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Texas lymphedema and lymphatic disease advocates to gather October 15 in Plano
5K Walk to Fight Lymphedema & Lymphatic Diseases expected to draw hundreds

Plano, TX – October 2016 – The Lymphatic Education & Research Network (LE&RN) and LE&RN's Texas State Chapter will host a [Walk to Fight Lymphedema & Lymphatic Diseases](#) in Plano, Texas, on Saturday, October 15. The third annual Walk will take place at John Paul II High School, 900 Coit Road, Plano. Check-in and registration begins at 8am and the program kicks off at 9.

Last year's Walk drew hundreds of participants and this year's event is expected to pull in an even-larger crowd of people who support lymphedema and lymphatic disease education, research, and advocacy. Lymphedema and lymphatic diseases remain widely unknown, despite affecting up to 10 million Americans — more than AIDS, Parkinson's disease, multiple sclerosis, muscular dystrophy, and ALS combined.

"Not knowing if you will suffer a life threatening illness or be around – and active enough – to see your children grow old and play with your grandchildren is part of life with lymphedema," said organizer Angelica Flores. "This Walk helps to provide the funding to ensure that scientists have the tools needed to progress in the field of lymphatics, and hopefully one day find a cure."

This year's speakers include Missouri Chapter Chair Amy Greene and "Lymphie Strong" blogger Vern Poncio Seneriz. The keynote speaker is Dr. Alexander Nguyen of the Integrative Lymphedema Institute, Dallas. The Walk will feature a silent auction of items including a signed Tony Romo jersey, gift certificates, baskets, and more. A light lunch has generously been provided by Kroger (Gold-level sponsor). To form a team and to register, or to donate to an existing team, just visit LymphWalk.org.

The Walk is sponsored by BSN medical (Premier Presenting Sponsor), Tactile (Presenting Sponsor), BioCompression Systems, ImpediMed/L-Dex, Juzo, Eiger BioPharmaceuticals, Mikimoto, Medi, Kroger, LymphaPress, Women's Health Boutique, and Kashi.

About LE&RN

Founded in 1998, the Lymphatic Education & Research Network (formerly LRF) is a 501(c)(3) not-for-profit organization whose mission is to fight lymphatic disease and lymphedema through education, research and advocacy. LE&RN provides valuable education resources for the millions of people who suffer from lymphedema and lymphatic disease. LE&RN fosters and supports research that can deepen the medical community's understanding of the lymphatic system. For more information about lymphatic disease or the Lymphatic Education & Research Network, please visit www.LymphaticNetwork.org or call (516) 625-9675.

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