

## **LAM joins social media spaces**

Social media has become an integral part of how people communicate and instantly talk about or analyze anything within seconds. Over the past year, we have joined social spaces and are excited to have the opportunity to expand our scope. Ultimately, our goal is to give lymphedema audiences a voice and the interactive knowledge and supported connection to know that they are not alone on this journey.

[www.lymphmanitoba.ca](http://www.lymphmanitoba.ca) became part of the web and the site has seen changes and growth since 2012. We bring up-to-date related content with an evolving resource page linking to local organizations, health care professionals, and international networks. We will continue to contribute to the site and post recent community involvement, upcoming events, as well as informative news releases and related articles for those impacted with primary or secondary lymphedema.

The benefit of using social media is that there are many platforms to share experiences, inform and educate about lymphedema. Follow us on twitter (<https://twitter.com/LymphedemaMB>) and we will provide a mix of real-time researched collective interests, bloggers and personal stories. We will listen and twitter-eavesdrop on conversations to ensure our level of awareness is partnered while building this online community to share invaluable information.

As part of the LAM's growth and connectivity in other parts of the world, we've added a Facebook page where we will support as a community hub for those affected with or at risk of lymphedema. Based on your likes and favourites, stay connected and we will be a great source for information (<https://www.facebook.com/LymphedemaManitoba>). Our social media pages are just the latest in a number of initiatives that we are working towards to keep the industry informed.

We've launched our social media profiles and now all we're missing is you!

**Submitted by Sherry Normandeau**

