



Lipedema Signs and Symptoms Checklist

Lipedema is an adipose fat disorder involving abnormal fat deposition that can result in pain, immobility and lymphatic disturbances. It's often called painful fat syndrome, and it mainly affects women. Lipedema can occur at any age and the symptoms show in the legs and sometimes arms. Newer research shows that the disease generally manifests itself during puberty, pregnancy or other times of hormonal change. It is thought that genes play a role, although more research is desperately needed into this disease. If you think you may have Lipedema please complete this symptoms checklist.

- Weight is gained disproportionately on hips and thighs and below knee (usually bilateral - affects both side- 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 touch
- Deep throbbing/achy pain in legs
- Pain in knee joints
- Legs feel heavy and swell throughout the day if standing or sitting but resolves overnight
- Fat on legs looks dimpled like "orange peel" and legs may feel cold to the touch
- Lipedema fat does not respond to dieting
- Hands and feet are not affected
- Fat that looks like cellulite and feels soft
- Skin of affected areas may be pale and cold
- Upper arms may also be disproportionately fatter
- Increased swelling in hot weather

If you clicked a large majority (7 or more) you may have Lipedema and should get a diagnosis to be sure. Doctors who diagnose are hard to find as Lipedema is a very misunderstood and misdiagnosed disease and most MD's in Canada have not even heard about Lipedema. We have an MD in London, Ontario who we can refer you to. Please complete the checklist, scan and send back and we will contact you to discuss the results and book a diagnosis.

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