



Aristotle University of Thessaloniki
Department of Plastic Surgery

THELYMPHIS



2nd

THE LYMPHEDEMA & LIPEDEMA

INTERNATIONAL SYMPOSIUM

Lymphedema Updates:
Treating as a Team



5-6

OCTOBER 2026



Athens, Greece
Amphitheater "Konialidis"

PROGRAM



Precongress Meeting
of HESPRAS 2026



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Welcome message **THELYMPHIS 2026**

Dear Colleagues and Esteemed Guests,

Following the success of our inaugural meeting, it is our great pleasure to invite you to the 2nd THE Lymphedema and Lipedema International Symposium, which will take place in Athens, Greece, on 5–6 October 2026.

This symposium has been conceived as a truly multidisciplinary forum, bringing together clinicians, surgeons, physiotherapists, nurses, and allied health professionals who share a common passion to improving the care of patients living with lymphedema and lipedema. By welcoming experts from a wide range of medical and surgical specialties, we hope to create an environment that encourages open discussion, practical learning, and meaningful collaboration.

We are particularly delighted to welcome colleagues from across Europe, the Balkans, Cyprus, Turkey, the Middle East, Egypt, and beyond. Their participation reflects the growing international interest in lymphatic disorders and further strengthens Greece's role as a regional center for scientific exchange and professional cooperation.

The scientific program will focus on practical, real-world challenges and solutions. Through case-based presentations, interactive panel discussions, live audience participation, participant case submissions, and hands-on workshops, attendees will have the opportunity to exchange experiences and gain knowledge that can be directly applied in daily clinical practice.

Key topics will include modern diagnostic and imaging techniques, conservative treatment strategies, and the latest advances in surgical management for both primary and secondary lymphedema. Dedicated sessions will also address oncologic, congenital, genital, and facial lymphedema, as well as lipedema and the management of complex edema in older adults.



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Welcome message **THELYMPHIS 2026**

More importantly, our aim extends beyond the presentation of scientific data. We hope to strengthen professional networks, encourage multidisciplinary collaboration, and support the development of sustainable partnerships that will ultimately benefit our patients and improve standards of care throughout the region.

Beyond the scientific program, Athens provides an exceptional setting for this gathering. As one of the world's most historic cities, it offers a unique blend of culture, history, gastronomy, and hospitality, creating the perfect backdrop for both professional interaction and lasting friendships.

Thank you for your continued support of education, research, and excellence in lymphedema and lipedema care. We look forward to welcoming you to Athens and sharing what we hope will be an inspiring, educational, and memorable meeting.

Dimitris Dionysiou & Efterpi Demiri

Co-Chairpersons



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PROGRAM

MONDAY 5 OCTOBER 2026

08.00 - 08.30

Registration

08.30 - 08.45

Welcome

08.45 - 08.50

Introduction of the meeting's program
Dimitrios Dionysiou

Diagnostic approach

Moderators: **Nikolaos Papadopoulos, Antonia Skotsimara**

08.50 - 09.05

Lymphedema diagnosis: From clinical examination
to advanced imaging
Efterpi Demiri

09.05 - 09.20

Differential diagnosis between vascular edema and
lymphedema
Ahmed Sawaby

09.20 - 09.35

Can Ultrasound alone guide lymphedema diagnosis
and treatment?
Avra Drougou

09.35 - 09.50

Lymphoscintigraphy: Still the Gold standard?
Theodoros Pipikos

09.50 - 10.05

Preparing for lymphedema treatment:
Do's and Don'ts.
Victoria Wray

10.05 - 10.20

Discussion

10.20 - 10.50

Coffee break

PROGRAM

MONDAY 5 OCTOBER 2026

Lymphedema treatment approach

Moderators: **Efterpi Demiri, Theodoros Pipikos**

10.50 - 11.05	Refractory lymphedema unable to improve. What do I do? Alexandra Ronvaya
11.05 - 11.20	Design an LVA approach: how I do it Giuseppe Visconti
11.20 - 11.35	Choosing the lymph node flap for children: how I do it. Corinne Becker
11.35 - 11.50	When do I combine treatments? Dung Nguyen
11.50 - 12.05	If surgical treatment has limited benefit, what is next? Sinikka Suominen
12.05 - 12.30	Discussion

12.30 - 13.30

Biobridge use in clinical practice *Sponsored session by Fibralign*

Moderators: **Dimitrios Dionysiou, Efterpi Demiri**

Conservative treatment

Alexandra Ronvaya

Secondary lymphedema

Dung Nguyen

Use in primary and secondary lymphedema

Dimitrios Dionysiou

13.30 - 14.30

Group photo – Lunch break



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PROGRAM

MONDAY 5 OCTOBER 2026

14.30 - 15.30

Cases of primary lymphedema

Moderators: **Dimitrios Dionysiou, Sinikka Suominen**

Present: **Evridiki Maria Kissa**

Expert opinion by: **Corinne Becker, Evripidis Triantafyllou, Dung Nguyen, Giuseppe Visconti, Evangelos Dimakakos**

Common problems

Moderators: **Alexandra Ronvaya, Ioanna Bagioneta**

15.30 - 15.45

Soft tissue infections and Recurrent erysipelas – treatment

Evangelos Dimakakos

15.45 - 16.00

Conservative treatment limitations

Evripidis Triantafyllou

16.00 - 16.15

Discussion

16.15 - 17.30

Cases of secondary lymphedema

Moderators: **Corinne Becker, Dung Nguyen**

Present: **Alexandra Lazaridou**

Expert opinion by: **Alexandra Ronvaya, Sinikka Suominen, Ahmed Sawaby, Efterpi Demiri, Aikaterini Chrysikou**



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PROGRAM

TUESDAY 6 OCTOBER 2026

Fluid or fat?

Moderators: **George Kokosis, Ahmed Sawabi**

08.30 - 08.45

Resistant oedema after saphenectomy
Cristos Klonaris, Antonia Skotsimara

08.45 - 09.00

Procedures in vascular surgery.
How to avoid lymphedema and lymphoceles
Ahmed Sawabi

09.00 - 09.15

Conservative lymphedema treatment:
When should I call a Doctor?
Ioanna Bagioneta

09.15 - 09.30

Lipedema: Is conservative treatment enough?
Aikaterini Chrysikou

09.30 - 09.45

Lipedema: When is surgery the right answer?
Dimitrios Dionysiou

09.45 - 10.15

Discussion

10.15 - 10.45

Coffee break

10.45 - 12.30

Cases of Lower limb oedema, lipedema and
lymphedema

Moderators: **Efterpi Demiri, Giuseppe Visconti**

Present: **Alexandra Lazaridou**

Expert opinion by: **Dung Nguyen, Giuseppe
Visconti, Cristos Klonaris, George Kokosis,
Alexandra Ronvaya**



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PROGRAM

TUESDAY 6 OCTOBER 2026

12.30 - 13.00

Free papers

Avra Drougou, Ioanna Bagioneta, Theodoros Garoufalias

1. Complete Decongestive Therapy in Bilateral Lower-quadrant Lymphedema with Lipedema, Cardiac and Venous Insufficiency: A Case Report

Dimitrios Oikonomou

2. What does success mean to patients in lymphedema treatment?

Evridiki Maria Kissa

3. Complete decongestive therapy after sarcoma from the efferent fibers of the peripheral neurons of the right gluteal muscle

Vasiliki Kalivioti

4. Surgical management of lymphedema at a specialized center in Taiwan: experience and lessons learned from the management of complex cases

Konstantinos S. Papadopoulos

5. Post-Operative Recovery After Lipedema Liposuction

Vasileios Siakavaras

6. Lymphatic tissue microbiome and lymphedema severity – a prospective study

Alexandra Lazaridou

13.00 - 13.30

The Rolling Stones Challenge: "Fast hands - perfect wrap"

Judges: **Evripidis Triantafyllou, Efstathios Zakynthinos, Alexandra Ronvaya**
"Fighters"

13.30 - 14.30

Lunch break

PROGRAM

TUESDAY 6 OCTOBER 2026

Managing the failure

Moderator: **Dung Nguyen, Ahmed Sawaby**

14.30 - 14.45

LVA failure - cases
Giuseppe Visconti

14.45 - 15.00

Which lymphedema patients should we not
operate on.
George Kokosis

15.00 - 15.15

Physiotherapy failure
Evrpidis Triantafyllou

15.15 - 15.30

Can the right technique and timing prevent failure?
Corinne Becker

15.30 - 15.45

Discussion

15.45 - 17.00

**Cases of children, obesity edemas, lipedema,
facial edema**

Moderators: **Dimitrios Dionysiou, Efterpi Demiri**

Present: **Evridiki Maria Kissa**

Expert opinion by: **Corinne Becker, Dung Nguyen,
Evrpidis Triantafyllou, Victoria Wray, Ahmed
Sawaby**

17.00 - 17.15

Closing remarks
Dimitrios Dionysiou, Efterpi Demiri



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Bagioneta Ioanna

Physiotherapist, Lymphedema & Compression Therapy Specialist,
ERGON Physio Center, Patras, Greece

Becker Corinne

MD, Plastic Surgeon, Microsurgery & Lymphedema Surgery Specialist,
Paris, France

Chrysikou Aikaterini

PT, MSc, Certified Lymphedema Therapist, Certified Cosmetic Surgery
Specialist, Board Member of Thessaloniki Department of the Greek
Physiotherapy Association

Demiri Efterpi

Professor of Plastic Surgery, School of Medicine, University of
Thessaloniki, Head of Department of Plastic Surgery,
"PAPAGEORGIOU" General Hospital, Thessaloniki, Greece

Dimakakos Evaggelos

Outgoing President, International Society of Lymphology (ISL). Head,
Vascular Unit & UEMS Training Center of Angiology, 3rd Department of
Internal Medicine, National and Kapodistrian University of Athens,
"Sotiria" General Hospital; Director, Center for the Prevention, Diagnosis
and Treatment of Lymphedema and Lymphatic Diseases in Adults and
Children, Metropolitan Hospital & Metropolitan General. Vice President,
European Society of Lymphology. Incoming President, Greek Society of
Lymphology, Athens, Greece

Dionysiou Dimitrios

Professor of Plastic Surgery, Department of Plastic Surgery, School of
Medicine, Aristotle University of Thessaloniki / "PAPAGEORGIOU"
General Hospital, Greece

Drougou Avra

Plastic Surgeon, Scientific Associate, Department of Plastic Surgery,
School of Medicine, Aristotle University of Thessaloniki / "Papageorgiou"
General Hospital, Greece



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Garoufalias Theodoros

MD, Plastic Surgeon, Department of Plastic Surgery, School of Medicine, Aristotle University of Thessaloniki, "PAPAGEORGIOU" General Hospital, Thessaloniki, Greece.

Kissa Evridiki Maria

Resident in Plastic Surgery, Department of Plastic Surgery, Aristotle University of Thessaloniki, Greece

Klonaris Christos

Professor of Vascular Surgery, School of Medicine, National and Kapodistrian University of Athens, 2nd Department of Vascular Surgery, "Laiko" General Hospital, Athens, Greece

Kokosis George

MD, FACS, Associate Professor of Plastic and Reconstructive Surgery, Director of Surgical AI and Innovation, Department of Surgery, Rush University Medical Center

Lazaridou Alexandra

Resident in Plastic Surgery, Department of Plastic Surgery, Aristotle University of Thessaloniki, Greece

Nguyen Dung

MD, PharmD, FACS, Clinical Professor of Surgery – Plastic & Reconstructive Surgery, Director of Microsurgery, Stanford University School of Medicine, Stanford, CA, USA

Papadopoulos Nikolaos

MD, Dr. med., Associate Professor of Plastic Surgery, School of Medicine, National and Kapodistrian University of Athens; Director, Maxillofacial Surgery Clinic, "Attikon" University General Hospital, Athens, Greece

Pipikos Theodoros

Nuclear Medicine Physician, Director, Department of Nuclear Medicine & PET/CT, HYGEIA Hospital, Athens, Greece



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Rovnaya Alexandra

MD, Lymphologist, Rehabilitologist, Saint Petersburg State Medical University, Russia

Sawaby Ahmed

MD, PhD, Lecturer of Vascular Surgery, Faculty of Medicine, Port Said University, Chair, Egypt Chapter, Lymphatic Education & Research Network (LE&RN), Egypt

Skotsimara Antonia

MD, Vascular Surgery Resident, 2nd Department of Vascular Surgery, School of Medicine, National and Kapodistrian University of Athens, "Laiko" General Hospital, Athens, Greece

Suominen Sinikka

MD, PhD, Adjunct Professor and Vice-Director, Department of Plastic and Reconstructive Surgery, Helsinki University Hospital, Helsinki, Finland

Triantafyllou Evripidis

PT, MSc, MLD/CDT Certified Instructor, Co-Founder, Oe.D.E.M.A. Academy, Coordinator, OEE-APLESO, Co-Chair, Greece Chapter, Lymphatic Education & Research Network (LE&RN), Greece

Visconti Giuseppe

MD, PhD, Plastic and Reconstructive Surgeon, Department of Plastic Surgery, Fondazione Policlinico Universitario Agostino Gemelli IRCCS, Università Cattolica del Sacro Cuore, Rome, Italy

Wray Victoria (Vita)

RN, MS, AOCNS-BC, Advanced Oncology Certified Clinical Nurse Specialist, USA

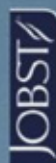
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ΣΤΟ ΛΕΜΦΟΙΔΗΜΑ, ΤΟ
ΛΙΠΟΙΔΗΜΑ ΚΑΙ ΚΑΘΕ
ΜΟΡΦΗ ΟΙΔΗΜΑΤΟΣ



Όλα τα υλικά και αναλώσιμα περίδεσης & διαχείρισης οιδημάτων. Συνεργασίες και αποκλειστικές διανομές στα μεγαλύτερα brands παγκοσμίως. Ενδεικτικά προμηθεύουμε την ελληνική αγορά με προϊόντα από τις Juzo, Thuasne, Jobst Essity, Lohmann & Rauscher, Haddenham, BSN Medical κλπ.



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Για καθημερινή χρήση με ειδικό σχεδιασμό για να ανακουφίζουν από την ενόχληση και να υποστηρίζουν τη λεμφική παροχέτευση.

Στηθόδεσμοι LymphFlow SB

Παρέχουν ήπια συμπίεση στην περιοχή του θώρακα, ιδανικοί για γυναίκες με ήπιο έως μέτριο λεμφοίδημα.



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GENERAL INFORMATION

DATES

5–6 October 2026

VENUE

Amphitheater "Konialidis"
Fleming 20
Marousi 151 23
Athens, Greece
Tel.: +30 210 685 4156

OFFICIAL LANGUAGE

The official language of the Symposium is English.

REGISTRATION DESK

The Registration Desk will operate at the Amphitheater "Konialidis" throughout the Symposium.

OPENING HOURS

Monday, 5 October 2026: 08:00–18:00

Tuesday, 6 October 2026: 08:00–until the conclusion of the Scientific Programme

Participants are kindly requested to collect their name badge from the Registration Desk upon arrival.



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ON-SITE REGISTRATION FEES

Registration Category	On-site Fee
Specialists	200€
Residents	80€
Physiotherapists	150€
Nurses	80€
Other Health Professionals	80€

Residents and Nurses are required to provide appropriate documentation confirming their status.

NAME BADGE

All registered participants will receive a personal name badge upon arrival.

Participants are kindly requested to wear their badge at all times during the Symposium. The badge is required for admission to the scientific sessions, Commercial Exhibition and social events.

DIGITAL CONGRESS PROGRAMME

The Scientific Programme will be available exclusively in digital format. A QR code providing direct access to the Programme will be printed on each participant's name badge. No printed copies will be distributed.



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ACCREDITATION / ECMECs

The 2nd Lymphedema & Lipedema International Symposium has been accredited by the Panhellenic Medical Association (PHMA) with **14.9 European Continuing Medical Education Credits (ECMECs)**.

Participants are required to comply with the applicable attendance requirements in order to receive the corresponding ECMECs.

COMMERCIAL EXHIBITION

A Commercial Exhibition will operate throughout the Symposium, where participating companies will present products, technologies and services related to lymphedema and lipedema.

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Aristotle University of Thessaloniki

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