Happy Lymphedema Awareness Month!

March is Lymphedema Awareness Month. It's a time to help the world better understand that lymphedema is not something people experience just one month a year, but something many individuals live with and manage every single day. It is also a time to shine a light on how much more needs to be done to better support our community, both from the government and within the spaces where we live and receive care.

As some of you may know, Karen has been working since 2017 to bring greater awareness to lymphedema here in Nova Scotia. Through this work she has built relationships with people living with lymphedema across Canada and has been encouraging our province to recognize that much more can and should be done here at home to support those living with this condition. As a result of that, Karen has been invited by Minister Michelle Thompson P.C. MLA Department of Health and Wellness on March 6 where the Lymphedema Association of Nova Scotia will be recognized in the Legislature for her efforts! You can watch live via NS Legislative Broadcast or on their YouTube Channel or on television Bell 230 (HD) or Eastlink 95 or 636 (HD)

We have some exciting news to share.

The Canadian Lymphedema Framework, in partnership with the Lymphedema Association of Nova Scotia, will be hosting the 2027 Canadian Lymphedema Conference in Halifax May 13-15. Thanks in part to the brave voices of people like Jennifer Brady, Crystal Ellingson, Laura Johnston and Karen, the CLF saw a strong opportunity to bring this event to the East Coast and support the growing work happening in our region.

This is an exciting opportunity to highlight the growing work being done in Atlantic Canada to improve awareness, support, and care for people living with lymphedema.

Karen and Sarah have also been working with Nova Scotia's Department of Health and Wellness for over a year. During this time they have met with Minister Thompson, her Deputy, and other leaders within the department to share information and explore practical ways to improve how lymphedema care is managed within the public health system. We have some exciting projects that will begin to take shape very soon and we can't wait to be able to share them with you!

We need your help!

If you care about improving lymphedema awareness, care, and support in Atlantic Canada, we invite you to become part of this growing community.

Please consider joining LANS by filling out the **LANS 2026 Membership** form. We would appreciate it if you would share this with anyone you think may be interested in joining LANS.

With these upcoming projects and the 2027 conference, we will need many hands to help move this work forward. We are also opening our membership to those living in New Brunswick and Prince Edward Island. We know that people such as Gisele and Rose-Lune have been working to bring greater lymphedema awareness to their provinces, and we want to support those efforts.

With Karen starting the Lymphedema Atlantic group on Facebook, we are hopeful that over the next year we can help bring enough people together so that New Brunswick and Prince Edward Island may eventually develop their own provincial associations. Until then, being a member of LANS will give people in those provinces a place to connect, find support, and access reliable information.

LANS membership also comes with several benefits. Members receive **Pathways Magazine**, published four times a year and mailed directly to your address. New projects and opportunities will be shared through our website and email updates, and members will have the chance to become involved first.

Professional members and businesses will have their information added to the LANS website, with LANS member therapists prioritized within our directory. As of January, the LANS website is also linked in the lymphedema education package provided to patients at risk through the Nova Scotia Health Authority.

We hope you will join us as we continue building a stronger lymphedema community.

Stay elevated!

Karen and Sarah

April 2025 Meeting with Minister Thompson and Deputy Minister MacKenzie

October 2025 ILF International Lymphedema Conference Niagara Falls ON