

Webinar: Obesity Today



Key Insights, Treatment Strategies, and Consequences for Lymphatic Health

Date: Wednesday 19 August online via Teams

Time: 7:30 – 8:30 PM AEST (Melbourne)

Registration: \$25

WEBINAR OVERVIEW

Obesity is increasingly recognised as a significant contributor to lymphatic dysfunction and a major factor influencing lymphoedema risk, presentation, and outcomes—particularly in lower-limb disease. For clinicians, this creates complex challenges that require ongoing engagement with emerging evidence, thoughtful clinical reasoning, and meaningful collaboration across disciplines.

Dr Alex Craven will provide an evidence-based overview of obesity and its relationship to lymphatic health, supporting clinicians to engage more deeply with both the science and its clinical implications. The session will explore the mechanisms by which obesity affects lymphatic function, review contemporary treatment strategies—including behavioural, medical, surgical, and multidisciplinary approaches—and examine how these approaches may influence lymphoedema management and patient outcomes. With a focus on practical relevance rather than prescriptive protocols, this webinar aims to strengthen clinician engagement in informed assessment, shared decision-making, and coordinated care for people living with obesity and lymphoedema.

WHAT YOU'LL LEARN

Participants will gain practical strategies to:

- Summarise key mechanisms by which obesity impacts lymphatic structure and function.
- Identify clinical considerations when assessing lymphoedema in individuals with obesity.
- Describe how different obesity treatment approaches may influence lymphoedema management and outcomes.
- Support shared decision-making through informed discussion of realistic goals, risks, and expectations.
- Recognise when multidisciplinary referral may enhance patient care. Integrate lived experience, psychosocial, and neuroscience perspectives from the first appointment

GUEST PRESENTER



Dr Alex Craven

Dr Alex Craven is a Consultant General Surgeon specialising in obesity, upper gastrointestinal, and bariatric surgery. He works across Advanced Surgical, Darebin Weight Loss Surgery, and Austin Health, where he also serves as Medical Lead within the Project Support Unit. Trained at the University of Queensland and through the Royal Australasian College of Surgeons, he is committed to evidence-based, multidisciplinary obesity care and reducing stigma in obesity treatment.

THANKS TO OUR EVENT SPONSOR



Lymphoedema Education Solutions is grateful to Medi for supporting this learning opportunity.



REGISTER

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REGISTRATION INCLUDES

- Live webinar access
- Opportunity to submit questions
- Access to the webinar recording (available from 21 August)

