



my lipedema

BOOK

Your personal Lipedema
E-book & Journal

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A woman with dark, curly hair is sitting on a couch, reading a book. She is wearing a white cardigan over a dark top. The room is dimly lit, with light coming from the left, creating a soft glow on her face and the book. The background is a plain, light-colored wall.

Chapter 1

What is Lipedema

Stages

Treatment



Introduction

The concept behind this E-book was to consolidate all the information into a single, comprehensive resource, a go-to reference point just for you. It includes nutrition tips, journal pages, fitness advice, personal anecdotes and much more.

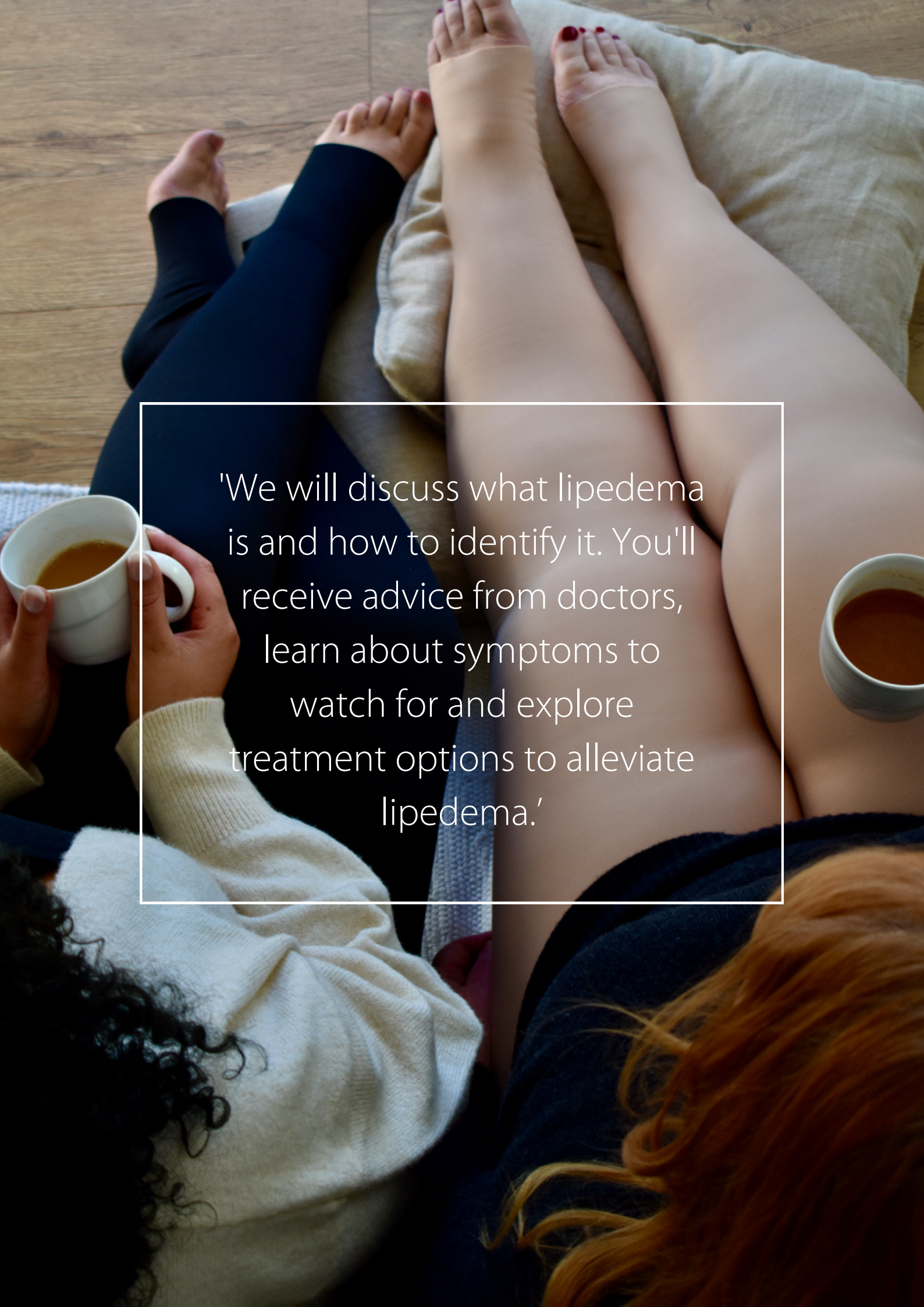
You can write your thoughts in the journal, keep track of your nutrition and even participate in a 30-day fitness challenge.

Let's spread awareness and make lipedema a global priority. You are a LIPEDEMA HERO!



Don't forget
to share!

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



'We will discuss what lipedema is and how to identify it. You'll receive advice from doctors, learn about symptoms to watch for and explore treatment options to alleviate lipedema.'

What is Lipedema?

Lipedema is not just fat – It's a disease

- Lipedema is a chronic fat distribution disorder. It mainly 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 do not influence the disease's development, nor can they stop it. However, you can relieve some symptoms by choosing a healthy lifestyle.
- Unfortunately, those affected are not always taken seriously by their friends and family or the doctors who treat them.
- 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.

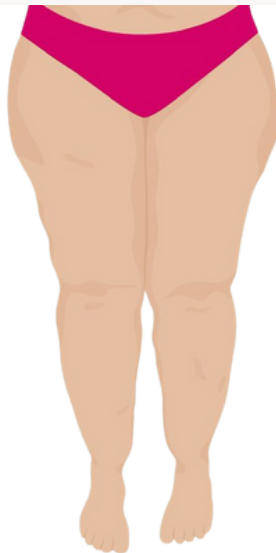
Stage 1

Predominantly smooth skin
Slightly dimpled skin
Bigger thighs



Stage 2

Increased fat accumulation
Dents and bulges in the skin
Pain



Stage 3

Severely hardened fat
Deep dents in the skin
Hanging flaps of fat



HOW DOES LIPEDEMA FEEL FOR YOU?

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 tick, the more likely 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



Don't forget to share!

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 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 affected areas' size and 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, wearing compression garments is recommended for a lasting result.




Chapter 2

Nutrition

Fitness

Personal stories



This chapter will give you advice for an 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 is key to 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 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 deep water pressure 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 is an important part of yoga, it 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), the shoulder stand (Sarvangasana), and the headstand (Sirsasana).

30


CHALLENGE

day

1 5,000 steps	2 5,000 steps	3 5,000 steps	4 5,000 steps	5 RELAX
6 6,000 steps	7 6,000 steps	8 6,000 steps	9 6,000 steps	10 RELAX
11 7,000 steps	12 7,000 steps	13 7,000 steps	14 7,000 steps	15 RELAX
16 8,000 steps	17 8,000 steps	18 8,000 steps	19 8,000 steps	20 RELAX
21 9,000 steps	22 9,000 steps	23 9,000 steps	24 9,000 steps	25 RELAX
26 10,000 steps	27 10,000 steps	28 10,000 steps	29 10,000 steps	30 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 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 you may have a chronic condition is quite confronting. I decided in June 2021 that I will finally go in for my diagnosis. It 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 to ensure I didn't have any other problems related to lipedema. It was extremely confronting, and I was an emotional 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 I have all the tools 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 to take it one step at a time. You don't have to jump into all lipedema conservative techniques simultaneously. Start small and build it up because it's a huge lifestyle change and can be hard to dive into."

Cara



MY STORY

A woman with long, wavy red hair is standing in a forest, holding a purple smartphone up to take a selfie. She is wearing a dark, sleeveless top. The background is filled with green and yellow foliage, suggesting an autumn setting. The ground is covered with fallen leaves and grass.

"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 everyday life.** I was slightly sceptical as wrapping treatments never helped my lipedema, but I looked into it more. I was pleasantly surprised at how instantly the leggings felt great. 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!

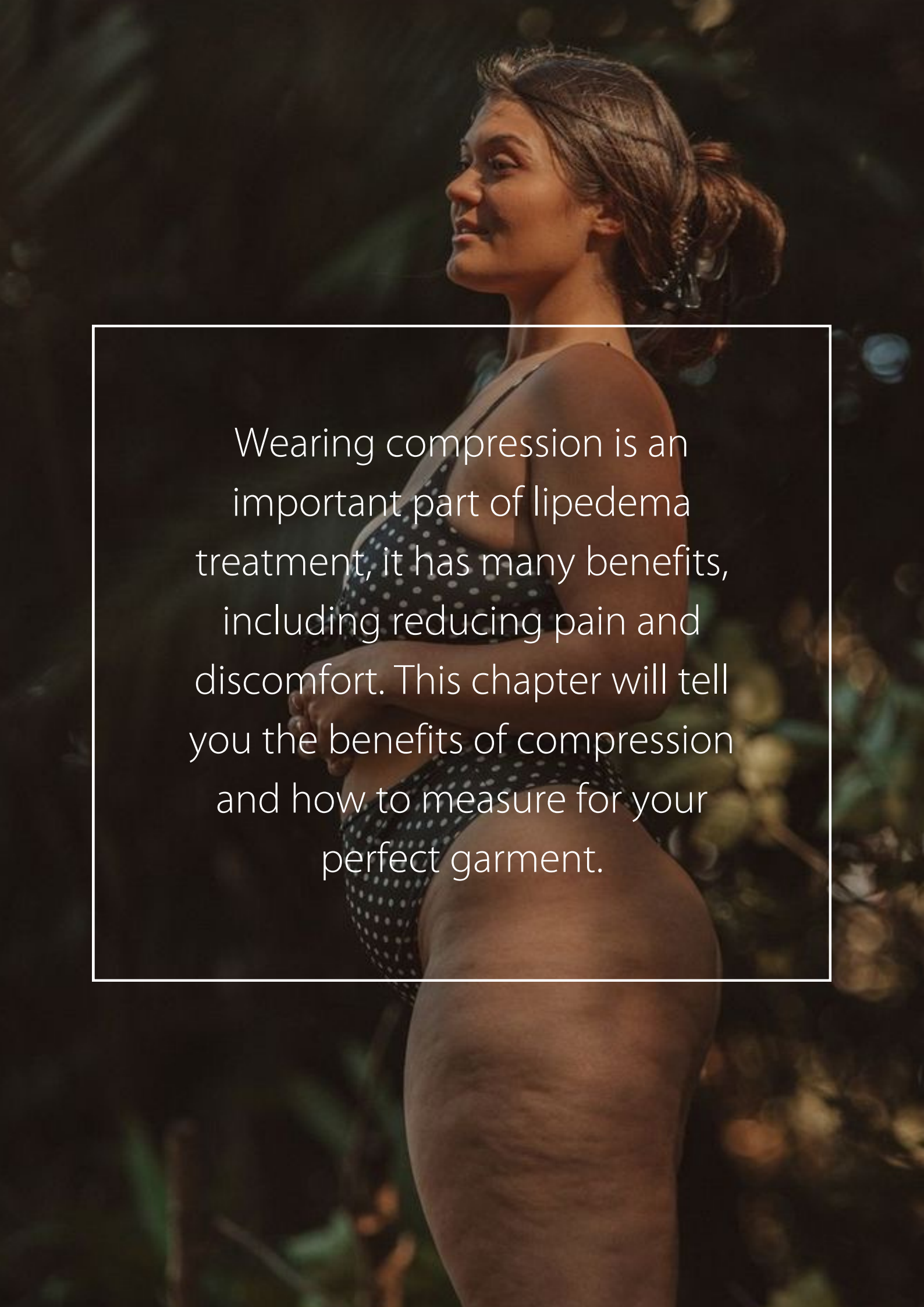
Chapter 3

Compression garments

Tips

How to measure



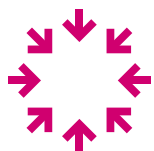
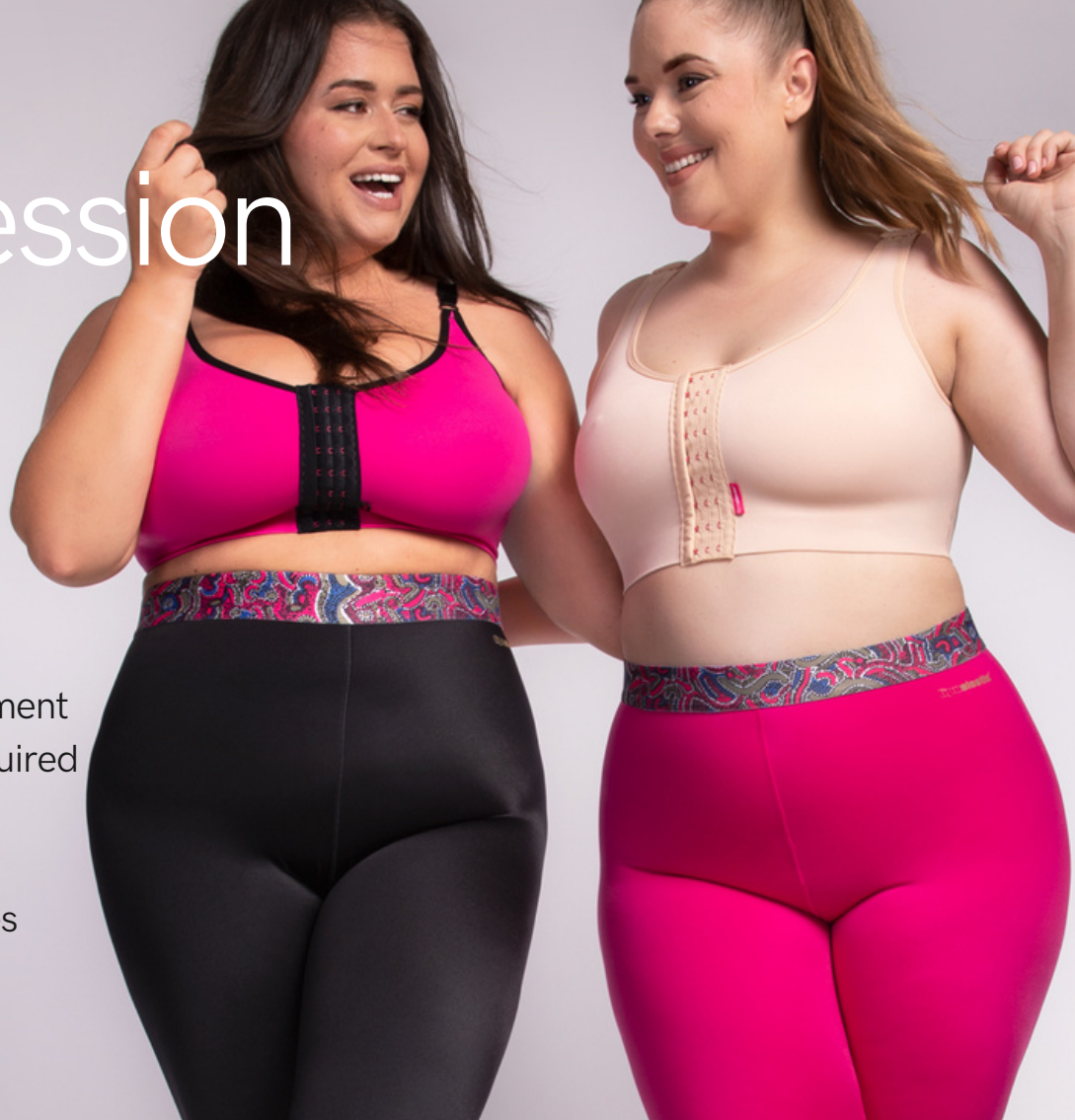


Wearing compression is an important part of lipedema treatment, it has many benefits, including reducing pain and discomfort. This chapter will tell you the benefits of compression and how to measure for your perfect garment.

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?



helps reduce swelling



promotes blood circulation



relieves the feeling of heavy legs



helps reduce pain



improves mobility



smooths unevenness of the legs



ANY QUESTIONS?

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

Benefits of compression therapy in post-op recovery



Benefits of compression therapy in everyday wear



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

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

Compression garments by LIPOELASTIC

Compression is the key. Whether compression is a therapeutic approach to lipoedema or worn after liposuction, at LIPOELASTIC, you will find various products to accompany you.

AT LIPOELASTIC, we take pride in working closely with medical specialists and our patients to design garments that will fit your needs. Having our own Research & Development Department, we can quickly react to your feedback and keep innovating and extending our portfolio.

Designed for Lipoedema patients



A post-operative garment

 VBfLg Variant

- Variable adjustment of compression with fastening
- Hygienic opening in the crotch for easy use of bathroom
- Gradual compression
- Covered foot
- Elastic waistband with logo
- Gradual compression
- Covered foot



An everyday wear garment

 TBfLg leggings



POST-OPERATIVE LEG GARMENTS



VBfLg variant
Graduated compression covering the instep



TBfLg variant
Graduated compression covering the instep

POST-OPERATIVE ARM GARMENTS



MTf smooth Comfort
Compression vest with special thumb loop



APf Variant
Compression vest with special thumb loop

EVERYDAY WEAR LEGGINGS



ACTIVE leggings
Colorful compression leggings for everyday



TBfLg leggings
Graduated compression covering the instep



How to put a garment on

Tips & Tricks

- 1. Roll Gradually:** Roll the garment up or down gradually, making sure it sits evenly on your legs. Avoid bunching or folding, as this can cause discomfort and compromise the effectiveness of compression.
- 2. Nails and jewelry:** Be aware of wearing jewelry or long nails while putting your garments on, as they may cause damage.
- 3. LIPO slide:** Use tools to help you put your garments on. All LIPOELASTIC Lipoedema garments come with a smart LIPOslide to make your life easier.



Don't forget about your scars! To complete your post-operative care package, LIPOELASTIC offers silicon-based scar treatment products. Choose from a silky LIPOELASTIC gel or transparent self-adhesive LIPOELASTIC sheets.



Your complete care for
SCARS

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



Wash at a maximum of 30 degrees on the gentle cycle



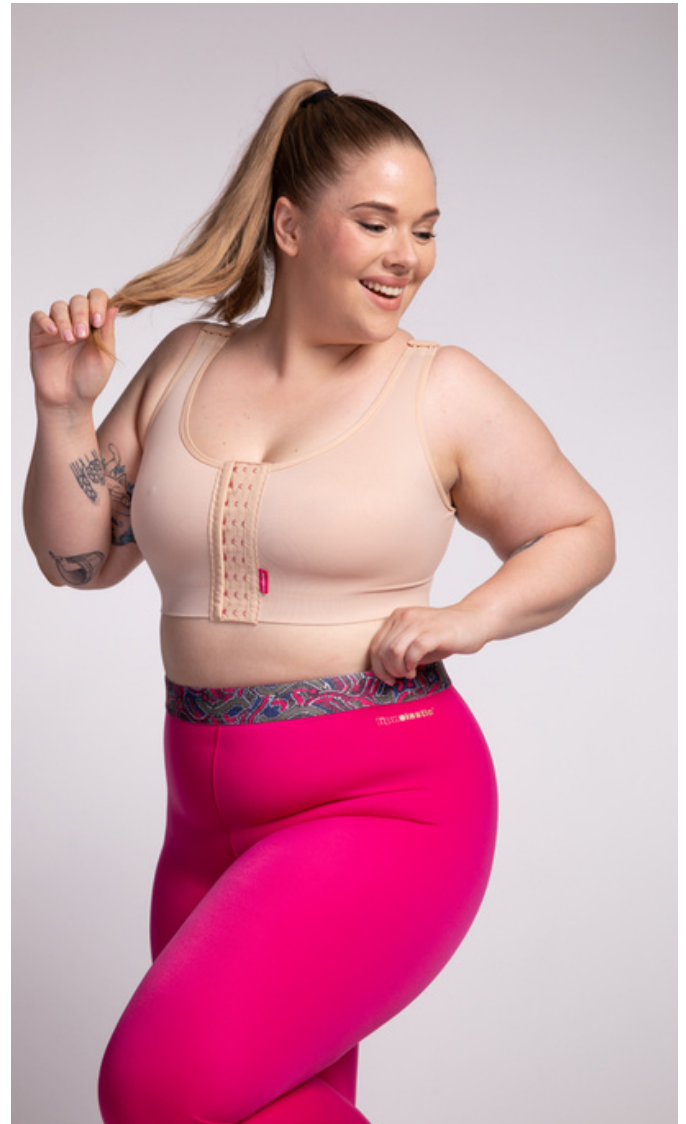
HOW TO MEASURE FOR OUR GARMENTS

- ✔ 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 measurements
- ✔ Made to measure option for patients that do not fit within the sizing chart, or are in-between sizes

Bring the colour!

You don't need to sacrifice style to manage Lipoedema symptoms daily. Our ACTIVE leggings come in three trendy colours and a fashionable waistband. No more boring medical-looking leggings!

- ✔ improve blood flow
- ✔ support the lymphatic system
- ✔ prevent fluid retention
- ✔ for everyday wear, sports, and travel



We love seeing how much you love our ACTIVE leggings!
Tag [@lipoelastic_usa](https://www.instagram.com/lipoelastic_usa) and use [#lipedemahero](https://www.instagram.com/hashtag/lipedemahero) to share your looks!



A special
gift
for you

100%

DISCOUNT CODE:

LIPEDEMABOOK

*for the whole website.

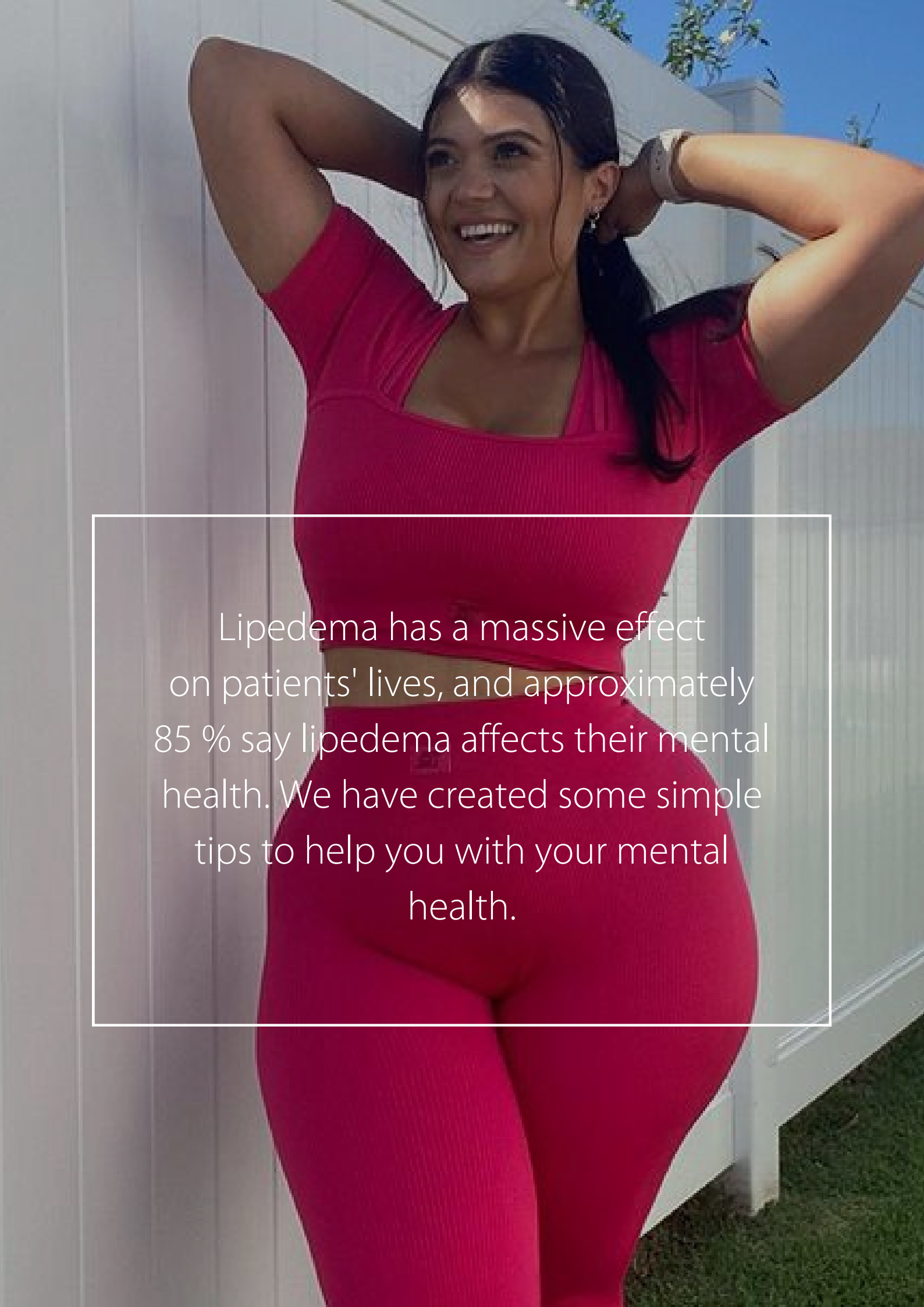


4
Chapter

Mental health

Your thoughts

Thank you

A woman with long dark hair, wearing a vibrant red, ribbed, long-sleeved crop top and matching leggings. She is smiling broadly, looking slightly to her right, with her hands raised behind her head. She is standing in front of a white vertical-slat fence. The background shows a clear blue sky and some greenery. A white rectangular box is overlaid on the image, containing text.

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

Be open to Communication with other affected patients:

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 always 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 24/7.

Online Support

DON'T FORGET - YOU ARE NOT ALONE! ❤️

Let's talk about the invaluable role of online support for individuals facing the challenges of Lipedema. Support groups can give you strength, encouragement and a wealth of information. Finding a supportive community can be a game-changer, especially in today's digital age. It can help with your emotional well-being, share experiences and stay informed about the latest developments in lipedema management.

Here are some of our top tips:



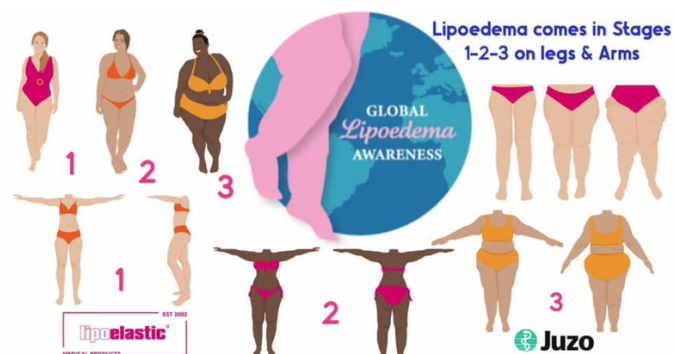
LIPOELASTIC #Lipedema Heroes

Lipedema Heroes is a Facebook support group proudly initiated by LIPOELASTIC. In the group, you can connect with others who understand your journey and create a community. It is a judgment-free zone where you can freely express yourself, share your achievements and challenges, and find the support you deserve. As a member, you'll enjoy access to exclusive promotions on LIPOELASTIC garments.



Lipedema Mamas

A podcast hosted by Shawn Bigby & Ashley Fisher is a must for anyone looking for a space to talk all things Lipedema, from personal stories and practical tips to expert insights. Shawn and Ashley are lipedema patients who decided to create an empowering community for women seeking connection with others on a similar journey.



Global Lipedema Awareness

Global Lipedema Awareness Group is a Facebook group founded by Maria Kokkinou-Boege, who has long supported the Lipedema communities worldwide. With over 25 thousand members, the group aims to educate Lipedema patients about possible treatments, help them search for specialists, and support them during their surgery journey.

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 #lipedemafighter 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? What do you deal with it today?

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 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!

A grayscale image of two hands, palms facing each other, with fingers slightly curled to form a heart shape in the center. The hands are dark against a lighter background.

Thank you

Spread the awareness



www.lipoelasticshop.com

[@lipoelastic_usa](https://www.instagram.com/lipoelastic_usa)

[#lipoelastic](https://www.tiktok.com/hashtag/lipoelastic)