my lipedema BOOK

Your personal Lipedema
E-book & Journal

EST 2002

lipoelastic®

MEDICAL PRODUCTS

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Chapter 1

What is Lipedema

Stages

Treatment

Introduction

The idea of this E-book is to create one space to hold all the information, a reference point. This book will include nutrition tips, journal pages, fitness advice, personal stories, and more.

You have the chance to write your own thoughts in the journal , keep track of your nutrition and even participate in a 30-day fitness challenge.

Let's spread awareness and make lipedema a global priority.

You are a LIPEDEMA HERO!

Don't forget to share!

When you this icon, fill out the page and share the screenshot on your social media tagging @lipoelastic_usa.

We will discuss what lipedema is and how you can identify it. Advice from doctors and symptoms to look out for and treatment options to help ease lipedema.

Lipedema is not just fat – It's a disease

- Lipedema is a chronic fat distribution disorder. It mostly occurs on the legs and arms. The hands and feet are not affected.
- The disease almost exclusively affects women. However, the cause has not yet been fully researched. The cause can be hereditary or occur after hormonal changes such as puberty, pregnancy and menopause.
- Diets and exercise have no influence on the development of the disease, nor can they stop it.
- Unfortunately, those affected are not always taken seriously by their own friends and family or by the doctors who treat them.
- However, early treatment is important to delay or stop the progression of lipedema. This can have an enormous impact on the quality of life of lipedema patients.

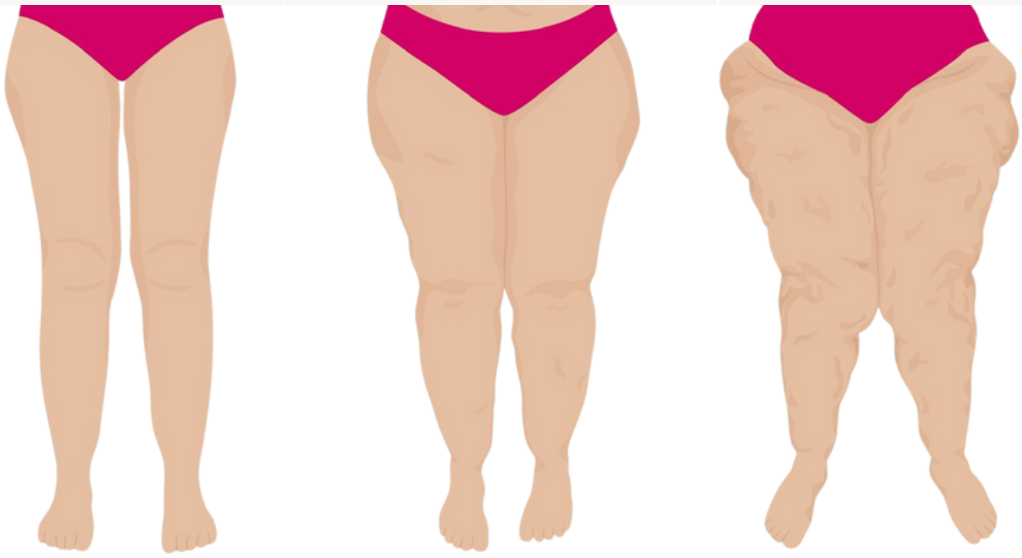
Don't forget to share!

HOW DID YOU FIND OUT ABOUT THIS DISEASE OR YOUR DIAGNOSIS?

THE 3 STAGES OF LIPEDEMA

Lipedema can look very different - both the parts of the body affected and the severity vary. The disease can be divided into three different stages.

Stage 1	Stage 2	Stage 3
Predominantly smooth skin Slightly dimpled skin Bigger thighs	Increased fat accumulation Dents and bulges in the skin Pain	Severely hardened fat Deep dents in the skin Hanging flaps of fat



HOW DOES LIPEDEMA FEEL FOR YOU?

Don't forget to share

Do I have lipedema?

There are a few signs and symptoms that point to the disease. You can do a self-test with our Lipedema checklist. The more boxes you can tick, the more likely it is that you have Lipedema.

*This checklist is for guidance only and does not replace a medical diagnosis. If you suspect Lipedema, you should always consult a doctor.

CHECKLIST

PUT A TICK ON YOUR SYMPTOMS

- [ ] No weight loss despite diet and exercise
- [ ] The upper body is slimmer than the lower body
- [ ] Tendency to bruise
- [ ] Painful and restless legs
- [ ] Swelling legs during the day
- [ ] Feeling of heaviness in the legs
- [ ] Pain when touching the limbs
- [ ] Hands and feet are not affected by swelling
- [ ] Female relatives have similar symptoms
- [ ] Painful legs at night

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TREATMENT

There are different approaches to treating lipedema. We present the most common treatment options:

Conservative therapy

The following measures are mainly aimed at counteracting the water retention and stimulating the lymph flow again. This should reduce the swelling in the arms and legs and give patients back some of their freedom of movement.

Manual lymph drainage (MLD)

This treatment is used to decongest the stored water in the tissues. Affected areas of the body are massaged to stimulate lymphatic drainage. This method can reduce the size of the affected areas and reduce painful symptoms.

Compression therapy

The basis of treatment is the daily wearing of compression garments. Compression garments create increased pressure on the tissues to relieve pain and reduce oedema. Compression garments are available in different designs for the affected areas of the body.

Liposuction

Conservative treatments usually only provide short-term relief of symptoms. In a surgical procedure, the abnormal fat cells are suctioned out from under the skin. However, even after surgery, the wearing of compression garments is recommended for a lasting result.

Chapter 2

Nutrition

Fitness

Personal stories

This chapter will give advice on anti-inflammatory diet, activities that help with the lymphatic system and what you can do in your day-to-day life.

Nutrition

Nutrition is an essential part of the treatment and plays a key factor in how and when your body experiences oedema (swelling).

Some food can worsen inflammation, for example, sugar or processed food.
An anti-inflammatory diet favours foods that are rich in antioxidants and is based on fresh fruits and vegetables.

Types of anti-inflammatory diet

The Mediterranean diet, with its focus on plant-based foods and healthful oils, can reduce the effects of inflammation on the cardiovascular system

Foods to eat

- tomatoes
- olive oil
- green leafy vegetables
- nuts
- fatty fish
- fruits

Foods to avoid

- refined carbohydrates
- french fries, fried chicken
- red meat
- margarine
- sugar-sweetened beverages
- alcohol

Checklist for anti-inflammatory diet

- [ ] Tomatoes
- [ ] Apples
- [ ] Tofu
- [ ] Brown rice
- [ ] Oats
- [ ] Salmon
- [ ]
- [ ]
- [ ]
- [ ]

Don't forget to share!

COMPLETE THE CHECKLIST WITH YOUR OWN SUGGESTIONS, SCREENSHOOT AND TAG @LIPOELASTIC_USA

Workout

Daily movement and exercise is good for everyone, it keeps your joints moving and studies have shown it improves your mental health.

01 Aerobic Exercise

When it comes to lipedema, aerobic exercises such as swimming, walking, and cycling are recommended because they increase lymphatic drainage and improve blood flow through the affected limbs. High impact exercising (i.e. jogging, step-aerobics) or contact sports are better avoided as they may aggravate joint pain and lead to bruising.

02 Swimming

Exercising in water is especially beneficial. It supports painful joints and the pressure of deep water on the legs helps improve lymphatic and venous function. Walking in chest-high water (in a safe place) is especially good because it provides graduated, painless compression to the legs. Swimming strokes can help improve muscle tone and encourage deep breathing. The breaststroke is one of the better strokes because it applies a deep stretch to all limbs and is not too strenuous.

03 Lymphatic Yoga

Diaphragmatic breathing, which is an important part of yoga, moves the lymph fluid from the legs and arms toward the heart. Lymphatic Yoga can be an effective lipedema management tool.

INVERSION POSTURES

By inverting the body, you will help reverse the effects of gravity. Some examples of these poses include the plow pose (Halasana), shoulder stand (Sarvangasana), and the headstand (Sirsasana).

30 *day* CHALLENGE

1	2	3	4	5
5.000 steps	5.000 steps	5.000 steps	5.000 steps	RELAX
6	7	8	9	10
6.000 steps	6.000 steps	6.000 steps	6.000 steps	RELAX
11	12	13	14	15
7.000 steps	7.000 steps	7.000 steps	7.000 steps	RELAX
16	17	18	19	20
8.000 steps	8.000 steps	8.000 steps	8.000 steps	RELAX
21	22	23	24	25
9.000 steps	9.000 steps	9.000 steps	9.000 steps	RELAX
26	27	28	29	30
10.000 steps	10.000 steps	10.000 steps	10.000 steps	RELAX

Start by trying to get 5,000 steps a day for a week, and add 1,000 steps per day each week until you're doing 10,000.

DON'T FORGET TO TAKE ONE DAY TO RELAX AND SHARE YOUR PROGRESS WITH US!!

Don't forget to share!

Xanthia

MY STORY

"Growing up in Australia, the beauty standards were very strict, if you were skinny you were deemed beautiful. I was a fairly skinny child up until the age of 12, **my thighs started continuously growing to the point where people would point out my body and how "abnormal" it looked**. I started getting bruises and pain in my legs and thought it was normal for everyone to feel. My body shape & size was never represented in the media so I was brought up to think that my body was just "weird".

In 2019 I had lost 50kg and posted my story online, grabbing the attention of millions, I gained over 250K followers on TikTok within 1 year. I started receiving comments about my body and how people were questioning whether I had lipedema.

I'll be honest, having people tell you that you may have a chronic condition is quite confronting. I decided in June 2021 that I will finally go in for my diagnosis. Turns out I had stage 2 early stage 3 lipedema.

I wish I would have gone in sooner so I knew all the steps to take in order to maintain it, but I was scared.

After my diagnosis I needed about a month to let it sink in before I shared it with all my friends and family. I also had multiple tests done after my diagnosis in order to make sure I didn't have any other problems that are related to lipedema. It was extremely confronting and I was an emotion wreck at that stage.

At the same time, I think it was also a bit of closure having my diagnosis. Now I know it's not my fault that I struggle to lose weight and now I have all the tools to be able to manage my condition properly. Some things I do in order to maintain my lipedema are, Manual Lymphatic Massages, Staying active, Eating an anti-inflammatory diet & wearing compression tights during the day.

If I could give any advice to others, it would be, take it one step at a time. You don't have to jump into all of the lipedema conservative techniques at once. Just start small and build it up, because it's a huge lifestyle change and can be hard to dive into."

Cara

MY STORY

"In 2008 I finally got an official diagnosis of lower leg Lymphedema and started wearing custom flat knee-high compression. At first, I hated them. I felt too young to be stuck having to wear them. **It took a while but I realized it wasn't something to be embarrassed about as they were just a tool to me living life.** I started to show them in the outfits I wore and openly talked about them. They made my legs feel better and stopped the progression which is all that matters."

"In 2019 it was suggested to me to look into **compression leggings for my lipedema both post-op healing and then everyday life.** I was slightly sceptical as wrapping treatments never helped my lipedema but looked into it more. I was pleasantly surprised at how instantly the leggings felt great on. They were a lighter class than my lymphedema compression so I didn't feel squished."

I just felt held together nicely. Like it was just pushing all the painful nodules together so they weren't free to jiggle around with each move I made. **I quickly noticed a decrease in my day-to-day pain and tenderness. Compression can be a great non-surgical tool in your fight to take back control of either of these conditions.** It helps the fluid move up and out and can slow progression."

Share your story

Don't forget to share!

Chapter 3

Compression garments

Tips

How to measure

Wearing compression is an important part of lipedema treatment, it has many benefits including reducing pain and discomfort. This chapter will tell you the benefits of compression and how to measure for your perfect garment.

COMPRESSION *therapy*

A LIPEDEMA HERO wears compression. It is the most important part of the treatment of lipedema and is also required after liposuction. But what are the advantages of compression?

COMPRESSION HELPS TO:

- Reduce pain and discomfort
- Support the tissue
- Improve mobility
- Improve blood circulation

THE ADVANTAGES OF COMPRESSION AFTER LIPOSUCTION:

- Speeds up the healing process
- Shapes the operated body
- Reduces pain, swelling and bruising
- Protects against deformations and dents

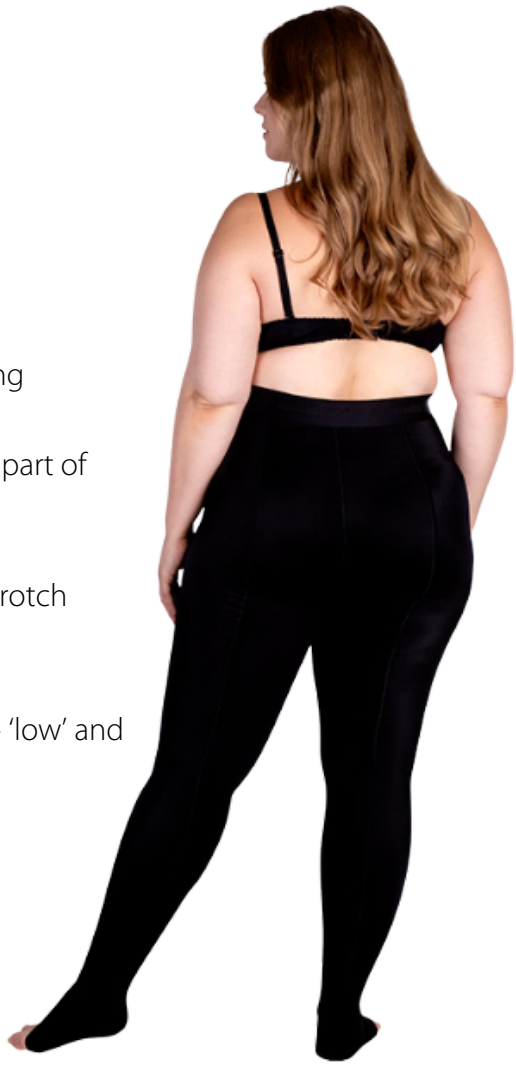
ANY QUESTIONS?
Contact us by email or phone if you have any questions about the proper care of your compression.

Compression garments

Compression is the key. Whether compression is used as a therapeutic approach to lipedema or worn after liposuction. At LIPOELASTIC you will find various products to accompany you on your journey.

Here are our favourites! You can find all the featured products (and many more) at www.lipoelasticshop.com. Here you can browse for the perfect compression or search specifically by product name. LIPOELASTIC products have medical-grade compression class 2 and are handmade with certified materials.

- Gradual compression
- Variable adjustment of compression with fastening
- Leg finishes on the upper part of the foot
- Hygienic opening in the crotch for easy use of bathroom
- Available in two designs – 'low' and 'high'
- Compression class 2



VBfLg Variant

TBfLg leggings

Compression garments

MTf smooth Comfort
Compression vest with special thumb loop

ACTIVE leggings
Compression leggings for everyday

LIPOELASTIC gel
Silicone gel for scar treatment

TBfLg variant
Graduated compression covering the instep

DISCOVER OVER 100 PRODUCTS
At LIPOELASTIC you will find compression underwear in a wide variety of styles. Take a look at www.lipoelasticshop.com

How to:

Care & measure

WHAT DO YOU NEED TO KEEP IN MIND WHEN CARING FOR COMPRESSION GARMENTS?

2x Buy at least two garments to change into. This guarantees continuous compression during washing

Use a mild detergent and a washing net

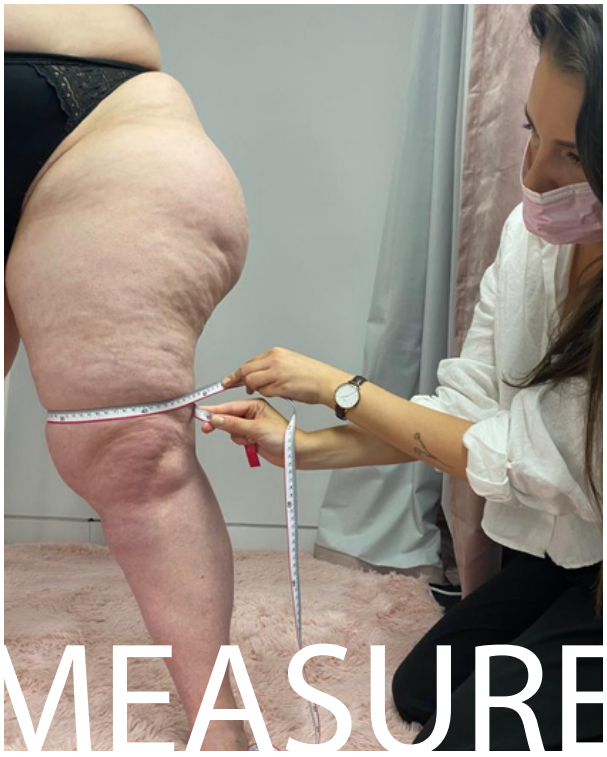
Do not iron

Do not use fabric softener or aggressive detergents

Do not dry in the dryer or on the heater

30 Wash at a maximum of 30 degrees on the gentle cycle

HOW TO MEASURE FOR OUR GARMENTS



- Remove all clothing
- Do not measure sitting down
- Bring the tape measure up and around the area you want to measure
- Write this measurement down
- Repeat steps 2-3 for all areas you require measurments
- Made to measure option for patients that do not fit within the sizing chart, or are in-between sizes

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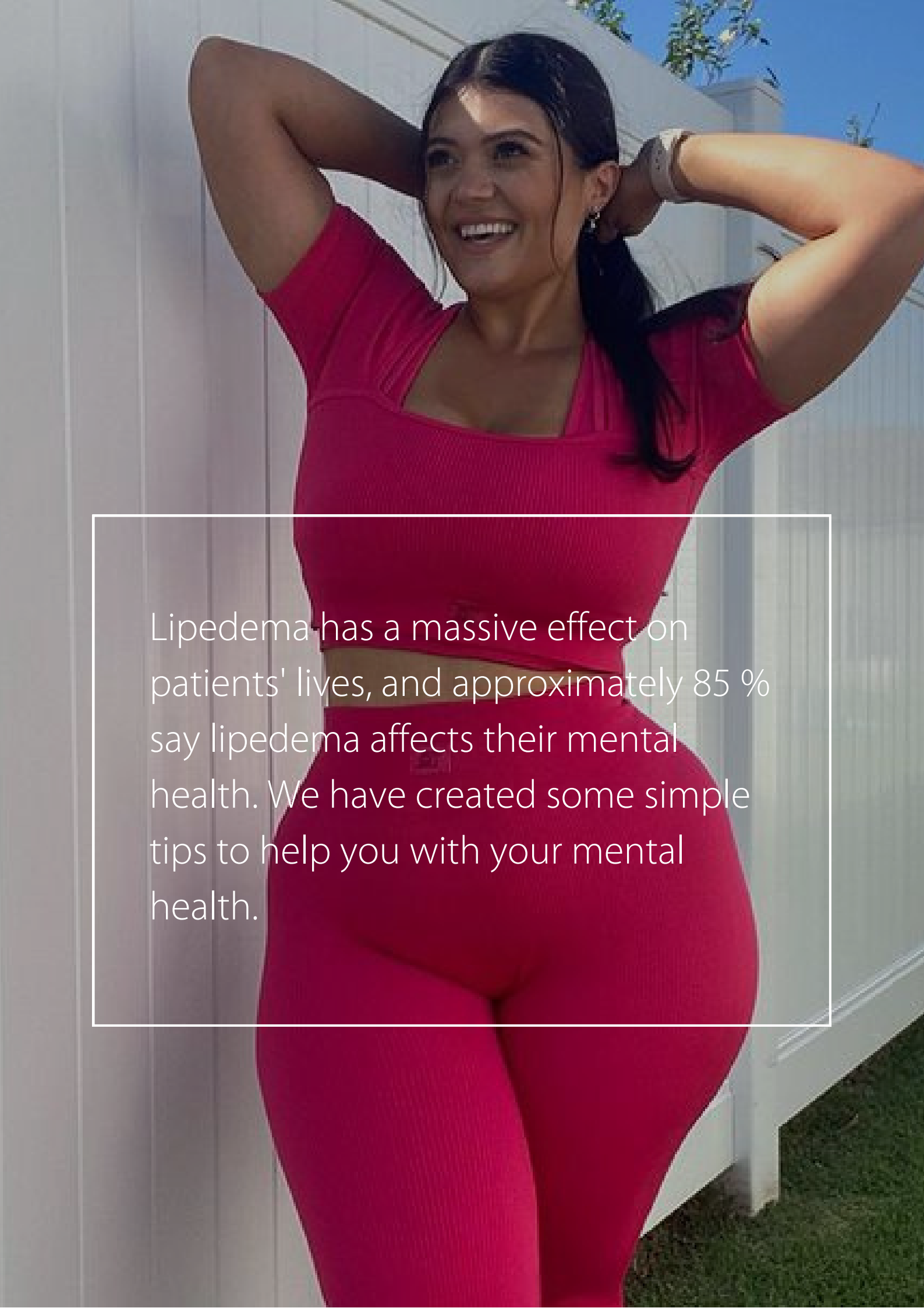
Chapter 4

Mental health

Your thoughts

Thank you



Lipedema has a massive effect on patients' lives, and approximately 85 % say lipedema affects their mental health. We have created some simple tips to help you with your mental health.

tips To Manage Your Mental Health

Exchange with other affected people:
You are not alone with this disease! Exchange tips, recommendations and personal experiences with other lipedema patients. We recommend forums, Facebook groups and Instagram profiles that talk about lipedema. Together you are strong and can support each other.

Meditation:
Escape from everyday life and negative thoughts with meditation. Special breathing exercises have a calming effect

Journaling:
Get all your thoughts and worries off your chest. What makes you happy? What challenges are you overcoming? You can write about any topic. P.S. Our e-book has some pages where you can write down your thoughts. Use them!

Movement:
It has been proven that sport can actively support mental health. But you don't have to become a sports professional. Find something you like to do and try to integrate it regularly into your everyday life. How about swimming, hula hoop(ing) or a long walks through the forest?

Self-love:
You are great the way you are! Don't compare yourself with others and learn to love yourself. Your body, your personality, your attitude. You are unique and you should appreciate that.

YOU are most important:
Lipedema belongs to you, but not everything should be about the disease. Listen to your needs. Do things that bring you joy and treat yourself to something that is good for you. It's good not to think about the lipedema therapy, the diet or your challenges.

The power of positive thoughts

Affirmations are positive statements that can help you to challenge and overcome negative thoughts. When you repeat them often, and believe in them, you can start to make positive changes.

Write down 5 positive statements. Say them out loud every day!

Tip: Write your statements on small pieces of paper and place them around your home. This way you won't lose sight of them.

My Affirmation

I'M A LIPEDEMA HERO

1 _____

2 _____

3 _____

4 _____

5 _____

There are always days when it's difficult to fight lipedema. But you are a #lipodemafighter and you also master these days. Write down 5 things that help you when you feel bad. Take a screenshot and tag us on Instagram. We'll share your tips with other lipedema sufferers.

My Tips

ON HOW TO BATTLE A BAD DAY

1 _____

2 _____

3 _____

4 _____

5 _____

Don't forget to share!

Your thoughts

Writing helps to sort out your thoughts and feelings. It also provides relief. What is your lipedema story? How did you feel when you were diagnosed? How do you deal with it today?

Don't forget to share!

Sharing is caring

Your stage

☐ stage 1 ☐ stage 2 ☐ stage 3

When were you diagnosed?

What is your motivation?

Describe lipedema in 3 words

What is the is biggest challenge in your day to day routine?

How did lipedema change your life?

What have you learnt from other lipedema fighters?

Don't forget to share!

Thank you

Spread the awareness

www.lipoelasticshop.com

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