

## TRAVELING WITH THE ISL

### SOME PERSONAL THOUGHTS ABOUT THE CLINIC OF LYMPHOLOGY IN THE BLACK FOREST, GERMAN FEDERAL REPUBLIC

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After several decades of scientific work in Basic Lymphology and a clinical practice in Internal Medicine, a dramatic change occurred in my career, when, in 1978, my wife and I started a new life. Since then, we have been running a private Clinic of Lymphology.

As the Head of a University Medical Clinic for many years I encountered each year only a handful of patients with lymphedema or other "diseases of lymphostasis." Now we have, approximately 80 in-patients and a large outpatient clinic of lymphedema with an average in-hospital stay of four weeks. The following diseases in various combinations which are managed are listed:

1. Lymphedema, primary or secondary, benign and malignant
2. Lipedema
3. Edema due to chronic combined

- venous and lymphatic insufficiency
4. Cyclic-idiopathic edema
5. Chylous disease

Initial diagnosis and differential diagnosis requires thorough medical evaluation. For treatment of lymphedema, we use conservative, physiomanipulative methods free of side effects the results of which are often striking, and, with good compliance from the patient, long-lasting. Based on our experience, lymphedema of limbs, free of reflux of lymph or chyle is not a "surgical disease." Operation may however be useful to remove empty skin sacs after huge elephantine lobules have been decompressed by physiotherapy, to remove hyperkeratotic cauliflower-like overgrowths on the toes, and for skin and subcutaneous reduction with lymphedema of the genitalia and for complications of chylous syndromes.

## BRITISH LYMPHATIC INTEREST GROUP

A British Lymphatic Interest Group has recently been initiated with ISL member Terence J. Ryan as chairman of the steering committee. Their objective is to improve treatment of patients with lymphedema, and membership is open to all professionals actively involved in research into and treatment of lymphedema. At the first meeting in November, 1985, presentations were made on the nature of lymphedema, effect on the patient, evolution of a Lymphedema Clinic, risks of lymphedema in patients with breast cancer, and the lymphedema experience in London. A directory of treatment centers in Great Britain is being compiled. Other ISL members involved are Peter Mortimer, John Edwards, and Josef Pflug. The British Group will hold a national meeting at the Royal Society of Medicine on November 6, 1986. For more information, contact Dr. T.J. Ryan, Department of Dermatology, The Slade Hospital, Headington, Oxford OX3 7JH, England.

## NEWS FROM SOCIETY OF LYMPHOLOGY OF NORTH AMERICA

**FALL MEETING:** At a successful meeting organized by George Grega and held in Houston in November 1984, we agreed to hold the next conference in St. Louis during the fall of 1986. St. Louis was chosen because 1) Doug Gnepp offered to host it, and 2) St. Louis is reasonably central so that travel distances are not excessive. Doug has already reserved a block of rooms at the Marriott's Pavilion Hotel for the nights of Thursday to Saturday, October 16-18 — with the meeting planned for Friday and Saturday, October 17th and 18th. It is an excellent hotel, and rates should not be overly expensive (approximately \$50.00 per night). As currently planned, the format of previous meetings will be retained. Dr. Arthur Guyton has kindly accepted to be the

keynote speaker. Doug plans to organize a symposium on a topic of current and general interest and the program will include individual presentations and posters. **PLEASE PLAN TO ATTEND AND MARK YOUR CALENDARS NOW — OCTOBER 17TH AND 18TH.** Doug Gnepp is receptive to any thoughts or suggestions. His address is: Douglas R. Gnepp, M.D., Department of Pathology, St. Louis University, 1305 South Grand Boulevard, St. Louis, MO 63104

**MEMBERSHIP DRIVE:** The 1985 paid up membership was 57 with 3-4 associate members. Many more people in North America are interested in Lymphology, and we must canvas friends, associates and colleagues to encourage membership. Lymphology as a discipline covers a wide range of activities and interests and all are welcome. At the suggestion of Al Miller, I plan to contact Deans of Medical Schools in North America, provide them with information about the Society and ask information be directed to appropriate faculty and students. For information on membership and application forms, please contact: George J. Grega, Ph.D., Secretary-Treasurer, North American Society of Lymphology, Department of Pharmacology, University of Houston, Houston, TX 77004.

1986 should be a good year for the Society, and I look forward to a congenial and informative meeting in October 1986. In the words of the old song "SEE YOU IN ST. LOUIS."

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