

What is *Lipoedema?*

Lipoedema is a chronic disease that affects loose connective tissue, such as fat cells and the surrounding tissues.

It leads to a disproportionate accumulation of fatty tissue in affected areas of the body, most commonly the upper arms, buttocks, thighs, and lower legs.

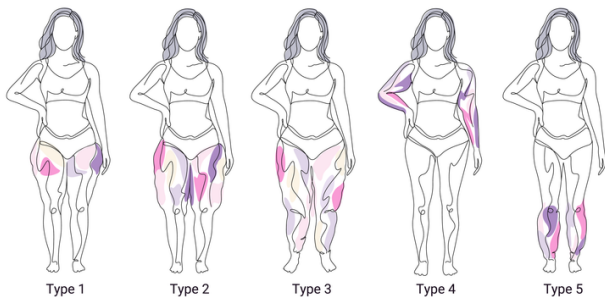
Less commonly it can also appear in the abdomen and other areas. It typically spares the hands and feet and can progress over time when left untreated or poorly managed.

Lipoedema mostly affects women and tends to worsen during times of hormonal change, such as puberty, pregnancy and menopause.

Stages & Types

Lipoedema may progress through stages. Types can be identified due to the distribution of the lipoedema fatty tissue.

Types of lipoedema







Lipoedema
can look like this...



Lipoedema
affects
approx.
11% of
women

**For more
information
and support...**

-  lipoedema.org.au
-  info@lipoedema.org.au
-  facebook.com/LipoedemaAustralia
-  instagram.com/lipoedemaaustralia



Lipoedema
Australia 



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Information for
those living with
LIPOEDEMA

Symptoms of lipoedema

You may have some or all of the following symptoms:

- Excess fat in both legs (sometimes the arms) disproportionate to the rest of the body
- The waist may be small in proportion to thighs, buttocks and legs
- Distinct cuff at ankle or wrist
- Affected areas are sensitive to touch and may feel cold
- Affected areas bruise easily with minimal trauma
- Lipoedema symptoms can become worse in hot weather
- Sensation of heaviness, swelling, aching or discomfort in affected areas
- Difficulty losing weight from affected areas despite exercise, modified diet or bariatric surgery
- Skin can have a cellulite like appearance
- Fat pads around knees
- Joint hypermobility
- Pain during or after exercise or standing for periods
- Spider veins, varicose veins or other skin colour changes
- Dizziness upon standing or when standing for long periods
- Compromised mobility
- Abnormal nerve sensations
- Lymphoedema may be present
- Texture of fatty tissue feels different
- Pain on blood pressure check
- Relatives with similar body shape or fat distribution



Diagnosis

A registered allied health professional or doctor experienced in the assessment of lipoedema can confirm a diagnosis with a detailed history and physical examination.

Management

There are many ways to help manage your lipoedema symptoms:

Movement and exercise

Including pool activities, rebounding, vibration plate, cycling, walking and Pilates



Nutrition

Anti-inflammatory eating plan including RAD, low-carb healthy fat, Keto, and Mediterranean

Compression garments

Support, improve circulation, reduce fluid and fibrosis, minimise pain and reduce discomfort

Decongestive therapies

Including Manual Lymphatic Drainage, pneumatic compression, rebounding and vibration plates

Psychological support

Talk with a trusted friend, health professional, and join the Lipoedema Australia Facebook group

Skin care



Keeping skin moisturised reduces risk of inflammation and skin breaks

Sleep & stress management

Good quality sleep and relaxation techniques are important for your overall health

Although diet and exercise cannot eliminate diseased lipoedema fatty tissue, following a healthy and active lifestyle, minimising lifestyle weight gain and prioritising self-care are important for overall health and to minimise lipoedema progression.



Lipoedema Australia is the national representative body for lipoedema.

We are committed to directing and supporting research and medical recognition of lipoedema, developing a comprehensive treatment/management plan and ultimately finding a cure. We are also dedicated to improving the lives of individuals affected by lipoedema.