

Curriculum Vitae

LESLYN KEITH, OTD, OTR/L, CLT-LANA

10497 N. Dale Ave.
Oak View, CA 93022
(805) 748-6519

Education

BA Recreation Administration 1986

Therapeutic Recreation

California Polytechnic State University, San Luis Obispo CA

Master of Science 1998

Occupational Therapy with emphasis on aquatic rehabilitation

San Jose State University, San Jose CA

Clinical Doctorate 2015

Occupational Therapy with emphasis on lymphedema and obesity

University of Utah, Salt Lake City, UT

Experience

Partner

Lipedema Simplified, LLC October 2019 to Present

Online education, support and resources for health care professionals and/or women suffering from lipedema.

Instructor

Klose Training and Consulting, LLC September 2011 to Present

Instruct therapists, physicians and nurses in all aspects of lymphedema treatment and management in 7-day intensive courses offered throughout the United States and Canada.

Owner

Leslyn Keith, OT September 2015 to January 2020

Lymphedema and weight management consultation and compression garment/DME retail.

Owner

Central Coast Lymphedema Therapy June 2006 to August 2015

Occupational Therapy Private Practice

Specializing in the treatment of lymphedema and other chronic edemas in out-patient, home health and hospice setting. Other services included: mastectomy product and compression garment fitting and mentoring for pre-occupational therapy students interested in lymphedema therapy.

Owner/Partner

Able Therapy Services

June 2003 to June 2006

Occupational Therapy Private Practice

Specializing in the treatment of lymphedema and other chronic edemas in out-patient and home health settings. Other services included: mastectomy products, monthly support group meetings, and compression garments.

Rehabilitation Supervisor

Easter Seals Tri-Counties, CA

January 1999 to June 2003

Provided therapy for pediatric, adult, and geriatric clients in home-, school-, and center-based land and water program. Experience in developmental, neurological, and orthopedic disorders. Began new program for the management of lymphedema at Ventura Center, September 1999, and San Luis Obispo Center, April 2001. Supervised rehabilitation programs for children and adults.

Certifications/Specialized Training

2000 MLD/CDT Certification - Klose Norton Training & Consulting

2001 Lymphology Association of North America Certification

2001 Kinesiotaping

2002 Myofascial Release

2007 Physical Agent Modality Certification

2007 Assistive Technology Practitioner Certification

2010 Mastectomy Fitter Certification

Member

Lymphology Association of North America

National Lymphedema Network

Obesity Medicine Association

Society of Metabolic Health Practitioners

Nutrition Network

Board of Directors

January 2020 to present

The Lipedema Project, Inc., Board President

2005 to 2012

Enhancement, Inc., Board President

2005 to 2006

Tri-San Chapter of OTAC

Volunteer Activities

October 2007 to January 2020 *Central Coast SurviveOars Dragonboat Team, Head Coach*

Presentations

NLN 6th International Conference

Reno, NV October 20-24, 2004

Patient Clinic Panel

NLN 1st International Patient Summit

Reno, NV August 20-21, 2005

Patient Clinic Panel

Lymphedema Education Conference
Shell Beach, CA November 4-6, 2005
Lymphedema Treatment and Self-Care

Western Regional Networking and Educational Seminar for Lymphedema Therapists
Irvine, CA February 1-3, 2008
Case Study Presentation

American Occupational Therapy Association Conference and Expo
Long Beach, CA April 10-13, 2008
Presentation: *Lymphedema: A Specialty Niche for Occupational Therapy Private Practice*

San Luis Obispo Podiatric Medical Association Meeting
Arroyo Grande, CA May 8, 2008
Lymphedema In-service - *How can complete decongestive therapy help patients with lower extremity edema and wounds?*

Networking and Educational Seminar for Lymphedema Therapists
Scottsdale, AZ February 6-8, 2009
Case Study Presentation
Networking Moderator: Obesity and Lymphedema

Networking and Educational Seminar for Lymphedema Therapists
Baltimore, MD September 25-27, 2009
Case Study Presentation
Networking Moderator: Obesity and Lymphedema

Networking and Educational Seminar for Lymphedema Therapists
Fresno, CA March 5-7, 2010
Case Study Presentation
Networking Moderator: Obesity and Lymphedema

Networking and Educational Seminar for Lymphedema Therapists
Scottsdale, AZ May 20-22, 2011
Case Study Presentation
Networking Moderator: Obesity and Lymphedema

Networking & Educational Seminar for Lymphedema Therapists
Portland, OR September 26-28, 2014
Presentation: *Lymphedema and Obesity: Breaking the Cycle*

Klose Lymphedema Conference
Denver, CO April 9-11, 2015
Presentation: *Lymphedema and Obesity: Breaking the Cycle*

National Institute of Health Symposium
The Third Circulation: Lymphatics as Regulators of Health and Disease
Rockville, MD September 28-29, 2015
Poster Presentation of Research

Networking & Educational Seminar for Lymphedema Therapists
Tucson, AZ Nov. 7-9, 2015

Presentation - *Lymphedema and Obesity: Breaking the Cycle*

Networking & Educational Seminar for Lymphedema Therapists
Charlotte, NC March 4-6, 2016

Presentation - *Lymphedema and Obesity: Breaking the Cycle*

Occupational Therapy Association of California Spring Symposium
San Diego, CA March 19-20, 2016

Presentation - *Lifestyle Redesign^(R)-inspired Program for Obesity*

Networking & Educational Seminar for Lymphedema Therapists
St. Louis, MO June 3-5, 2016

Presentation - *Lymphedema and Obesity: Breaking the Cycle*

Networking & Educational Seminar for Lymphedema Therapists
Baltimore, MD October 7-9, 2016

Presentation - *Lymphedema and Obesity: Breaking the Cycle*

Networking & Educational Seminar for Lymphedema Therapists
Palm Springs, CA November 4-6, 2016

Presentation - *Lymphedema and Obesity: Breaking the Cycle*

Networking & Educational Seminar for Lymphedema Therapists
Seattle, WA February 17-19, 2017

Presentation - *Obesity and Lymphedema: Nutrition Ideas to Break the Cycle*

Lipedema & Keto Worldwide Summit, Co-Host
Online recording of interviews April 19-26, 2017

<http://summit2017.lipedemaproject.org/>

Fat Disorders Research Society Conference
Salt Lake City, UT April 28-30, 2017

Presentation - *Ketogenic Way of Eating*

Lymphatic Education & Research Network (LE&RN) Symposium Series
Online presentation June 26, 2017

Recording: <http://lymphaticnetwork.org/symposium-series>

Presentation - *Diet and Lifestyle for Lymphatic Disorders: Implementing a Ketogenic Diet*

Obesity Medicine Association Conference

Overcoming Obesity 2017 San Antonio, TX September 15-17, 2017

Poster presentation of Research - *Lifestyle Modification Group for Lymphedema and Obesity Results in Significant Health Outcomes*

The Lymphedema Symposium at BIDMC/Harvard Medical School
Boston, MA November 3-4, 2017

Presentation - *Lifestyle Modification Group for Lymphedema and Obesity Results in Significant Health Outcomes*

Allan Hancock Community College
Health and Wellness Guest Speaker
Santa Maria, CA April 19, 2018

Presentation – *A Well-Formulated Ketogenic Diet: Or How to Eat Your Way to Health and Enjoy Doing it!*

European Congress of Lymphology
Prague, Czech Republic September 21-22, 2018

Presentation - *Ketogenic Way of Eating for Health and Weight Management: Implications for Lymphedema*

Occupational Therapy Association of California Annual Conference and Expo
Pasadena, CA October 25-28, 2018

Presentation - *Lifestyle Redesign®-inspired Program for Obesity*

Allan Hancock Community College
Health and Wellness Guest Speaker
Santa Maria, CA November 26, 2018

Presentation - *A Well-Formulated Ketogenic Diet: Healthy Eating*

Metabolic Health Summit

Long Beach, CA January 31-February 3, 2019

Poster Presentations - *Ketogenic Way of Eating for Health and Weight Management: Implications for Lymphedema; Case Study of Ketogenic Diet in a Patient with Lipedema and Famine Response Hypothyroidism*

Keto Con Austin 2019

Austin, TX June 28-30, 2019

Presentation - *Keto for Lymphatic Disorders: Fat Fuels Lymphatics*

National Lymphedema Network Conference

Boston, MA October 26-28, 2019

Presentation - *Ketogenic Way of Eating and Lymphatic Disorders: Improving Health Through Nutrition*

Lymphedema Association of Saskatchewan Lipedema Support Group

Regina, Saskatchewan January 24, 2020

Presentation – *Ketogenic Way of Eating for Lipedema*

Lymphedema Awareness, Advances, and Advocacy: A World Lymphedema Day Event
Portsmouth, New Hampshire March 6, 2020

Presentation – *Ketogenic Way of Eating for Health and Weight Management: Implications for Lymphatic and Fat Disorders*

National Lymphedema Network Webinar
Online Event July 10, 2020
Presentation – *Lipolymphedema Intervention*

American Vein & Lymphatic Society Annual Congress
Virtual Conference October 17, 2020
Presentation – *Ketogenic Way of Eating and Lymphatic Disorders*

National Lymphedema Network Conference
Virtual Event October 23-27, 2020
Presentations – *Self-management of Lipolymphedema; Eat, Sleep, Think, Live Better: Sustaining Lifestyle Change*

Lymphatic Education & Research Network Webinar
Online Symposia November 5, 2020
Panel Presentation - *Foundational Concepts in Lipedema with Promising Trends in Diagnosis, Wellness, and Care Using a Multidisciplinary Approach*

Ketogenic Solution for Lymphatic/Fat Disorders Symposium
Virtual Event November 7&8, 2020
Host of Event, Moderator of Q&A Panels
Presentations - *Keto Revolution in Lymphatic & Fat Disorders; Lipedema: Mother of our Species*

SMNF IV Symposium - Functional Medicine and Nutrition, Rome, Italy
Virtual Event November 14, 2020
Presentation - *Lymphedema/Lipedema and Nutritional Correlations*

World Nutrition Summit, Johannesburg, South Africa
Virtual Event March 4-6, 2021
Presentation - *Ketogenic Solution for Lymphatic & Fat Disorders*

Lymphedema Association of Manitoba World Lymphedema Day Event
Virtual Event March 6, 2021
Presentation – *Healthy Lifestyle for Lymphatic & Fat Disorders*

Italian Functional Medicine & Nutrition Master Class
Self-paced Learning March-May 2021
4-hour module on diagnosis, care and treatment of lymphatic/fat disorders
Presentation - *Introduction to the Lymphatic System & Lymphatic Disorders*

Lymphatic Education & Research Network, Massachusetts Chapter
Monthly meeting April 3, 2021
Presentation - *Lymphatic Wellness Through Nutrition*

Ketogenic Solution for Lipedema & Lymphedema Mini-Symposium

Virtual Event April 17, 2021

MC and Moderator of event

Lymphatic Forum 2021

Virtual Event May 31-June 5, 2021

Poster Presentation - *Lifestyle Modification Group for Lymphedema and Obesity Results in Significant Outcomes*

Innovative Solutions for Lipedema and Lymphedema Symposium

Virtual Event October 22, 23 & 24, 2021

Host of Event, Moderator of Q&A Panels

Presentation: *Innovations in Treatment: Building Upon Prior Knowledge*

SMNF IV Symposium - Functional Medicine and Nutrition, Rome, Italy

Virtual Event November 19-20, 2021

Presentation - *The Lymphatic Code: Understanding the Role of the Lymphatic System in Health and Wellness*

2021 National Lymphedema Conference (hosted by Canadian Lymphedema Framework)

Virtual Event December 3 & 4, 2021

Oral Presentation (with Kelly Bell): *Deep Central Lymphatic Dysfunction*

Poster Presentation (with Gabriele Faerber): *Is Lipedema Resistant to All Diets? The Impact of a Protein-optimized Ketogenic Diet on Women with Lipedema*

Networking & Educational Seminar for Lymphedema Therapists

Virtual Event December 4, 2021

Presentation - *Innovations in Diagnosis and Treatment of Deep Thoracic Lymphatic Dysfunction*

Papers/Articles

Seo, C & Keith L. (December 2016). Lipedema & lymphedema: Is there a food plan that can make a difference? *Lymfeposten*, the magazine for The Norwegian Association of Lymphedema and Lipedema.

Seo, C & Keith L. (March 2017). Ketogenic way of eating for health and weight management: Implications for lymphedema and lipedema. *Lymfeposten*, the magazine for The Norwegian Association of Lymphedema and Lipedema.

Seo, C & Keith L. (October 2017). Ketogenic way of eating: Challenges, successes, and support for Change. *Lymfeposten*, the magazine for The Norwegian Association of Lymphedema and Lipedema.

Keith, L & Seo, C. (2017). Lipoedema and Keto: A new beginning. *Lymfologica*, 24, October 2017.

Keith L, Rowsemitt C, Richards LG. (2017). Lifestyle Modification group for lymphedema and obesity results in significant health outcomes. *American Journal of Lifestyle Medicine*, 14(4), First Published Online 21 November 2017. <https://doi.org/10.1177/1559827617742108>

Keith, L., Seo, C. A., Rowsemitt, C., Pfeffer, M., Wahi, M., Staggs, M., ... Carmody, M. (2021). Ketogenic Diet as a Potential Intervention for Lipedema. *Medical Hypotheses*, 146. doi:10.1016/j.mehy.2020.110435

Gold, B., Keith, L., Sparks, R., Seo, C. Letter to Editor re: Series of articles by T. Bertsch and G. Erbacher culminating in Lipoedema – myths and facts, Part 5*: European Best Practice of Lipoedema – Summary of the European Lipoedema Forum Consensus published online 2020-01-31. *Phlebologie*, 2021; 50(01): e12-e13 doi: 10.1055/a-1250-3407

Keith L, Carmody M, Seo C, Pfeffer M. Lipoedema: A paradigm shift and consensus. Has a consensus been achieved? *J Wound Care*. 2021 Mar 2;30(3):248-250. doi: 10.12968/jowc.2021.30.3.248. PMID: 33729836.

Books

Keith L. (2021). *The Lymphatic Code: Using a ketogenic lifestyle to enjoy a robust lymphatic system that promotes overall health and wellness*. Gutsy Badger Publishing, Cheyenne, WY.

Keith L. (2019). *The Ketogenic Solution for Lymphatic Disorders*. Gutsy Badger Publishing, York, SC

Keith, L. (2019). *Lymphatic Lifestyle Solutions: A Weight Management Program for Individuals with Lymphedema* (Leader and Client Manuals). Gutsy Badger Publishing, York, SC.

Pfeffer, M., Staggs, M. Seo, C., Sparks, R., Gold, B., Rowsemitt, C., Keith, L. (2019). *From Our Coaches' Kitchens: Ketolicious for Lipedema Holiday Cookbook*. Lipedema Simplified Publications, Boston, MA.

Research

Currently involved in developing a protocol for a qualitative analysis of secondary data from two educational programs presented through Lipedema Simplified. The aims of this research are to understand the lived experience of women with lipedema.