

Lipoedema UK 

AWARENESS, DIAGNOSIS, TREATMENT, RESEARCH

Information For Women And Health Professionals

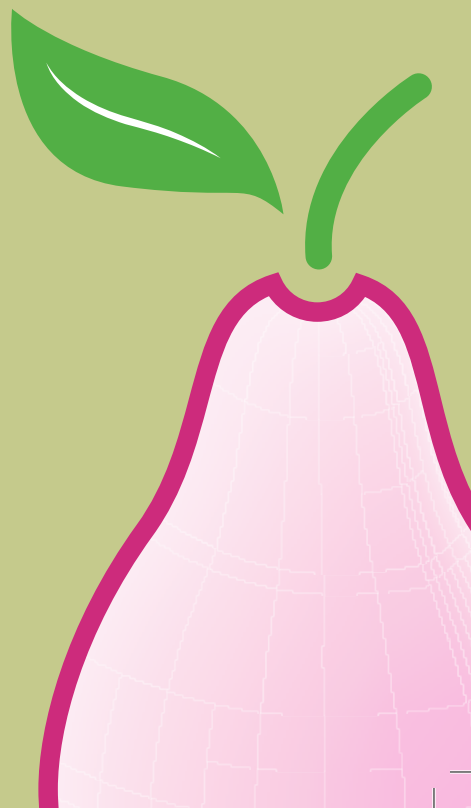
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www.lipoedema.co.uk

Registered Charity No 1157716

A **Lipoedema UK** Publication



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FOREWORD



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I am delighted to recommend this booklet to women with lipoedema, and to any healthcare professional likely to come into contact with those who suffer from this much misunderstood and often misdiagnosed condition.

Currently, many women with lipoedema endure years and often decades of physical pain and mental anguish before getting a diagnosis, if indeed they ever get one at all. Lipoedema UK's pioneering work to raise awareness of lipoedema, thereby facilitating an early diagnosis and treatment, is vital in helping women avoid the many complications of this baffling disease that can affect mobility and quality of life.

This publication provides fundamental information on recognising, diagnosing and treating lipoedema. It explores surgical and non-surgical treatments, and outlines crucial self-help steps for patients. It also addresses the huge toll lipoedema can take on mental health, and answers questions younger women will have about how lipoedema (which we believe is somehow linked to hormonal change), may be affected by contraception, pregnancy and childbirth. All in all, it will prove to be an essential guide for the many women with lipoedema, and an invaluable management tool for the healthcare professionals looking after them.

I encourage you to spread this booklet far and wide, and join Lipoedema UK to ensure excellent work such as this continues.

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