



Dear Doctor, Thank you for taking the time to learn more about lipoedema.

Characteristics of Lipoedema are:

- Legs are enlarged bilaterally and symmetrically (arms can also be affected)
- Positive family history due to suspected genetic pre-disposition
- Change is noticed in the limbs when significant hormonal events occur such as puberty, pregnancy, menopause
- Diet and exercise have no effect on lipoedema fat
- Waist is small in proportion to the thighs, buttocks and legs
- Feet/hands are exempt and a “bracelet” effect can appear just above the ankles/wrists.
- Legs/arms can be painful to touch.
- Bruise easily
- Fat is soft to touch & wobbly and the skin can be cold to touch with cellulite appearance.

The main aim of treatment is to avoid lymphatic dysfunction and permanent disability. Treatments include:

- Conservative treatments to be continued for life: anti-inflammatory diet, MLD Therapy, Compression stockings, LX9/Biocompression pump.
- Yoga, swimming or pilates (avoid impact based exercise)
- Water assisted liposuction is a disability limiting procedure to remove fat and prevent progression of the disease.
- A metabolic health specialist to review any underlying metabolic health issues.

Please do not hesitate to contact me if you would like further information. Great resources for information are <https://praxhub.com/education/a-gps-guide-to-lipoedema-and-how-to-differentiate-from-lymphoedema/> or www.lipoedemaaustralia.com.au and www.fatdisorders.org.

Kind Regards,

Dr Naveen Somia