



## Symptoms of Lipedema Checklist

- Weight is gained disproportionately on hips and thighs and below knee. This is 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 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 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 think your client may have Lipedema please have them  
download the document ["So, You Think You Have Lipedema, Now What?"](#)**

**They may also want to join our Support Group on Facebook  
Lipedema Chicks London, Ontario - [www.facebook.com/groups/716731398439409](http://www.facebook.com/groups/716731398439409)  
and join us for local Support Group Meetings!**

**[www.lipedemanetworkcanada.com](http://www.lipedemanetworkcanada.com)**