Program
medi ILF Lunch Symposium

Every step counts – advancing compression knowledge

During the ILF conference
30th October 2026
1 pm – 2 pm

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Beyond the Limbs

Understanding and managing midline (lymph)oedema, a multidisciplinary approach to genital, trunk and breast oedema

Introduction

Midline (lymph)oedema in the genetalia, breast and trunk remains one of the least recognized and least researched manifestation of lymphatic disease. Patients with oedema of the genetalia, breast and thorax often experience delayed diagnosis, limited treatment options and poor access to appropriate compression solutions. Recent advances in imaging, microsurgery, rehabilitation, exercise and innovative compression technologies offer new opportunities to improve patient outcomes.

This lunch symposium brings together international experts to explore the latest evidence and practical approaches for assessment and management of midline lymphoedema (BCRL).

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Friday, 30th October 2026		
13:00 – 13:05	Welcome and Introduction; 'Setting the scene' • Why should we pay more attention to midline lymphoedema? • Current challenges and future directions	A. Bagonza N. Zwarg E. Brouwer
13:05 – 13:15	Breast and truncal (lymph)oedema: an underdiagnosed clinical challenge	S. Thomis
13:15 – 13:30	A compression way to Rome: a clinical approach to self-bandaging in male genital lymphoedema during the treatment phase	E. Kooijstra / C. Rienstra
13:30 – 13:45	Presentation 3 Conservative management and exersize in breast cancer related (lymph)oedema	N. Plate
13:45 – 14:00	Presentation 4 Secondary cancer-related lymphoedema from early diagnosis to personalized treatment	F. Boccardo
14:00	Closing remarks	N. Zwarg

Organisation

medi SE & Co. KG

Duration

60 minutes (including discussion)

Chairs of this session

Arthur Bagonza
Nikolas Zwarg
Els Brouwer

Audience

Physicians, physiotherapists, nurses, occupational therapists, lymphoedema therapists, compression specialists and researchers

Speaker

Arthur Bagonza
Director of the ILF, Uganda

Prof. Dr. Sarah Thomis
Vascular surgeon; UZ Leuven, Belgium

Eline Kooijstra
Oncology and oedema physiotherapist, Expert Center for Lymphovasculair Disease (ECL), Drachten, The Netherlands

Carla Rienstra
Skin and oedema therapist, Expert Center for Lymphovasculair Disease (ECL), Drachten, The Netherlands

Natascha Plate
Oedema and oncology physio therapist and board member of the Dutch Association for Physiotherapists in Lymphology and Oncology, The Netherlands

Prof. Dr. Francesco Boccardo
General and vascular surgeon, University of Genoa, Italy

Nikolas Zwarg
Global Business Development Manager Compression and Global Market Operations, medi, Germany