

Land's End to London Bike Ride March 2008

Over the last 3 years I have been cycling for various charities. A great way to stay fit and help other people at the same time.

It all started when two guys from the Royal Mail came in with an idea to help raise funds for Harlington Hospice. Ideas were tossed around at a meeting and the cycling idea was born. First 2 years to Paris and the third from Lands End back to London. In the 3rd year we were given the opportunity to choose a charity to support. I chose the Lymfund for a number of reasons: it's a worthwhile charity, it needs support, its funds needed a boost and I have been well supported by MLDuk and its members over the years. It is my way of saying thank you.

Training for over a year, meeting every other weekend to find the right terrain with lots of hills and cycling an average of 40 miles. During the week I would cycle a couple of times which was another 40 miles, so I've clocked up 3,000 before even endeavouring to do the Land's End ride.

I am so happy I do not have to get on the bike unless I need to.

When the time came to do the ride I was raring to go. We drove down to Penzance in the support van on Thursday 27th March, got ourselves set-up for the ride to start proper on 28th.

Day 1 Land's End

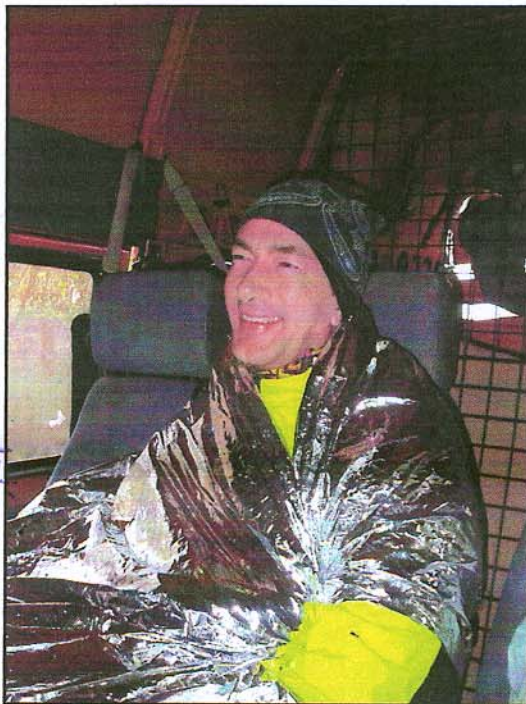
Friday. Set off in cold high winds and the occasional shower. After 5 miles I was spectacularly blown off my bike by a strong gust of wind, going down hill, scraping shoulder, knee and banging my head (helmet was firmly held in place) my leggings and coat were torn.

Lily, a co-rider who was cycling behind, hit my rear wheel, and she went over her handle bars. Stunned, we got her out of the road, administered first aid

and sent her off to hospital. So busy looking after Lily I forgot that I should have gone too!!!. Later that day Lily was discharged from hospital with minor cuts and a big bruise. In the mean time the rest of the team carried on cycling. (Great start to the day. NOT)

Day 2- The most horrendous day

Again high winds cold and lashing rain which lasted all day. Going over Dartmoor-very exposed and dangerous. Blown off the bike a second time. Cold and exhausted we took refuge in a pub with log fire, hot chocolate and cake to build up lost energy reserves. (This was the day 17 young adults were air-lifted off the moors to safety.)



Adrian - warming up

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New Device on the Block

It is called a Hivamat 200 and this is device delivers a patented therapy called Deep Oscillation. Manufactured by a German company Physiomed Elektromedizin, this therapy has been around for 20 years but was only brought into UK in March 2007. Physiotherapists, osteopaths, lymphatic drainage therapists and Equine therapists etc are already using it with great success. Mary Fickling of Physiopod UK Ltd (the sole UK distributor), introduced this product to me. She is based in Nottingham and works with her sister Julie, who is a Sports and Holistic Therapist. She has been using the device for 6 years, treating many sports injuries.

I was very interested but apprehensive. It promised to accelerate wound healing, and help treat ulceration, fibrosis, swelling; everything that we try to combat in our everyday MLD treatments. I decided to make the journey to Nottingham and meet these 2 ladies. I must admit it was an immediate mutual friendship from the moment I was picked up from the train station. I cannot remember how the next 3 hours passed. They showed me the 10 minute video of the device and thereafter it was a hands on experience.

The beauty of the device is as an MLD therapist I am using all the massage skills that I been taught. The only difference is I am applying the method with a pair of vinyl gloves. To be honest I liked the gentle vibrating sensation passing through my hands. It was very soothing and relaxing. I had a chance to receive the treatment from Julie; it was divine. I could have stayed on that couch for several hours... unfortunately, I had to catch a train back to London.

Mary and Julie were very kind to let me have the device for a trial. I borrowed the device for 2 weeks. I wanted to prove the promised results in my clinic, with my clients.

I treated the following conditions successfully with immediate results:

- Fibrosis after a skin graft of the face
- Swollen axillary and inguinal lymph nodes
- Breast fibrosis
- Secondary leg lymphoedema with very hard fibrosis
- Fibrosis, tissue protein build-up after radiotherapy
- Sinusitis and headache
- Post plastic surgery swelling of the face
- Puffy eyes

The results were amazing. In half an hour I achieved the same results as I do in a 1-hour MLD session. All my patients enjoyed the light vibrating sensation and the speedy results. The last 2 weeks that I used the Hivamat nobody made any negative comment. I tried it on my regulars, hoping that they would be the best to judge. All found it very pleasant, soothing, relaxing and more enjoyable. They even encouraged me to buy the product.

How does Hivamat work?

It delivers gentle electrostatic pulses to a depth of 8cm. The gentle pulses divide the negative and positively charged matter in the tissue, then compresses and pumps it into the lymph system. Therefore, it clears the tissue of acid and protein build up, cytokines and waste products.

My personal judgment about this portable device is that it is a must for every MLD therapist just as Ultra Sound is for a physiotherapist. The beauty of the product is, it is very safe, very well researched and there is a support of a group of scientists who are always keeping up with their new research.

Sossi Yerissian