

Curriculum Vitae

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

785 Quintana Rd. #186
Morro Bay, CA 93442
(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

Owner

Leslyn Keith, OT September 2015 to present

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

Instructor

Klose Training and Consulting, LLC September 2011 to Present

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

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

2003-05 Wound Care Seminars/Conferences

2007 Physical Agent Modality Certification

2007 Assistive Technology Practitioner Certification

2010 Mastectomy Fitter Certification

Sponsor

2003 to Present *National Lymphedema Network*

Member

Occupational Therapy Association of California

American Occupational Therapy Association

Lymphology Association of North America

International Society of Lymphology

Obesity Medicine Association

Board of Directors

2005 to 2012 *Enhancement, Inc.*

2005 to 2006 *Tri-San Chapter of OTAC*

Volunteer Activities

2007 to Present *Central Coast SurviveOars Dragonboat Team, Volunteer 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
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
Lymphedema and Obesity: Breaking the Cycle

Klose Lymphedema Conference
Denver, CO April 9-11, 2015
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

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*. First Published November 21, 2017. <https://doi.org/10.1177/1559827617742108>

Research

Currently involved in developing a protocol for a one-arm unblinded 24-week clinical trial of implementing a ketogenic way of eating as a dietary intervention in lipedema patients to evaluate whether or not it improves both clinical outcomes as well as QoL in this population.