

Heard of Lipoedema?

LipoedemaUK

Charity No 1181312



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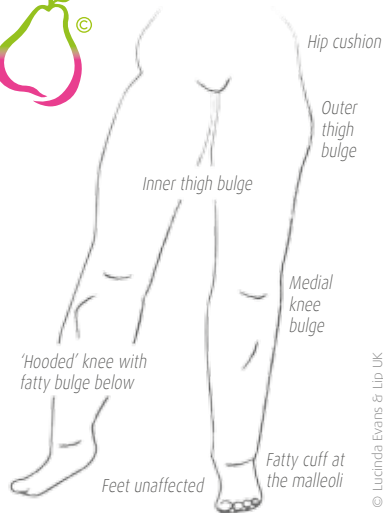
Do you know women who:

- have a lower body out of proportion with their upper body
- have heavy legs that bruise easily and may be painful
- hide their legs by wearing long skirts or trousers
- can't find boots wide enough to fit their legs
- are 'pear shaped'?

What is lipoedema?

Lipoedema is a chronic condition that occurs mostly in females. It is characterised by bilateral, symmetrical, fatty tissue excess; mainly in the hip region, upper and lower leg areas. Lipoedema can have a severe impact on physical and mental health, plus quality of life.

Lipoedema is commonly misdiagnosed as lymphoedema or obesity.



Visit Lipoedema UK to find out about diagnosis, treatment options and our pioneering work to help change the future for people living with lipoedema

If you are a GP, community nurse or health care professional:

- Lipoedema UK together with the Royal College of General Practitioners (RCGP) have created an eLearning course for GPs, Nurses & Health Care Professionals (HCPs), which describes the presentation, pathophysiology, diagnosis and management of lipoedema in primary care.
- Lipoedema is listed in the handbook and online version of "Guidelines" for GPs and Nurses.
- Wounds UK Best Practice Guidelines for The Management of Lipoedema is the definitive source of information for assessment, diagnosis and treatment of lipoedema.



If you are a patient:

- **Lipoedema** is rarely taught in medical schools so obtaining a diagnosis from a GP or health professionals can be challenging.

Patient quotes following a diagnosis:

"When I realised I had Lipoedema, I was immensely relieved, having spent my whole life wondering why my legs were the way they were"

"Having a diagnosis gives me a starting point to move forward and get the right support instead of feeling helpless"

GP quote:

"We have all misdiagnosed this condition and it is important to educate the health professionals about lipoedema"