

ISL NEWS



Report 2° Congress Lymhocon Chennai 9-10 November 2024



With the usual seriousness combined with high sobriety Gurusamy Manokaran organized an interesting second Indian National Congress (Lymhocon) on November 9 and 10 at the Raj Hotel venue in Chennai. It was attended by delegates from the various Regions of India and some foreign guests (including the writer). It was two days of intensive work that began with some basic concepts reiterated by Indian colleagues and Australian colleague Suami (among the foreign guests); among the topics covered: immunological implications in Filaria, imaging in Lymphedema, the concept of Lymphosome in Lymphedema which describes how the lymphatic vessels of a particular region connect to the same subset of regional lymph nodes. It also describes the anatomical relationship between perforating lymphatic vessels and arteries and explains the anatomical changes of lymphatics after lymph node dissection, with reference to secondary lymphedema. The interesting session concluded with epidemiological data on Filaria (about 4 million people affected in India and about one million healthy carriers in the World) and some proposals to eradicate it planet-wide.

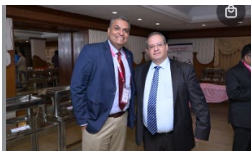


In the second session entitled 'Keynote speeches', presentations were given by Evangelos Dimakakos (ISL President) who recalled the figure of his Indian colleague Jamal, in the presence of his wife and a son; this was followed by the writer's presentation entitled 'Lipedema and Lymphedema: similar but different' in which the basic features of the two diseases and the criteria for differential diagnosis were described. The session was closed by colleague Manokaran who described how to manage 'Giant Lymphedema' with synergistic surgical and physical decongestive approaches.



After the 'tea break', it was the turn of the imaging session during which the Indian colleagues

emphasised the importance of lymphoscintigraphic examination, nuclear magnetic lymph node imaging, indocyanine green videoscropy, and some purely clinical aspects related to imaging. The session ended with a talk by Polish physiotherapist Katarzyna Ochalek on physical decongestive treatment. Lunch was followed by a session entitled 'Research in Lymphoedema and the paradigm shift', in which my Indian colleague Srivastava described the changes in the management of lymphoedema in public health; this was followed by a talk by the presenter on the medical treatment of lymphoedema, which also plays a role especially in the early clinical stages of the disease and in complications; This was followed by Indian colleagues on topics such as medical therapy and prophylaxis in filaria, lymphorrhoea, lymphangitis and cellulitis, mixed lymphatic and venous insufficiency, the usefulness of SPET/CT combined with lymphoscintigraphic examination, and the algorithm in the treatment of post-traumatic lymphoedema, presented by the Turkish colleague Usama.



The fifth session was devoted to free topics including the lymphangiosarcomatous complication presented by the Indian colleague Rao, the correlation between clinical and lymphoscintigraphy described by the Indian colleague Gauthaman, and the primary prevention surgical technique 'LYMPHA', devised by Prof. Boccardo.

The day ended with a practical demonstration of manual lymphatic drainage and bandaging by Polish physiotherapist Ochalek.

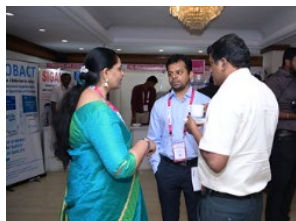


The second day opened with another free-theme session in which surgical techniques for lymph node transplantation with lymph nodes from the omentum, supraclavicular lymph nodes and submentelliae were described.



The opening ceremony of the conference was then held with the participation of the Tamil Nadu Health Minister Subramanian, who emphasised the importance of events such as this as a tool for the exchange of experiences, not only national but also international, in order to improve the quality of care for the many patients suffering from these diseases. Manokaran thanked those present and the foreign guests who attended, emphasising the importance of regular updates also as a stimulus for

research. This was followed by another interesting session on surgery during which Francesco Boccardo further emphasised the role of microsurgery in the primary prevention and treatment of lymphoedema; this was followed by a presentation by the Indian colleague Agarwal who described some clinical aspects of post-mastectomy lymphoedema; the session closed with a presentation by our colleague Radhika who described her experience with the LYMPHA technique.

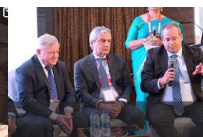


The following session was entirely devoted to surgical therapy as a 'solution for all stages'. Lymphoedemas of the upper limbs were discussed with the results of the various types of surgical approach, the lymph node-venous shunt (a technique devised by our colleague Manokaran), demolition treatment in genital oedema, liposuction and genital lymphoedema where our Indian colleague Venkatramani, after citing Connel's algorithm, gave an extensive overview of the syndromic forms of lymphoedema with continuous references to genetics and the clinic.

The penultimate session left room for some videos on surgical treatments, with particular reference to the results obtained with lymph node transplantation, lymph node bypasses, the LIFT (Lymph Interpositional Flap Transfer) technique and the ELVA (Efferent Lympho Venous Anastomosis) technique, the latter being the subject of discussion on the timing in which it should be performed in order to obtain the best possible results (in the immediate post-operative period).



The last session, entitled 'Consensus Panel' consisted, in fact, of a round table discussion between Dimakakos, ISL President, Manokaran, Conference President, Francesco Boccardo (ESL President), the writer (LWA President), Iroo Suami (Australia), Hari Venkatramani (India), Pradeep Kumar Srivastava (India), Shelley Simon (India) and Katarzyna OChalek (Poland). During the discussion, clinical cases were presented on which all present contributed to constructing targeted diagnostic-therapeutic solutions agreed upon during the discussion.



The Conference was therefore closed with an ideal appointment to 2026 for a new interesting and in-depth discussion on the topics discussed in the fruitful Indian 'two days'.

Kudos to the Organiser, a Master of Hospitality as well as an excellent clinician, and to the Society that supported him in the shrewd organisation itself.

This experience proved once again that, even from the lymphological point of view, the World is becoming more and more 'global' and, at least from the scientific point of view, serenely striving towards common goals of high ethical value.

Sandro Michelini
Presidente LWA
Chennai 10 November 2024