10 Things You Need to Know About Lipedema

1. What is it?
2. When was it discovered?
3. When is typical onset?
4. Where on the body is it noticed?
5. Is there a cure?
6. What are common symptoms?
7. Is it hereditary?
8. Are there any other symptoms?
9. Is weight loss an effective treatment?
10. Is it caused by my eating habits?

LipedemaTreatmentGuide.com
1. What is it?

Lipedema is a chronic, progressive and painful fat tissue disorder. You might also see it written as lipoedema or lipoderm, as well.
2 When was it discovered?

It was first described by Doctors Allen and Hines of the Mayo Clinic in 1940.
3. **When is typical onset?**

46% of women with lipedema symptoms said their symptoms started in puberty (Fetzer & Fetzer, 2016.)
Where on the body is it noticed?

Typically, it is seen on the butt, thighs and calves at puberty. It can sometimes affect the arms.
5. Is there a cure?

There is no pill or operation that can instantly cure lipedema. It is a condition that needs to be managed to reduce the severity of symptoms.
6. What are common symptoms?

Pain with pressure, bruise easily, heaviness and/or weakness in legs, fatigue, smooth skin, but "bean bag" like below skin.
Is it hereditary?

Many people with lipedema have noticed a familial link, but more research is needed to determine a genetic link.
8. Are there any other symptoms?

Hypermobility, frequently cold body temperature, and some report the skin on their legs is a different temperature from the rest of their body.
9. Is weight loss an effective treatment?

No. Research has found that there is “little support for the notion that diets lead to lasting weight loss or health benefits” (Mann et al., 2007)
Is it caused by my eating habits?

No! Having lipedema is not your fault.