

13 ILF – International Lymphoedema Framework World Congress

10 ITALF – Italian Lymphoedema Framework National Congress

Rome – Italy 28-31 October 2026
Auditorium della Tecnica
Via Umberto Tupini, 65 – 00144 Roma Italia
Scientific Coordinator: dr. Michelini Sandro

Pre-Congress
Wednesday 28 October
Room:

H: 09.00 – 10.45

Welcome of ILF Board to the national Frameworks and discussion on general topics: organizational and scientific proposals.

H: 10.45 – 11.15 Coffee Break

H: 11.15 – 13.00

Discussion among the national Frameworks,

H: 13.00

Light Lunch

H: 14.30 – 18.00

Discussion, new proposals and Conclusions

H: 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.

Thursday 29 October
AUDITORIUM:

H: 07.00 – 08.00 Registration

H: 08.00 – 08.15 Welcome address and remarks

S. Michelini (Italy), C. Moffat (UK), Bagonza A. (Uganda)

H: 08.15 – 10.00 **Session 1: BASIC SCIENCES IN LYMPHOLOGY (Joint session ILF, ITA.L.F., ESL)**

Chairs: Miikka Viikula, Pia Ostegard, Miguel Amore

H: 08.15 Keynote Lecture: Researches Frontiers in Lymphology
Marilys Witte (USA)

H: 08.30 Novel Genetic causes of complex lymphatic anomalies
Viikula Miikka (B)

H: 08.40 Therapeutical approaches to vascular malformations
Boon Laurence (B)

H: 08.50 Role of perforating lymphatic vessels and their relevance to this condition
Amore Miguel (Arg)

H: 09.00 Advances in LTB4 Antagonism for the Treatment of Lymphedema and Lipedema
Rockson Stanley (USA)

H: 09.10 Update on Lymphoedema Genetics
Ostergard Pia (UK)

H: 09.20 Genetics in primary Lymphoedema
Bertelli Matteo (I)

H: 9.30 Primary Lymphedema is Lymphatic Malformation
BB Lee (US)

H: 09.45 Discussion

H: 10.00 – 10.20 *Coffee Break*

H: 10.20 – 11.35 **SESSION 2: CLINICAL AND INSTRUMENTAL DIAGNOSIS IN LYMPHOLOGY (Joint session ILF-ESL-ITA.L.F.)**

Chairs: Bagonza Arthur (Ug), Cestari Marina (I), Pierre Bourgeois (BE)

H: 10.20 Keynote Lecture: Holistic work-up of patient with chronic oedema
Damstra Robert (NL)

H: 10.35 The nuclear medicine techniques for the evaluation of the edemas
Bourgeois Pierre (B)

H: 10.45 Lymphosome concept and clinical correspondances
Suami Hiro (AUS) - Video

H: 10.55 Three-dimensional ultrasound diagnostics: Lights and shadows
Cestari Marina (I)

H: 11.05 Green indocyanine in primary lymphoedema
Van Zanten Malou (NL)

H: 11.15 Deep lymphatics of the limbs: what do we know?
Onorato Alberto (I)

H: 11.25 Discussion

H: 11.35 – 13.30 **SESSION 3: PANEL ON PAEDIATRIC LYMPHOEDEMA** (Joint session ILF-ITALF-ESL)

Chairs: Moffat Christine (UK), Stasi Elodie (Italy), Queré Isabelle (F)

- H: 11.35 Keynote Lecture: Personalized management of Primary Lymphoedema based on genetic background
Queré Isabelle (F)
- H: 11.50 Child Limprint Denmark – Prevalence
Bagonza Arthur (Uganda)
- H: 12.00 Child Limprint Denmark – Clinical profile
Noregard Susan (Denmark)
- H: 12.10 Child Limprint Denmark – Psychisocial impact
Moffat Christine (UK)
- H: 12.20 Child Limprint Denmark – Genetics
Ostergard Pia (U.K.)
- H: 12.30 Paediatric Lymphoedema treatment: an Erasmus Project
Michelini Sandro (Italy)
- H: 12.40 Adolescents and children's tools
Bagonza Arthur (Uganda)
- H: 12.50 Professional self efficacy
Moffat Christine (UK)
- H: 13.00 Patient self-efficacy
Stasi Elodie (Italy)
- H: 13.20 Proposal for a new scale for assessing disability in children with lymphoedema.
Ricci Maurizio (I)
- H: 13.20 Discussion
- H: 13.30 – 14.30 Lunch

H: 14.20 – 15.50 **SESSION 4: BASIC SCIENCE IN LIPEDEMA SYNDROME** (Joint session ILF-LWA-ILA)

Chairs: Ostegard Pia (UK), Shayan Ramin (AUS), Rockon Stanley (US)

- H: 14.30 Keynote Lecture: US 'Standard of care' according to EBM
Herbst Karen (USA) - Video
- H: 14.45 From the AKR1C1 to the OSBPL8: On the subject of a hereditary disease
Michelini Sandro – Bertelli Matteo (I)
- H: 14.55 Histology and ultrastructure of connective tissue proliferation in lipedema: the role of microvessels
Andrea Sbarbati (I)
- H: 15.05 Under the Let-7 Sign
Cione Erika (I)
- H: 15.15 Genetics in Lipedema
Ostergard Pia (UK)
- H: 15.25 Thresholds and discrimination of perception levels for cold/heat/deep pressure/superficial pressure/vibration stimuli in lipedema versus control
Stoichkova Velika (Rom)

H: 15.35 Discussion

H: 15. 50 – 16.20 Coffee Break

H: 16.20 – 17.40 **SESSION 5: Lipedema: clinical and instrumental diagnosis** (Joint Session ILF, ILS, LWA, ILA)

Chairs: Damstra Robert (NL), Simarro José Luis (E), Marina Cestari (I)

H: 16.20 Keynote Lecture: Clinical Aspects of Lymphoedema
Simarro José Luis (Spain)

H: 16.35 Lipedema and inflammation: usefulness of the 'resistive index'
Cestari Marina (Italy)

H: 16.45 How to differentiate lymphoedema from Lipedema
Manokaran Gurusamy (India)

H: 16.55 Biomedical diagnoses in combination with a health profile aiming at human functioning
Hendrickx Ad (NL)

H: 17.05 Sarcopenia assessment in Lipedema patients through the STAR -
Sonographic Thigh Adjustment Ratio
Michelini Serena (I)

H: 17.15 The porosity of lymphatic vessels lipedema versus control: observation and assessment using IGL Lymphography
Belgrado Jean Paul (B)

H: 17.25 Holistic clinematrix in Lipedema
Damstra Robert (NL)

H: 17.35 Discussion

H: 17.50 – 18.50 **SESSION 6: LIPEDEMA AND COMORBIDITIES** (Joint session among LWA, ITALF and ILA)

Chairs: Frederichi Paula (BRA), Michelini Serena (Italy), Herbaker G (D)

H: 17.50 Keynote Lecture: Lipedema and Comorbidities
Michelini Sandro (Italy)

H: 18.05 Basic psychological science in lipedema syndrome
Erbaker G (D)

H: 18.15 Lipedema and Insulin-resistance
Sciuscio Manuela (Italy)

H: 18.25 Lipedema and gynecological associated diseases
Frederichi Paula (Bra)

H: 18.35 Comorbidities and complications in Lipedema
Andrej Szuba (Poland)

H: 18.45 Pelvic Floor Muscle Activity under Different Postural and Functional Conditions in Women with Lipedema: an observational study
Sampaolesi Vanessa (I)

H: 18.55 Discussion

Friday 30 October
AUDITORIUM:

H: 08.30 – 10.00 **SESSION 7: CONSERVATIVE TREATMENT IN LIPEDEMA** (Joint session LWA, ILA, ITALF)

Chairs: Hendrickx Ad (NL), Forner Cordero Isabel (Spain), Iker Emily (USA)

- H: 08.30 Keynote Lecture: Conservative treatment of Lipedema
Forner Cordero Isabel (Spain)
- H: 08.45 Ultrasound-observed changes in subcutaneous tissue fascia and skin following regular exercise in Pediatric Lipedema
Iker Emily (USA)
- H: 08.55 Integrated Conservative Treatment Protocols Focusing on Functional Recovery in Lipedema: LIPORehab, preliminary data of a prospective longitudinal study
Michelini Serena (I)
- H: 09.05 Beyond the Biomedical Model: A Biopsychosocial Approach to Lipedema Care
Kloosterman Lise Maren (NL)
- H: 09.15 Complementary and alternative approaches in lipedema management, with a particular emphasis on integrative and technology-dependent methods
Borman Pinar (Turkie)
- H: 09.25 Body Image, Psychological Distress, and Well-Being in Italian Women with Lipedema: A Controlled Cross-Sectional Study”
Fabbro Nerina (I)
- H: 09.35 Physical exercise in Lipedema: clinical effects, exercise modalities and emerging physiological insights
Campaci Diego (I)

H: 09.45 Discussion

H: 10.00 – 10.30 *Coffee Break*

H: 10.30 – 12.00 **SESSION 8: OBESITY AND LIPEDEMA: NEW THERAPEUTICAL APPROACHES – PANEL DISCUSSION**

Chairs: Michelini Sandro (Italy), Faerber Gabriele (D), Simarro José Luis (Spain)

- H: 10.30 Keynote Lecture: Tirzepatide and its comparison with other GLP1 receptor agonists
Viana Diogo P (Brazil)
- H: 10.45 Obesity and LiDo
Cornely Manuel (D)
- H: 11.00 GLP-1/GIP inhibitors: what does the future hold?
Tolone S. (Italy)
- H: 11.15 Lipedema and insulin resistance: ‘An integrated approach using tirzepatide and CDT in the management of obesity-associated lipedema
Sciuscio Manuela (I)
- H: 11.30 Discussion

H: 12.00 – 13.00 **SESSION 9: NUTRITION IN LIPEDEMA AND LYMPHOEDEMA**

Chairs: Szuba Andrej (Poland), Faerber Gabriele (Germany), Cannataro Roberto (Italy)

H: 12.00 Keynote Lecture: Why lifestyle and nutrition matter in lymph- and lipoedema
Faerber Gabriele (Germany)

H: 12.15 Ketogenic diet and beyond; state of the art in nutrition
Cannataro Roberto (Italy)

H: 12.25 Ketogenic diet and other solutions in Lipedema Treatment
Malgorzata Jeziorek (Poland)

H: 12.35 Ketogenic diet in Lipedema and physical exercise
Timmermans Nicolas (Belgium)

H: 12.45 Discussion

H: 13.00 – 14.00 Lunch

H: 14.00 – 10.00 **SESSION 10: SURGICAL TREATMENT OF LYMPHOEDEMA**

Chairs: Lee B.B. (USA), Campisi Corradino (Italy), Yamamoto Takumi (J)

H: 14.00 Lecture: Lymphatic Surgery today
Lee Byong (USA)

H: 14.15 Lymphatic Surgery and Microsurgery for Lymphedema: Indications, Techniques and Long-Term Clinical Outcomes
Corrado Cesare Campisi

H: 14.25 RRR: Importance of Debulking and Reconstruction in Lymphedema Surgery
Yamamoto Takumi

H: 14.35 Lymphatic Surgery 4.0: new frontiers in microsurgery, combining imaging, supermicrosurgery and personalised treatment
Gentileschi Stefano (I)

H: 14.45 Pathophysiological bases of the surgical treatment of lymphatic disorders
Boccardo Francesco (I)

H: 14.55 Lymphatic malformations and oedema: what is the link?
Mattassi Raul (I)

H: 15.05 Microsurgery in Lymphoedema
Kruppa Philipp (D)

H: 15.15 How to achieve complete reduction of primary and secondary chronic lymphedemas with long-lasting results without recurrence
Brorson H, Ohlin K, Svensson B, Hoffner M, Collander Farzaneh F. (Sweden)

H: 15.25 Surgical Management of long term lymphoedema
Manokaran Gurusamy (India)

H: 15.35 Lymphoedema surgery and science – where are we going with this age old problem?
Sahyan Ramin (Australia)

H: 15.45 Discussion

H: 16.00 – 16.15 **SESSION 11: COMPRESSION: SYSTEMATIC OVERVIEW**

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

- H: 15.30 Overview
Christine Moffat (UK)
- H: 15.40 Compression and Cellulitis/Erisipela
Bagonza Athur (UG)
- H: 15.50 Compression and surgery/microsurgery
Devoogdt Nele (NL)

H: 16.00 Discussion

H: 16.15 – 16.45 Coffee Break

H: 16.45 – 17.45 **SESSION 12: ELASTOCOMPRESSURE AND GARMENTS IN LYMPHOEDEMA** (Joint session ILF, ITALF, ESL)

Norergard Susan (Denmark), Manuela Sciuscio (I), J.P. Belgrado (B)

- H: 16.45 Keynote Lecture: Which compression and when
Isabel Forner Cordero (E)
- H: 17.00 Comparison of the physical behavior of the various compression systems.
Jean Paul Belgrado (BE)
- H: 17.10 Which kind of compression in complex clinical cases
Macciò Alberto (I)
- H: 17.20 Effects of compressure in primary and secondary lymphoedema
Boccardo Francesco (I)
- H: 17.30 Discussion

H: 17.45 – 18.45 **SESSION 13: PANEL ON MIDLINE LYMPHOEDEMA**

Chairs: Campisi Corrado Cesare (I), Devoogdt Nele (B), Borman Pinar (Turkey)

- H: 17.45 Genital Lymphoedema treatment
Martin Wald (Czech Rep) - Video
- H: 18.00 Epidemiology of lower limb lymphoedema after pelvic lymph node dissection for urogenital cancer
Nele Devoogdt (B)
- H: 18.10 Current evidence and developments in assessment and management of head and neck lymphoedema
Arends Coralie (NL)
- H: 18.20 Comprehensive care for head and neck cancer patients with cervico-facial lymphoedema. Clinical assessment, specialized physiotherapy and home-based empowerment
Romaldini Fabio (I)
- H: 18.30 Discussion

Saturday 31 October
AUDITORIUM:

H: 08.30 – 10.00 **SESSION 14: CONSERVATIVE TREATMENT OF LYMPHOEDEMA** (Joint session ILF, ITALF, ESL)

Chairs: Hendricks Ad (NL), Santoliquido Angelo (I), Pissas Alexandre (France)

- H: 8.30 Lecture: Efficacy of MLD in LiDo and Lymphedema
Cornely Manuel (D)
- H: 8.45 Which is the best strategy of treatment of lymphedema in my region? a unit of treatment of edema is mandatory
Alexandre Pissas (F)
- H: 8.55 Value-based healthcare in the DTCP for primary lymphoedema
Sciuscio Manuela (I)
- H: 9.05 Deep Oscillation therapy for lymphoedema
Medina Raquel (P)
- H: 9.05 Lymphatic Regenerative Medicine with autologous peripheral blood mononuclear cells: a comparative study with complex decongestive physical therapy in the treatment of primary lymphedema.
Bellisi Mario (I)
- H: 9.15 Shockwave in Lipedema treatment
Razzino Rosa (I)
- H: 9.25 Trattamento integrato del flebolinfedema: dall'inquadramento clinico alla gestione terapeutica
Felice Pecoraro (I)
- H: 9.35 Electrical stimulation in the treatment of Lymphedema and associated skin ulcers
Dimakakos Evangelos (G)
- H: 9.45 Discussion
- H: 10.00 – 10.30 Coffee Break

H: 10.30 – 12.00 **SESSION 15: SURGICAL TREATMENT OF LIPEDEMA**

Chairs: Ghods Mojtaba (Germany), Shayan Ramin (AUS), Campisi Corrado Cesare (Italy)

- H: 10.30 Keynote Lecture: Surgical Treatment of Lipedema according to the Potsdam Concept and Hybrid Method
Ghods Mojtaba (D)
- H: 10.45 The operations of the LiDo
Cornely Manuel (D)
- H: 10.55 Lipedema or Lipo-Lymphedema: a Step-by-Step Diagnostic & Treatment Algorithm.
Campisi Corrado Cesare (I)
- H: 11.05 Posteromedial Calf Vulnerability During Lipedema Liposuction: A Thermography-Guided Protocol for Early Detection and Management of Perfusion Deficits
Bruno Agostino (I)

- H: 11.15 Integratin science with surgery to oprimise future lipedema patient outcomes
Shayan Ramin (AUS)
- H: 11.15 Relative ,lower limb strength before, 3 months and 6 months after
decompression surgery in Lipedema
Vaia Nicola (I)
- H: 11.25 Persistent Lipedema after Bariatric Surgery
Wig Mostofizadeh (D)
- H: 11.35 Clinical results by liposuction
Wright Thomas (USA)
- H: 11.45 Power Assisted Liposuction – Differences in surgical techniques between
lipedema and lymphoedema
Brorson Hakan (Sweden)

H: 11.55 Discussion

H: 12.15 – 13.15 **SESSION 15: LIPEDEMA GUIDELINES AND CONSENSUS DOCUMENTS** (Joint session among ITA.L.F., ESL, ILF, ILA and LWA)
Chairs: Ghods Mojtaba (Germany), Boccardo Francesco (I), Herbaker Gabriele(D)

- H: 12.00 The Lipedema World Alliance position
Kruppa Philipp (D)
- H: 12.10 Clinical and therapeutical aspects
Damstra Robert (NL)
- H: 12.20 Psychological aspects
Erbaker Gabriele(D)
- H: 12.30 Clinical aspects
Simarro José Luis (E)
- H: 12.40 Standardising Lipoedema Care: Key Recommendations from the German S2k
Guidelines
Faerber Gabriele (D)
- H: 12.50 Discussion

H: 13.15 – 14.15 Lunch

H: 14.15 – 15.15 **SESSION 16: ELASTOCOMPRESSURE AND GARMENTS IN LIPEDEMA**
(Joint session among ITALF, ILA, ESL and LWA)
Chairs: Hendricks Ad (NL), Macciò Alberto (I), Forne Cordero Isabel (E), Iker Emily (US)

- H: 14.15 Keynote Lecture: compressure in extreme Lipedema
Macciò Alberto (I)
- H: 14.25 Compression in Lipedema: A Pathophysiology-Driven Approach Rather Than
a Mechanical Treatment
Boccardo Francesco (I)
- H: 14.35 Bandaging in the Treatment of Lipedema: Benefits and Limitations
Michelini Serena (I)
- H: 14.45 Is there any useful of the elastic compression in the lipedema?
Dimakakos Evangelos (GR)

H: 14.55 Discussion

H: 15.15 – 16.15 **SESSION 17: ILF – ITALF WORK UPDATING**

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

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

H: 15.15 What the International Lymphoedema Framework achieved and the future perspectives

Moffat Christine (UK)

H: 15.30 Results of the Gates Foundation project to implement an integrated protocol of care

Narahari S. (India)

H: 15.45 Working in a low-income setting – the Uganda collaboration with The Lymphoedema Warriors

Bagonza Arthur (UG)

H: 16.00 Italian Lymphoedema Framework: the past, the present and the future

Michelini Sandro

H: 16.15 Discussion

H: 16.30 FINAL REMARKS