Machiels M., Monten C., Moonen S. (BE)
- 09:12 ▶ The effectiveness of compression therapy in patients with chronic edema: a systematic review
Ham Marie (BE)
- 09:19 ▶ Patient perspectives on the barriers and facilitators related to compression therapy adherence: a systematic review of qualitative research in chronic edema
Moonen Sarah, De Vrieze T., Gebruers N., Ham M., Leurs H., Meirte J., Van Daele U., Verbelen H. (BE)
- 09:26 ▶ Evaluation of the Effects of Complex Decongestive Therapy (CDT) on Balance, Fear of Falling, and Sarcopenia in Patients with Lower Extremity Lymphedema
Burcu Duyur Cakit, Atar B., Engelkiran K. (TR)

- 09:33 ▶ Interface pressure and comfort of different commercially available compression bras in women with persistent breast and/or truncal oedema after breast cancer treatment: preliminary findings from the KiTaLymph trial.
Leurs Heleen, De Vrieze T., Fransen E., Gebruers N., Ham M., Hanssens M., Machiels M., Monten C., Moonen S. (BE)
- 09:40 ▶ Clinimetric insights into skin temperature measurement devices
Moonen Sarah, Clarys W., De Vrieze T., Gebruers N., Ham M., Leurs H., Meirte J., Van Daele U., Verspeek S., Verstockt J. (BE)
- 09:47 ▶ Nutritional treatment of patients with lymphedema and related disorders: a comparison between a low carbohydrate Mediterranean style diet and a ketogenic diet
Fedre Beatrice, Boccardo F., Dessalvi S. (IT)
- 09:54 ▶ **Discussion**

10:30 / 11:20 • SESSION 5

CONSERVATIVE TREATMENT IN LIPEDEMA (1)

Chairs: Caputi Leonardo (IT), Iker Emily (US), Manferoce Ornella (IT)

- 10:30 ▶ The role of fascia in the modern rehabilitation of Lipedema and Lymphedema
Cangiano Annamaria, Piantadosi A. (IT)
- 10:37 ▶ Relative Muscle Strength in Patients with Lipedema: A Comparative Study with Matched Controls
Caputi Leonardo, Michelini Sa., Michelini Se., Vaia N. (IT)
- 10:44 ▶ Clinical experience in conservative treatment of lipedema: over 3,500 patients treated from 2022 to 2026
Simone Felicia Simona, Antonuzzo P. A., Patruno B. (IT)
- 10:51 ▶ Patient's view of compression: its impact and challenges
Borthwick Yolande, Garner M. A., Johnston L. (UK)
- 10:58 ▶ Beyond Weight Reduction: Investigating the Potential Lymphatic Effects of GLP-1 Receptor Agonists in Lymphoedema and Lipoedema
Liontou Glykeria (UK)
- 11:05 ▶ Effectiveness of BoostEd COMpression for the treatment of lower limb chronic Edema (BECOMETrial): a pragmatic multi-centric randomized trial - the study protocol
Ham Marie (BE)
- 11:12 ▶ **Discussion**

12:00 / 13:00 • POSTER SESSION 1

Chairs: Borman Pinar (TR), Manokaran Gurusamy (IN)

- 12:00 ▶ BIA- and PPG-Guided exercise prescription in a young woman with Lipedema: a preliminary case report
Santobianchi Nicola, Pinto B., Tovo G. (IT)
- 12:05 ▶ Rethinking the 5-Litre rule in liposuction for Lipedema: regulatory origins, international variation, and implications for patient access
Meathrel Kimberley, McCormick M. (CA)
- 12:10 ▶ Adjunctive skin tightening strategies following liposuction for Lipedema: A physician survey study
Meathrel Kimberley, McCormick M. (CA)
- 12:15 ▶ Early Multidisciplinary Management of Primary Congenital Lymphedema associated with a PIEZO1 Gene Mutation: a pediatric case report and rehabilitation outcomes
Romaldini Fabio, Michelini Sa., Michelini Se., Tacconi C., Vaglio D. (IT)
- 12:20 ▶ Subcutaneous Medical Oxygen Therapy improves pain and tissue characteristics in patients with Lipedema: Preliminary findings from a prospective observational case series
Cossi Alessia, Mayard H., Marangon M. V., Marangon G., Oberto S. (IT)
- 12:25 ▶ Conservative treatment of patients with lipedema: best practices and clinical experience
Boccia Arcangelo, Auletta L., Boemia V., Luongo V., Paintadosi A. (IT)
- 12:30 ▶ Differences in quality of life, body composition, fat distribution, pain, and functioning among women with Lipedema with and without obesity and women with obesity without Lipedema
Gursen Ceren, Claes L., Cools J., Cornelissen V., De Groef A., Devoogdt N., Meeus M., Spincemaille L., Thomis S. (BE)
- 12:35 ▶ Multimodal functional management of Lipedema
Gallo Giovanni, Gallo C. (IT)
- 12:40 ▶ Characterization of gait in patients with unilateral lower limb Lymphedema: kinematic and kinetic analysis
Lo Mauro Maria Antonietta, Flaviani L. M., Gambirasio C., Pulvirenti F. (IT)
- 12:45 ▶ Patient preferences for information delivery in cancer-related Lymphedema Care: A cross-sectional study
Köre Katrin, Pähklamägi R. (EE)
- 12:50 ▶ Preliminary data on a Lymphedema Counseling Service in Reggio Emilia: Development and early results within the Territorial Lymphedema Network
Pecorari Alice, Bassoli A., Campanini I., Dimatteo M., Gilberti T., Manfredi N., Piccinelli B., Rancati J. M. (IT)



14:00 / 15:20 • **SESSION 6**

CONSERVATIVE TREATMENT IN LIPEDEMA (2)

Chairs: Beers Cynthia (US), Frederichi Paula (BR), Sampaolesi Vanessa (IT)

- 14:00 ▶ Debunking the Myth: Edema in lipedema patients, causes & MLD efficacy
Chrysikou Aikaterini (GR)
- 14:07 ▶ Low-carbohydrate nutritional therapy followed by structured carbohydrate reintroduction in women with Stage II Lipedema: a preliminary 6-month outpatient experience
Danieli Tatiana (IT)
- 14:14 ▶ Beyond Adipose Tissue: Synergy of Physical Modalities in Remodeling the Mechanobiological Substrate of Painful Lipedema — A Case Report
Pinto Brigida, Santobianchi N. (IT)
- 14:21 ▶ Effects of Therapeutic Ultrasound on Lipedema Adipose Tissue
Aprea Nadia, Capasso C. (IT)
- 14:28 ▶ A BIA- and PPG-Guided Integrated Dermatofunctional and Exercise Method for Patients with Lipedema
Pinto Brigida, Santobianchi N. (IT)
- 14:35 ▶ Resistance Training, Controlled Mobility and Personalized Nutrition in Lipedema
Scampini Silvia Ludovica (IT)
- 14:42 ▶ Beyond Compression: Multicomponent Bandaging as a Modulator of the Extracellular Matrix in Lipedema
Luongo Vincenza, Boccia A., Boemia K., Piantadosi A. (IT)
- 14:49 ▶ Clinical Outcomes of the Simone LIP Method™ (Lipedema Integrated Protocol): a five-year clinical experience in more than 3,500 patients
Simone Felicia Simona (IT)
- 14:56 ▶ **Discussion**

15:30 / 16:20 • SESSION 7

PHYSICAL TREATMENT IN LYMPHOEDEMA (2)

Chairs: Busetto Alessandro (IT), Fontana Rosanna (IT), Wigg Jane (UK)

- 15:30 ▶ Implementing a breast cancer prehabilitation programme to prevent breast cancer-related Lymphoedema: Experience from the University Hospital Split
Klarić-Kukuz Ivana, Poljićanin A. (HR)
- 15:37 ▶ Analysis of sub-bandage pressure variations during exercises with and without weights in patients with secondary upper limb lymphedema following breast cancer
Pitiot Olga, Abbadie-Longo V. (FR)
- 15:44 ▶ The Cross-Wave Harfouche sign: a Qualitative test to help differential Diagnosis and assessing the effectiveness of treatment in patients with lymphedema. A preliminary study
Harfouche Joseph, Adriaenessens N., Bourgeois P., Leduc O. (BE)
- 15:51 ▶ Complex decongestive therapy: combining efficiency and effectiveness in manual lymphatic drainage and compression bandaging – a proposal for a stable and comfortable bandaging technique
Caldirola Rinaldo (IT)
- 15:58 ▶ Personalization of multicomponent bandaging in decongestive lymphatic therapy: strategies to optimise lymphoedema treatment
Boemia Virginia, Boccia A., Luongo E., Piantadosi A. (IT)
- 16:05 ▶ The role of lymph therapist as a quality-of-life consultant
Triantafyllou Evripidis (GR)
- 16:12 ▶ **Discussion**

16:45 / 17:35 • SESSION 8

CONSERVATIVE TREATMENT IN LYMPHOEDEMA (3)

Chairs: Belgrado Jean Paul (BE), Bellisi Mario (IT), Wigg Jane (UK)

- 16:45 ▶ Changing the status quo, how respecting mechanobiology and physics leads to improved CDT/DLT outcomes
Wigg Jane, Pugh S. (UK)
- 16:52 ▶ Feasibility of multisensor monitoring of thermal and circumferential limb responses to compression bandaging
Moonen Sarah, Celano Wittenkamp M., De Vrieze T., Ham M., Leurs H., Meirte J., Van Daele U. (BE)

- 16:59 ▶ Complete decongestive therapy in the management of venous leg ulcers: current evidence and clinical perspectives
Kanellopoulou Eleni (GR)
- 17:06 ▶ Impact of continuous use of flat-knit compression stockings on pain perception in women with type III Lipedema
Frederichi Paula, Figueiredo Carvalho de Andrade M., Périco Patriani G., Ribeiro Pacheco C. M. (BR)
- 17:13 ▶ Flat-Knit Compression in Lymphedema: A Biomechanical Continuum from Decongestion to Maintenance Phase
Angeli Arianna (IT)
- 17:20 ▶ **Discussion**

17:40 / 18:50 • SESSION 9

ONCOLOGICAL LYMPHOEDEMA

Chairs: Anderson Elisabeth (US), Rovnaia Aleksandra (RU), Tane Kaori (JP)

- 17:40 ▶ Rehabilitation outcomes of patients with axillary web syndrome from ankara city hospital
Ünsal Delialioğlu Sibel, Turan A., Orhan B., Dalyan M. (TR)
- 17:47 ▶ Clinimetric properties and diagnostic accuracy of measurement methods for breast and trunk oedema: a systematic review
Spincemaille Laura, De Bièvre H., De Groef A., Devoogdt N., Gürsen C., Heroes A. K., Meeus M., Smeets A. (BE)
- 17:54 ▶ Early screening and nursing management of breast cancer-related Lymphedema a review
Feng Yue, Fang F., Ma X., Xu D. (CN)
- 18:01 ▶ Longitudinal course of subjective breast edema symptoms in breast cancer patients following breast-conserving surgery and radiotherapy
Verbelen Hanne, De Vrieze T., Erven K., Gebruers N., Ham M., Leurs H., Moonen S., Tjalma W. (BE)
- 18:08 ▶ Interim report of the MASCC International Healthcare Professional Survey of current practices of managing breast cancer-related Lymphoedema and Lymphoedema-related cellulitis
Tane Kaori, et al. (JP)
- 18:15 ▶ Malignant lymphedema - the possibilities of safe and effective treatment
Rovnaia Aleksandra, Nikolaeva E. (RU)



- 18:22 ▶ Shedding light on Breast Cancer-related Lymphedema: insights into reported symptoms and lifestyle status from the Nurses' Health Study Survey
Anderson Elisabeth, Armer J. M., Cheng A. L., Holmes M. (US)
- 18:29 ▶ Early identification of risk factors for lower limb lymphoedema after gynaecological cancer treatment: preliminary results from a prospective observational cohort
Decorte Tina, Monten C., Randon C. (BE)
- 18:36 ▶ **Discussion**

30th / October
Friday

HALL C

- 10:30 / 12:30 ▶ **WORKSHOP:**
Multidisciplinary treatments for patients with Lipedema or Lymphoedema using Nesa XSignal and Deep Oscillation
Katrin Männel-Emra (DE), Medina Raquel (PT)
- 13:00 / 14:00 ▶ **LUNCH SYMPOSIUM:**
Every step counts - advancing compression knowledge
Bagonza Arthur (UG), Thomis Sarah (BE), Kooijstra Eline (NL), Rienstra Carla (NL), Plate Natascha (NL), Boccardo Francesco (IT), Zwarg Nikolas (DE)
- 14:00 / 15:30 ▶ **WORKSHOP:**
Diagnosis of Lipedema
Simarro José Luis (ES)
- 15:30 / 16:30 ▶ **WORKSHOP:**
Self Management in children
Hendrickx Ad (NL), Stasi Elodie (IT)

08:30 / 10:00 • SESSION 14

CONSERVATIVE TREATMENT OF LYMPHOEDEMA

Joint session ILF - ITALF - ESL

Chairs: Hendrickx Ad (NL), Pissas Alexandre (FR), Santoliquido Angelo (IT)

- 8:30 ▶ Lecture: Efficacy of MLD in LiDo and Lymphoedema
Cornely Manuel (DE)
- 8:45 ▶ Which is the best strategy of treatment of Lymphoedema in my region? A unit of treatment of oedema is mandatory
Pissas Alexandre (FR)
- 8:55 ▶ Value-based healthcare in the DTCP for primary lymphoedema
Sciuscio Manuela (IT)
- 9:05 ▶ Lymphatic Regenerative Medicine with autologous peripheral blood mononuclear cells: a comparative study with complex decongestive physical therapy in the treatment of primary Lymphoedema.
Bellisi Mario (IT)
- 9:15 ▶ Shockwave in Lipedema treatment
Razzino Rosa (IT)
- 9:25 ▶ Integrated treatment of phlebolymphoedema: from clinical assessment to therapeutic management
Pecoraro Felice (IT)
- 9:35 ▶ Erysipelas in Lymphoedema: Diagnosis and treatment
Dimakakos Evangelos (GR)
- 9:45 ▶ **Discussion**

10:00 / 10:20 • Coffee Break

10:20 / 12:15 • SESSION 15

SURGICAL TREATMENT OF LIPEDEMA

Chairs: Campisi Corrado Cesare (IT), Ghods Mojtaba (DE), Shayan Ramin (AU)

- 10:20 ▶ **Keynote Lecture:**
Surgical Treatment of Lipedema according to the Potsdam Concept and Hybrid Method
Ghods Mojtaba (DE)

- 10:35 ▶ The operations of the LiDo
Cornely Manuel (DE)
- 10:45 ▶ Lipedema or Lipo-Lymphoedema: a Step-by-Step Diagnostic & Treatment Algorithm.
Campisi Corrado Cesare (IT)
- 10:55 ▶ Posteromedial Calf Vulnerability During Lipedema Liposuction: A Thermography-Guided Protocol for Early Detection and Management of Perfusion Deficits
Bruno Agostino (IT)
- 11:05 ▶ Integrating science with surgery to optimize future Lipedema patient outcomes
Shayan Ramin (AU)
- 11:15 ▶ Relative lower limb strength before, 3 months and 6 months after decompression surgery in Lipedema
Vaia Nicola (IT)
- 11:25 ▶ Persistent Lipedema after Bariatric Surgery
Mostofizadeh Giw (DE)
- 11:35 ▶ Clinical results by liposuction
Wright Thomas (US)
- 11:45 ▶ Power Assisted Liposuction – Differences in surgical techniques between Lipedema and lymphoedema
Brorson Hakan (SE)
- 11:55 ▶ Skin removal surgeries after Lipedema Reduction Surgery
Zaharie Adrian (DE)
- 12:05 ▶ **Discussion**

12:15 / 13:15 • SESSION 16

LIPDEMA GUIDELINES AND CONSENSUS DOCUMENTS

Joint session ITALF - ESL - ILF - ILA - LWA

Chairs: Boccardo Francesco (IT), Erbacher Gabriele (DE), Ghods Mojtaba (DE)

- 12:15 ▶ The Lipedema World Alliance position
Kruppa Philipp (DE)
- 12:25 ▶ Clinical and therapeutical aspects
Damstra Robert (NL)

- 12:35 ▶ Psychological aspects
Erbacher Gabriele (DE)
- 12:45 ▶ Clinical aspects
Simarro José Luis (ES)
- 12:55 ▶ Standardising Lipedema Care: Key Recommendations from the German S2k Guidelines
Faerber Gabriele (DE)
- 13:05 ▶ **Discussion**

13:15 / 14:15 • Lunch

14:15 / 15:15 • SESSION 17

BANDAGING AND GARMENTS IN LIPEDEMA

Joint session ITALF - ILA - ESL - LWA

Chairs: Forner Cordero Isabel (ES), Hendricks Ad (NL), Iker Emily (US), Macciò Alberto (IT)

- 14:15 ▶ Lecture: compression in extreme Lipedema
Macciò Alberto (IT)
- 14:25 ▶ Compression in Lipedema: A Pathophysiology-Driven Approach Rather Than a Mechanical Treatment
Boccardo Francesco (IT)
- 14:35 ▶ Bandaging in the Treatment of Lipedema: Benefits and Limitations
Michelini Serena (IT)
- 14:45 ▶ Is there any usefulness of the elastic compression in the Lipedema?
Dimakakos Evangelos (GR)
- 14:55 ▶ **Discussion**

15:15 / 16:15 • SESSION 18: ILF – ITALF WORK UPDATING

Chairs: Bagonza Arthur (UG), Michelini Sandro (IT)

Panel discussion on present and future of International Lymphoedema Framework and Italian Lymphoedema Framework – New proposal

- 15:15 ▶ What the International Lymphoedema Framework achieved and the future perspectives
Moffat Christine (UK)



- 15:30 ▶ Results of the Gates Foundation project to implement an integrated protocol of care
Narahari S. (IN)  **VIDEO**
- 15:45 ▶ Working in a low-income setting – the Uganda collaboration with The Lymphoedema Warriors
Bagonza Arthur (UG)
- 16:00 ▶ Italian Lymphoedema Framework: the past, the present and the future
Michelini Sandro (IT)
- 16:15 ▶ **Discussion**

16:30 • FINAL REMARKS

08:30 / 10:10 • **SESSION 10**

INTEGRATE MANAGEMENT OF LYMPHOEDEMA AND LIPEDEMA

Chairs: Dimakakos Evangelos (GR), Forner Cordero Isabel (ES), Michelini Serena (IT)

- 08:30 ▶ Preliminary findings from an international survey of pregnancy and post partum experiences in individuals with Lymphoedema and Lipedema
Di Cecco Shelley, France, M., Lewis-Strange, R., Mehrez, D. (US)
- 08:37 ▶ The concept of sustainability in lymphology
Forner Cordero Isabel, Cespedes-Gomez Daniel A. (ES)
- 08:44 ▶ Holistic approach in creating a national system for lymphedema treatment: management and educational projects for medical specialists and patients.
Rovnaia Aleksandra, Damato A. (RU)
- 08:51 ▶ Implementation of the Ketogenic Diet in Patients with Lipedema: Evaluation of Adherence and Limiting Factors
Périco Patrignani Gustavo, Frederichi de Souza P. (BR)
- 08:58 ▶ Integrated Management of Lipedema and Lymphedema: A Biochemical-Nutritional Approach to the Gut-Lymphatic-Vascular Axis
Auletta Lucia (IT)
- 09:05 ▶ Body composition changes following a qualitative anti-inflammatory diet in women with Lipedema
Périco Patrignani Gustavo, Frederichi de Souza P. (BR)
- 09:12 ▶ Comparison of Axillary Lymph node size in cadavers with and without a history of breast cancer
Di Cecco Shelley, Arsiniega E., Davis A., Girgis J., Kurtovic S., Pak C., Singh M., Yepuri H. (US)
- 09:19 ▶ Muscle Function and Risk of Sarcopenia in Patients with Lipedema: A Case-Control Study
Burcu Duyur Cakit, Atar B., Koç G., Yıldız Şahin S. (TR)
- 09:26 ▶ Autonomic Dysregulation and Microcirculatory Alterations in Women with Lipedema: Toward a POTS-like Neurovascular Phenotype
Peri Simona (IT)
- 09:33 ▶ Assessment tools to quantify the physical aspects of Lipedema: A systematic review
Eason Helen, Dylke E. S., Fearn N. (AU)
- 09:40 ▶ Multidisciplinary Management of Lipedema: one year of clinical experience integrating Nutritional Biochemistry, Regenerative Medicine, and Rehabilitation
Martelli Costanza, Auletta L. (IT)
- 09:47 ▶ **Discussion**

10:30 / 11:50 • SESSION 11

QUALITY OF LIFE, EDUCATIONAL, MISCELLANEA

Chairs: Forner Cordero Isabel (ES), Iker Emily (US), Onorato Alberto (IT)

- 10:30 ▶ Perceptions of knowledge, barriers, and willingness among certified Lymphedema therapists toward Telerehabilitation Services: A Cross-Sectional Study
Alderaa Asma, Almutairi A. M., Altassan R., Alhajri N., Alhumaidi W., Alarifi L., Aldera M. (SA)
- 10:37 ▶ Quantifying the invisible: a prospective study on Lipedema underdiagnosis and common clinical misdiagnoses in Tunisia
Rouabeh Wissal, Ammar S., Ben Boubaker O., Cherif T., Harrath A. (TN)
- 10:44 ▶ Measurement precision in limb volume assessment: real-time SEM and SRD feedback during physiotherapist training
Tidhar Dorit, Knol E., Sokolov M. (IL)
- 10:51 ▶ Level of Knowledge about Lipoedema among healthcare students: a cross-sectional study
Alderaa Asma (SA)
- 10:58 ▶ Enhancing patient-centred care in Lymphoedema and Lipoedema management: Use of a co-designed patient feedback questionnaire
Bortwick Yolande, Brown L. (UK)
- 11:05 ▶ The value of prospective surveillance for those at risk of Cancer Related Lymphoedema (CRL): Mixed Methods Irish Study
Mac Sweeney Meadbh, Murphy C. (IE)
- 11:12 ▶ Health care practitioners' self-reported knowledge, skill level, and confidence in evaluating and treating Lymphedema and Lymphatic Dysfunctions with Individuals who are pregnant or post-partum
Di Cecco Shelley, Johnson G., Lewis-Strange R., Mehrez D. (US)
- 11:19 ▶ The role of inflammatory and oxidative processes in Lipedema: investigation of the relationship between subcutaneous tissue thickness, pain, Serum Thiol–Disulfide Homeostasis, and Neuregulin-4
Yaman Aysegil, Alışık M., Alışık T., Mansız-Kaplan B. (TR)
- 11:26 ▶ **Discussion**



12.00-13.05 • POSTER SESSION 2

Chairs: Borman Pinar (TR), Manokaran Gurusamy (IN)

- 12:00 ▶ Risk factors for Lower Limb Lymphedema following gynecological cancer treatment: A systematic review
Decorte Tina, Monten C., Randon C., Van Besien V., Vanden Bossche L. (BE)
- 12:05 ▶ Effectiveness of physiotherapy in the management of Axillary Web Syndrome after breast cancer surgery: a literature review
Robledo do Nascimento Yolanda, Ruiz Miñarro R., Toledo Sánchez N., Belda Toboso M. (ES)
- 12:10 ▶ Improving volume reduction and patient-reported outcomes after Lymphedema surgery with postoperative intermittent pneumatic compression
Elena Parodi, Bhattacharyya M., Campisi C.C., Campisi C., Gross D. (US)
- 12:15 ▶ Dietary Inflammatory Index, Diet Quality, Physical Activity, and Quality of Life in Women with Lipedema and Healthy Controls
Okan Emine Tansu, Sevim Karacif S. (TR)
- 12:20 ▶ Effect of a very low-calorie modified atkins diet on body composition and Lipedema: A case report
Ana Poljičanin, Bučan Nenadić D., Štrbac L., Štrkalj L. (HR)
- 12:25 ▶ Patient compliance and dependent edema: a novel approach to the interpretation of delayed lower limb Lymphoscintigraphy
Sicignano Marilena, Bifulco M. P., Capasso R., Ciotola D., Lanotte C., Piantadosi A., Sannino P., Squame F. (IT)
- 12:30 ▶ Secondary Face Lymphedema and complex disability condition in Head & Neck Cancer: a case report from diagnosis to the customized garment.
Pinto Monica, Gentile A., Milo P., Ottieri E., Tracey M., Tucci R. (IT)
- 12:35 ▶ From treatment to self-treatment: patient empowerment in Lymphedema through a structured educational pathway
Rossi Patrizia, Benvenuti E., Buonandi E., Coveri S., Giannasio B., Moretti S., Michelagnoli S., Pieroni A., Rosiello L., Tanini I. (IT)
- 12:40 ▶ Organization of an outpatient center for the diagnosis, certification, and rehabilitation of patients with Primary Lymphedema: the USL Toscana Centro model
Giannasio Benedetta, Benvenuti E., Coveri S., Moretti S., Michelagnoli S., Pieroni A., Rosiello S., Rossi P., Spaghetti I., Tatini L. (IT)

- 12:45 ▶ Integrated organizational model for the management of primary and cancer-related Secondary Lymphedema: the experience of the central Tuscany local health authority
Angela Pieroni, Benvenuti E., Coveri S., Giannasio B., Lombardo C., Moretti S., Michelagnoli S., Panigada G., Rosiello L., Rossi P. Tatini S. (IT)
- 12:50 ▶ Lower Limb Lymphedema Associated with Kaposi's Sarcoma
Giannasio Benedetta, Dalla Caneva P., Guidotti A., Lasagni C., Michelagnoli S., Petroni R., Villani F. (IT)
- 12:55 ▶ Development of a risk model for post traumatic lymphoedema using bioelectrical impedance analysis and ultrasound.
Heeyoune Jung, Geum-mi L. (KR)
- 13:00 ▶ Automated identification of the predominantly edematous lower limb from clinical photographs using deep learning: improved performance through anatomical segmentation and integration of asymmetry
Noriko Kobayashi, Sugimori H. (JP)

31th / October
Saturday

HALL C 

- 10:30 / 11:30 ▶ **WORKSHOP:**
Therapeutic Education and Self-Management in Lymphedema: From the Chronic Care Model to Clinical Practice
Galli Tiziana (IT), Sandrin Fabio (IT), Stasi Elodie (IT)
- 12:00 / 13:00 ▶ **WORKSHOP:**
Compression in complex patients
Moffat Christine (UK), Noerregaard Susan (DK)

General Information

CME CREDITS

The **Congress** has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) for a maximum of **22.5** European CME credits (ECMEC®s).

SOCIAL DINNER

Friday, 30th October 2026

Club House Sheraton Golf Parco de' Medici - Viale Salvatore Rebecchini, 39 Rome

Buy your ticket!

SIMULTANEOUS TRANSLATION

An AI-based simultaneous translation system will be available in Auditorium (main room).

You can access the translation service on your mobile phone by scanning a QR code at the beginning of each day.

Please bring your own earphones to listen to the translation

CONGRESS VENUE

Venue address: Auditorium della Tecnica, Viale Umberto Tupini 65, 00144 Rome, Italy.

The Auditorium della Tecnica is located in the EUR business district in the south of Rome. The venue is easily accessible by public transport, train, taxi and car.

From Rome Fiumicino Airport (FCO)

The easiest option by public transport is to take the Leonardo Express train from Fiumicino Airport to Roma Termini railway station. The journey takes approximately 32 minutes.

From Rome Ciampino Airport (CIA)

From Ciampino Airport, take a shuttle bus to Roma Termini railway station. Once at Termini, take Metro Line B towards Laurentina and get off at EUR Magliana.

From the metro station, walk approximately 600 metres to the Auditorium della Tecnica.

A taxi is also available for a direct transfer to the venue.

From Roma Termini Railway Station

Roma Termini is Rome's main railway station and a major transport hub.

- Take Metro Line B towards Laurentina.
- Get off at EUR Magliana.
- Follow the signs towards Viale Umberto Tupini.
- Walk approximately 600 metres to reach the Auditorium della Tecnica.

The metro journey takes approximately 15–20 minutes, followed by a 7–10-minute walk.

From Roma Tiburtina Railway Station

From Roma Tiburtina, take Metro Line B towards Laurentina and get off at EUR Magliana.

The Auditorium is approximately a 600-metre walk from the station.

By Metro

The nearest metro station is EUR Magliana on Metro Line B (the blue line).

From central Rome, take Metro Line B in the direction of Laurentina and get off at EUR Magliana. The venue is approximately 600 metres away on foot.

By Bus

The following bus services stop near the venue:

- Bus 709: Astronomia–Gandhi stop.
- Buses 31, 771 and 780: Tupini–Astronomia stop.

Please check current routes and timetables before travelling.

By Taxi or Car

Taxis are available at both airports and at the main railway stations. The nearest taxi rank to the venue is on Viale Europa, approximately 400 metres away.

If travelling by car, the Auditorium can be reached via the Grande Raccordo Anulare (GRA), taking Exit 26 towards EUR/Roma and following the signs for the EUR district.

Parking options are available in the surrounding area; visitors are advised to check availability in advance.

ORGANIZING SECRETARIAT



Gestione Congressi srl

Via Pietro Borsieri 12 - 00195 Roma

Email: segreteria2@gccongressi.it

www.gccongressi.it

PLATINUM SPONSOR



GOLD SPONSOR



BRONZE SPONSOR





Mego Afek AC Ltd.
Compression Therapy Systems



SAMSUNG



**SIGVARIS
GROUP**





**European Society
of Lymphology**



**COLLEGIO ITALIANO DI
FLEBOLOGIA**
Italian College of Phlebology



**ORDINE DI MALTA
ITALIA**

ASSOCIAZIONE DEI CAVALIERI ITALIANI

SALUTE





 **Gestione Congressi s.r.l.**

 Via P. Borsieri, 12 - 00195 Roma  06.37 29 466

 segreteria@gccongressi.it  www.gccongressi.it

 Società certificata con sistema di qualità UNI EN ISO 9001:2015 n. IT-46947