

No matter what I do... my leg shape stays the same

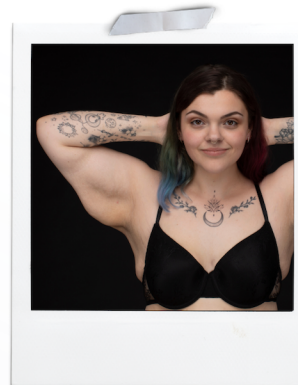
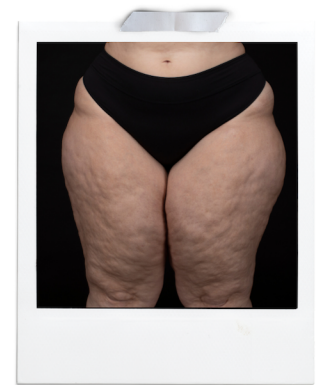
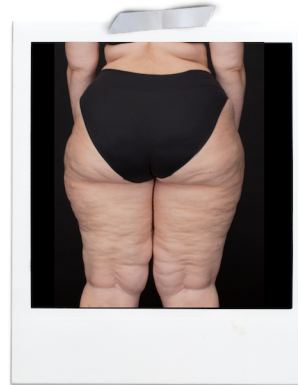
Lipoedema may be found in women of all shapes and sizes.

Lipoedema

is a painful hereditary disorder, typically leading to a pattern of adipose tissue (fat) accumulation from the hips to the ankles, arms & often other parts of the body.

Sadly, most Australian women have advanced symptoms by the time they are diagnosed and many have suffered through bariatric surgeries, endless diets, plummeting self-esteem, depression, eating disorders and joint damage.

Unlike obesity, diet and exercise have little impact on the lipoedema tissue.



Symptoms of lipoedema:

Some or all of these symptoms might mean that you have lipoedema.

- Legs tender to touch
- Legs bruise easily
- Hard to lose weight from legs
- Large legs, small waist and fat pads below the knees and elbows
- Skin cold to touch on legs and/or buttocks
- Skin on legs has a cellulite appearance or it feels unusual under the skin, like rice, peas or walnuts



For more information and support
www.lipoedema.org.au

