

Let's RAISE LIPEDEMA AWARENESS



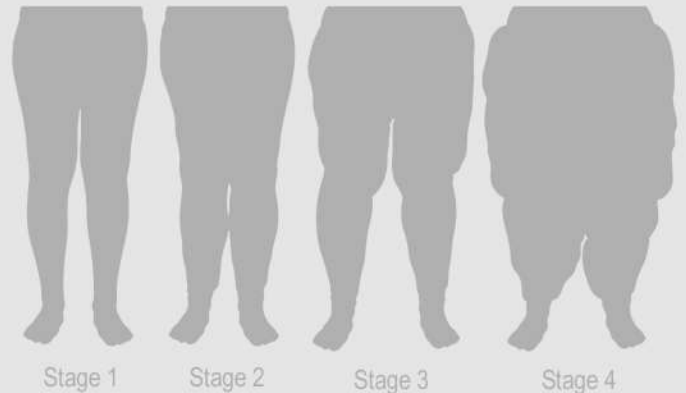
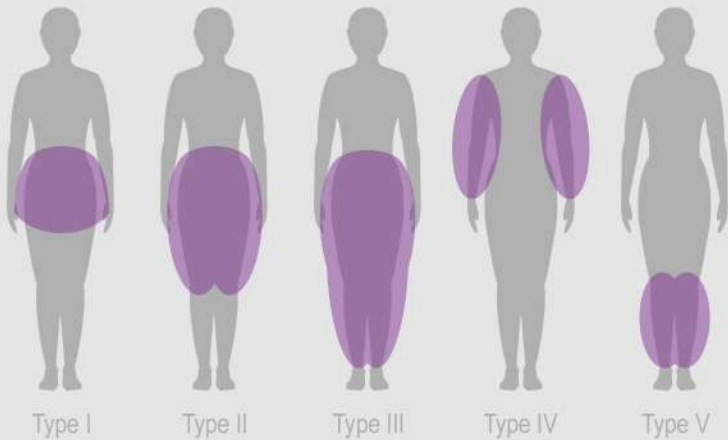
Lipedema is disproportionate, symmetric fat accumulation in the hips, thighs, buttocks and/or arms, sparing the hands and feet.

LIPEDEMA AFFECTS WOMEN ALMOST EXCLUSIVELY AND IS ESTIMATED TO AFFECT 1 IN 9 WOMEN WORLDWIDE.

IT IS FREQUENTLY MISDIAGNOSED AS OBESITY.

The condition usually develops or worsens during puberty, pregnancy, or menopause, suggesting strong hormonal links.

Marked by heavy limbs and easy bruising, the fat can be painful, tender, nodular, fibrotic, and can reduce mobility.



Lipedema is classified into 5 types based on anatomical location and are frequently combined (Type II with IV).

RECOGNIZE THE SYMPTOMS.

Early intervention of care is important to prevent progression.

Multi component and designed to reduce pain, swelling, and fibrosis by stimulating lymphatic flow,

COMPLETE DECONGESTIVE THERAPY

includes manual lymph drainage, compression garments or bandaging, decongestive exercises, and skin care.



✓ **MANUAL LYMPH DRAINAGE** is a specialized technique that stimulates flow of lymph in the vessels to reduce pain, swelling, and fibrosis.

✓ **COMPRESSION** reduces pain, swelling, and bruising while improving mobility. Specialized garments apply consistent pressure to manage lymph fluid buildup.

✓ **EXERCISE** is vital as it stimulates lymphatic flow, manages pain, and improves joint mobility. *Water-based exercise takes weight off joints and provides compression to increase lymph return.*

✓ **SKIN CARE** is critical to prevent infections, manage dryness, and protect skin integrity due to hypoxia (low oxygen levels) because of enlarged fat cells, vascular impairment, and fluid overload.

NUTRITION focuses on reducing inflammation, managing weight, and minimizing tissue swelling through whole foods while removing processed foods, sugar, refined starches, and unhealthy fats.

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To learn more about lipedema, visit:

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