

## **Lipoedema Signs and Symptoms Checklist**

A lipoedema is a symmetrical increase in fat, usually occurring on the legs, buttocks, and the arms, and generally affects only women. The fat distribution in the body is disturbed because of this disease and not, as assumed, a consequence of overweight. In addition to fluid retention, massive pressure pain occurs, which in many cases is associated with increased bruising and pressure pain in the affected area. The leg becomes evenly thick and heavy, usually from hip to ankle. The lipoedema can also manifest in the upper arms, while the upper body, hands and feet of the patient usually remain slender.

If you think you may have lipoedema please complete this checklist with symptoms.

- Weight is gained disproportionately on hips, thighs and below knee (usually bilateral - affects both sides - and symmetrical - occurs evenly)
- Larger bottom half and smaller waist
- The feeling of fatty 'nodules' underneath the skin
- Bruising occurs easily and is often unexplained
- Legs are very sensitive to the touch
- Deep throbbing/achy pain in legs
- Pain in knee joints
- Legs feel heavy and swell throughout the day (especially after long periods of standing or sitting) but resolve overnight
- Fat on legs is soft and looks dimpled like "orange peel skin", legs may feel cold to the touch
- Lipoedema fat does not respond to dieting
- Hands and feet are not affected
- Skin of affected areas may be pale and cold
- Upper arms may also be disproportionately fatter
- Increased swelling in hot weather

If you can answer in the affirmative more than 7 points, it seems that you may have lipoedema. Please contact us for further steps!