



my lipedema

BOOK

Your personal Lipedema
E-book & Journal

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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 your information and reference points. This book includes nutrition tips, journal pages, fitness advice, personal stories, and 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 lipoedema a global priority.

You are a LIPEDEMA HERO!



Don't forget
to share!

When you see this icon, screenshot the page, fill out the details, share it on your social media and tag @lipoelastic_usa

A top-down photograph of two women lying on their stomachs on a light-colored, textured rug over a wooden floor. The woman on the left is wearing a white sweater and dark leggings, holding a white mug of coffee. The woman on the right is wearing a dark blue top and has her legs crossed. A small white mug of coffee is also on the rug near her. A white rectangular box with a thin border is centered over the image, containing text.

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 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.
- 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.



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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 you will 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 therapies

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 increase pressure on the tissues to relieve pain and reduce oedema. Compression garments are available in different designs for the affected body areas.

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

A woman with long dark hair is standing in a bathroom, looking at her reflection in a large, ornate oval mirror. She is wearing a red bikini top and black bottoms. Her reflection is visible in the mirror. The bathroom has white tiled walls and a light blue tiled floor. A potted plant is visible in the foreground. A white rectangular box is overlaid on the image, containing text.

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 plays an essential role in managing lipedema. What you eat can influence how and when your body experiences oedema (swelling).

Certain foods, such as sugar and highly processed products, can worsen inflammation, which contributes to swelling and discomfort. An anti-inflammatory diet works the opposite way: it is built around fresh fruits, vegetables, and foods rich in antioxidants that help calm inflammation in the body.

What is an anti-inflammatory diet

A good example is the Mediterranean diet. With its focus on plant-based foods and healthy oils, it has been shown to reduce inflammation and support cardiovascular health.

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

Anti-inflammatory diet checklist

- ☐ 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

A woman with blonde hair, wearing a black tank top and leggings, stands on a sandy beach. She is looking back over her right shoulder towards the camera. The background shows the ocean and a clear sky.

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, 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), the shoulder stand (Sarvangasana), and the headstand (Sirsasana).

30 day CHALLENGE

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 Tik Tok 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. 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. To maintain my lipedema, I do Manual Lymphatic Massages, stay active, eat 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 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, I was suggested 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 lipoedema, 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."

A "I just felt held together nicely. Like it was 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."



12

Chapter

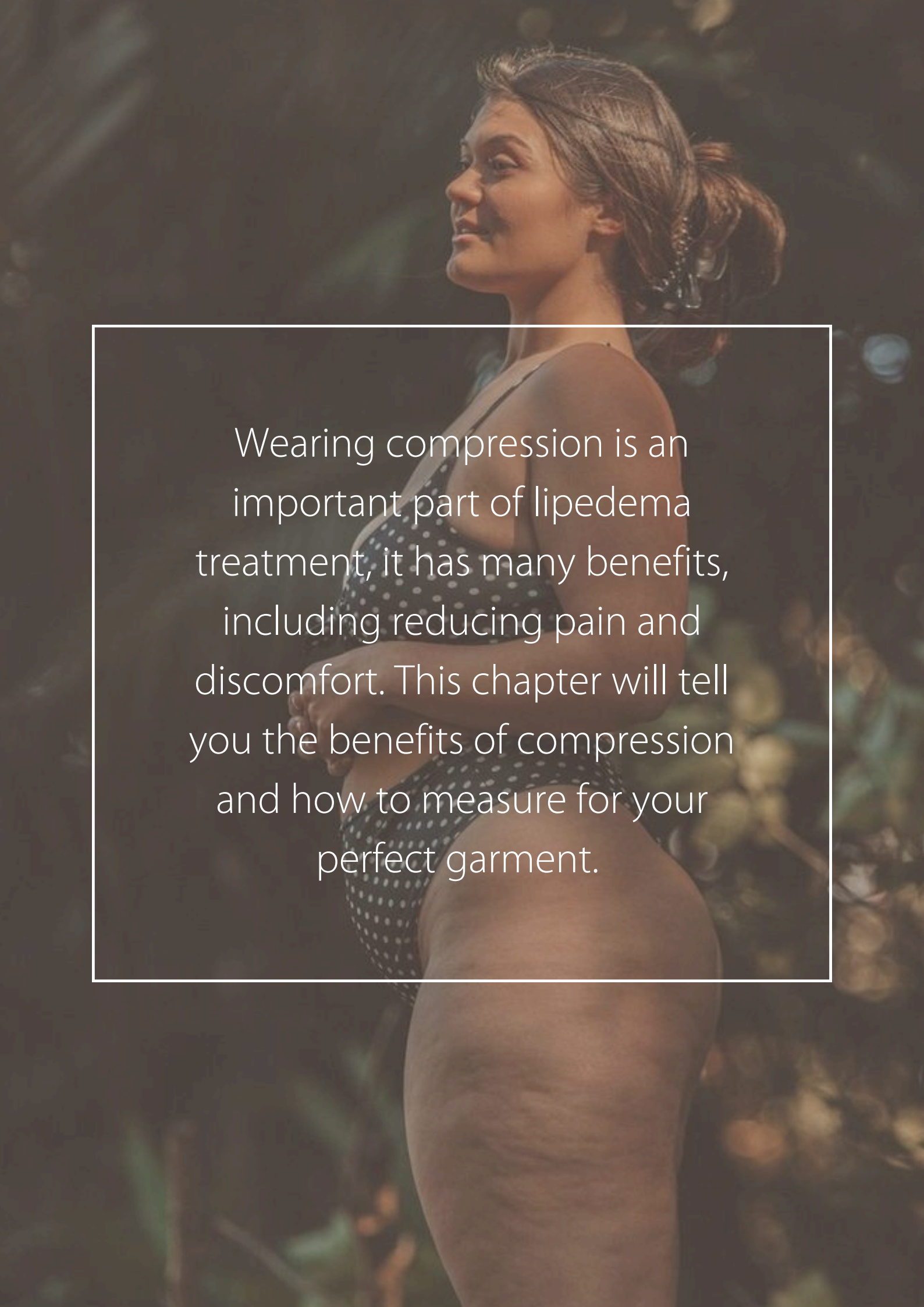
3

Compression garments

Tips

How to measure



A woman with long brown hair tied back, wearing a black swimsuit with white polka dots, stands outdoors. She is looking off to the side with a slight smile. The background is a soft-focus natural setting with green foliage and warm, golden light, suggesting a sunset or sunrise. A white rectangular border frames the central text.

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



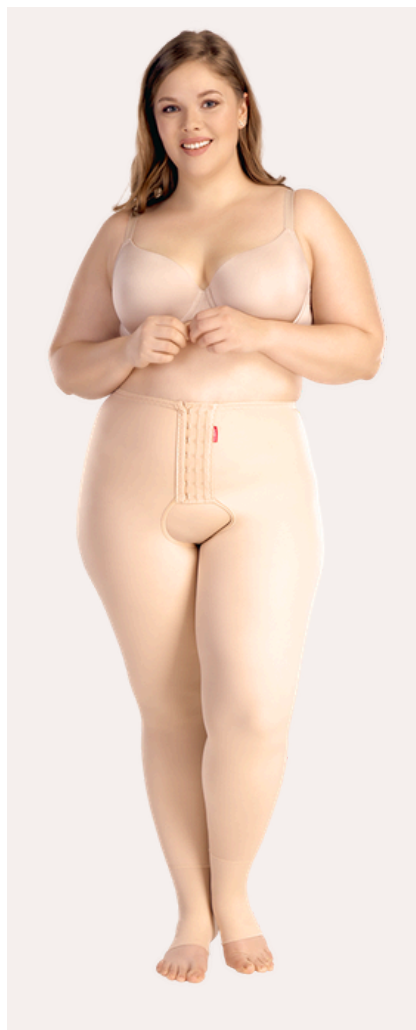
ANY QUESTIONS?

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

Compression garments

Post-operative garments for legs

Compression therapy is the key to lipedema treatment and post-liposuction recovery. From the moment you leave surgery, the right leg compression supports healing, shapes the body, and keeps swelling and bruising under control.



- Graduated 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 Variant

Compression garments

Post-operative garments for arms

Lipedema and liposuction often affect the arms too. These garments are designed specifically for post-operative arm, armpit, forearm and upper-back support.



MTf smooth Comfort

Compression vest with special thumb loop



Apf Variant

Compression arm sleeves with special thumb loop

Don't Forget About YOUR SCARS

Silicon scar gel
Helps improve scar appearance





Compression leggings for every occasion

Three models, one goal: legs that feel good.

From light everyday wear to high post-recovery support, every body and every day is different — so we built a range to match. Whether you're choosing based on your skin care routine, the technology you prefer (graduated compression, 3D massaging structure, thermoregulation, FIR), or simply the waistline and style that feels best on you, there's a LIPOELASTIC leggings for it.



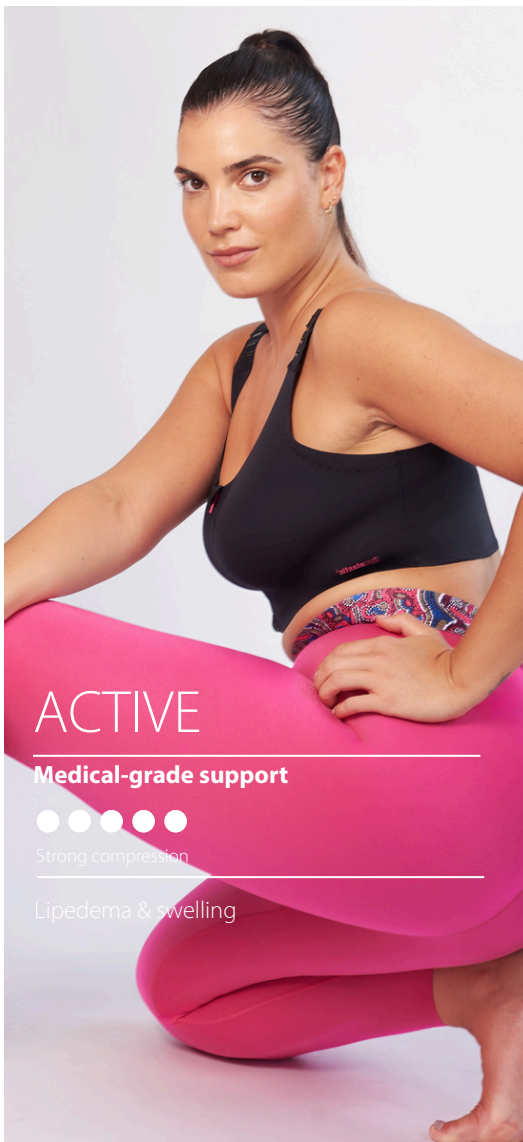
TBfLg

Graduated compression

● ● ● ● ●

Strong compression

Medical-grade support designed specially for lipedema



ACTIVE

Medical-grade support

● ● ● ● ●

Strong compression

Lipedema & swelling



FLOW

3D massaging fabric

● ● ● ○ ○

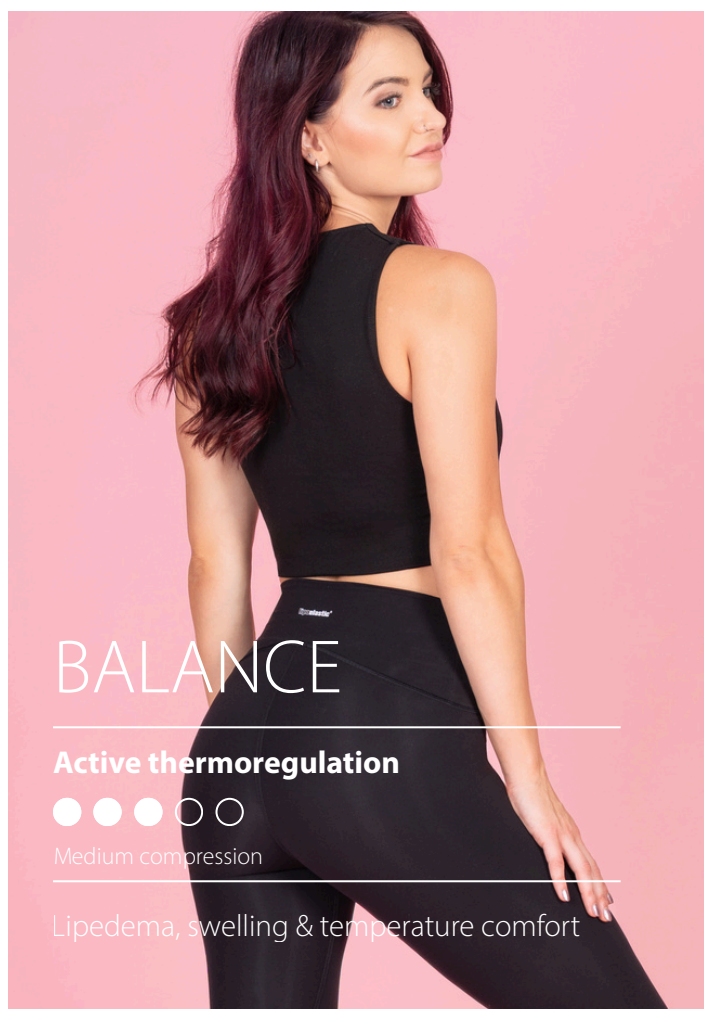
Medium compression

Lymphatic support & cellulite



...and two more for every kind of day

We know lipedema means wearing compression every day. So alongside our high-support styles, we also offer lighter compression — for the days your legs just need to rest.



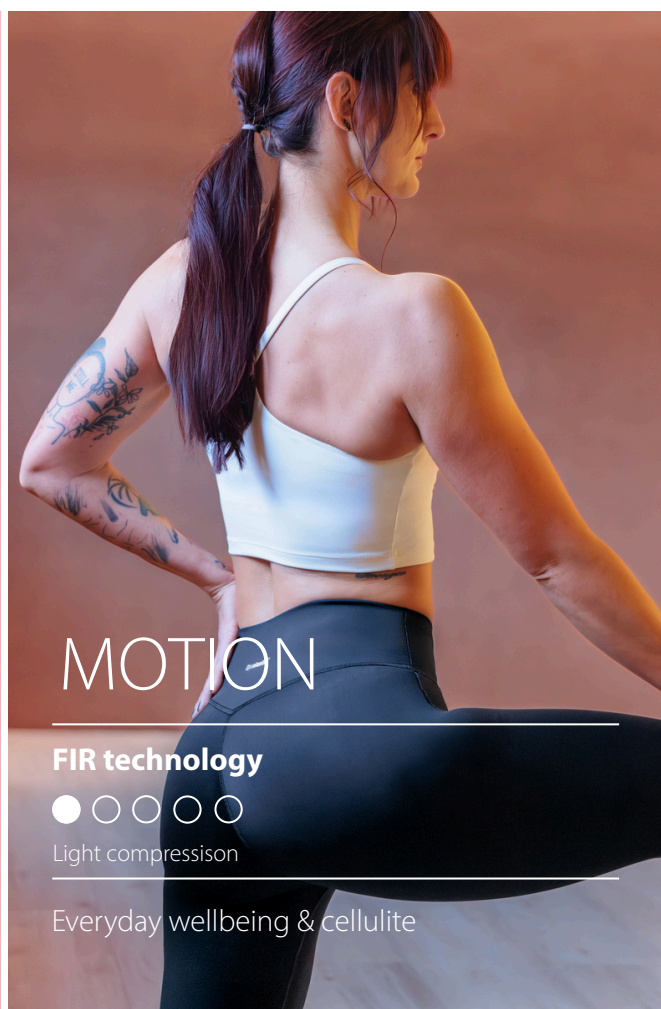
BALANCE

Active thermoregulation

● ● ● ○ ○

Medium compression

Lipedema, swelling & temperature comfort



MOTION

FIR technology

● ○ ○ ○ ○

Light compression

Everyday wellbeing & cellulite



For even greater comfort

Accessories

The right accessory makes daily life with compression easier. Our accessories help patients put on their garments more comfortably and adapt the fit to their changing body during recovery.



LIPOSLIDE

A slip-on aid that helps pull compression garments over.



LIPO Extend

An extension panel that widens the garment at the waist or hips.



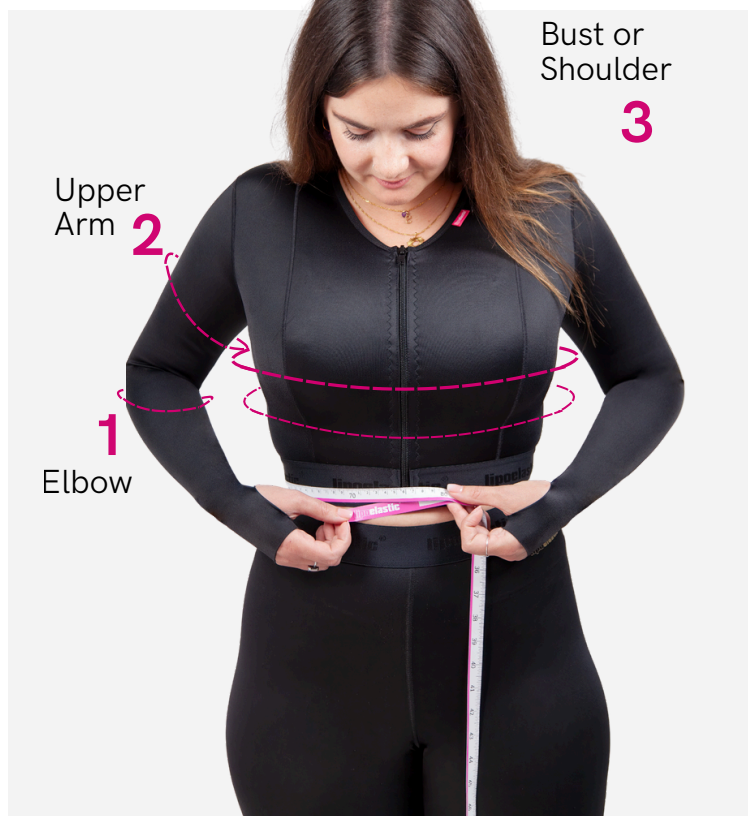
LIPO Extend AP

A hook-and-eye extender that adds extra width to bra closures.

How to measure yourself

- ✓ 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

Arm garments



Leg garments



How to care for compression garments

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



ONE
IS **NOT**
ENOUGH

1 to **wash**

1 to **wear**

20

4

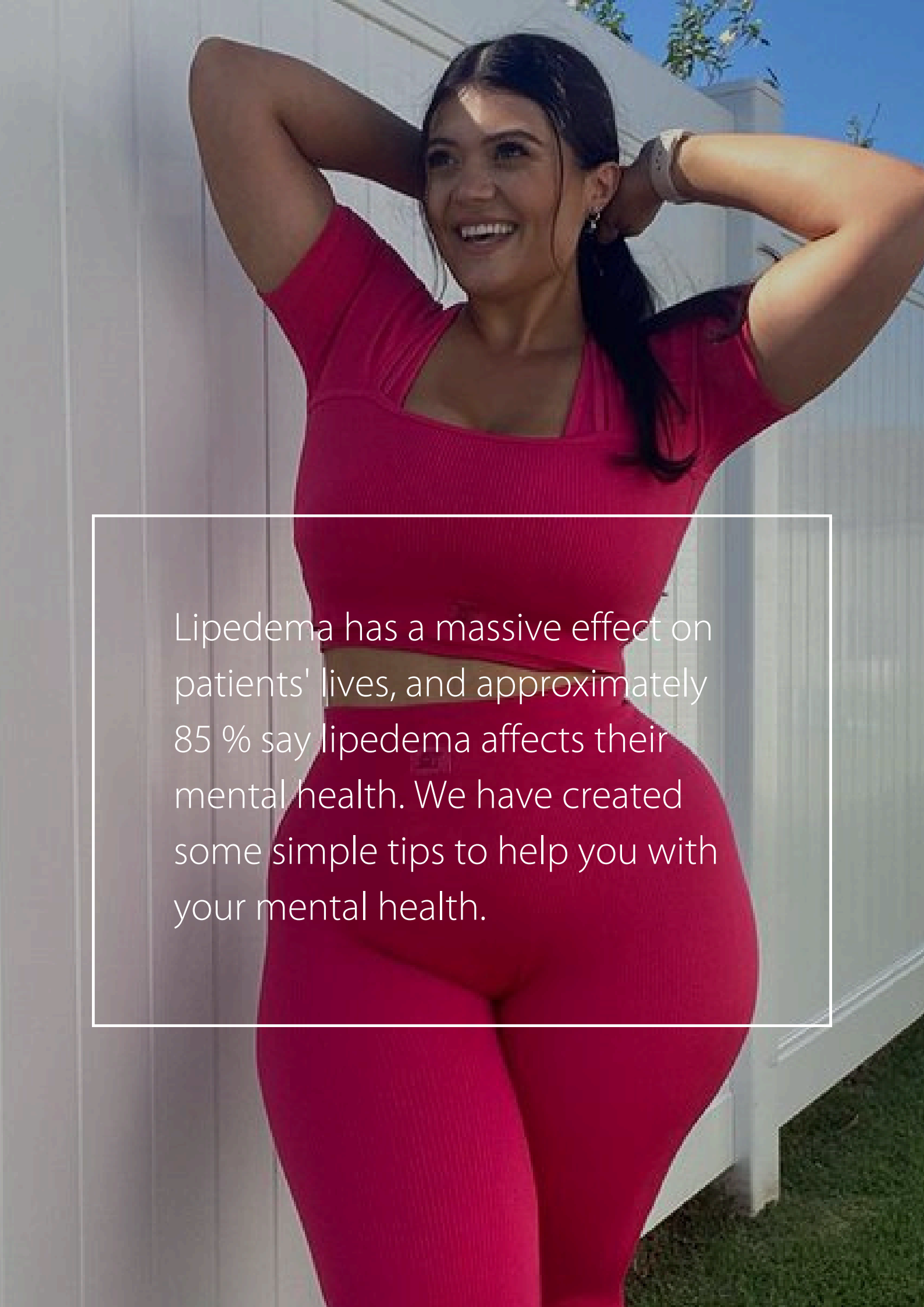
Chapter

Mental health

Your thoughts

Thank you



A woman with long dark hair, smiling, wearing a bright red jumpsuit. She has her hands behind her head. She is standing in front of a white fence. The background shows some greenery and a clear blue sky.

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 lipodema. 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 affirmations

- 1 *I'm a lipoedema hero..*
- 2
- 3
- 4
- 5

A woman with long dark hair, wearing a light-colored turtleneck sweater and dark leggings, is sitting by a window. She is holding a small white cup with a gold rim and a floral design. The window shows a brick wall outside. The text "Your thoughts" is overlaid in large white letters on the left side of the image.

Your thoughts

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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 special **GIFT**
for you!

100%

DISCOUNT CODE:

LIPEDEMABOOK

*for the whole website.

THANK YOU!

Spread the awareness



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