

10. LYMPHEDEMA - LIPEDEMA

Leg lymphatic drainage alteration (lymphedema) is so frequent and so often under-diagnosed to be called “the hidden epidemic”. Leg fat alteration (lipedema) is often confused with lymphedema. Evidence-based facts are



reported below and at the dedicated website

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LYMPHEDEMA - LIPEDEMA

1. Lymphedema is a chronic fluids accumulation. Lipedema is an inflammation of the leg fat tissue, possibly associated with lymphedema.
2. Lymphedema is a progressive disease whose stage must be precisely identified by an expert.
3. Lymphedema can manifest as swelling, redness, skin infections, abnormal tissue proliferation. At least ultrasound scanning must be performed, eventually together with more advanced techniques based on the specific case.
4. Lymphedema management begins with a conservative multi-specialty expert approach and includes validated protocols of patients education, skin hygiene, compression, mechanical lymphatic drainage, specific physical exercises. Mesotherapy is not a validated option. No drug has been currently validated to increase lymphatic drainage, including diuretics.
5. Lymphedema surgical treatment must be performed only in highly experienced centers and once the conservative approach have demonstrated to be insufficient.
6. Prevention of lymphedema is crucial and possible by appropriate skin hygiene, healthy lifestyle, compression tools use and adequate follow-up visits, always supervised by expert health-professionals.
7. In the diagnosis of lymphedema always exclude heart and renal conditions, malnutrition, malformations, tumors, lipedema, arterial and venous disease and post-traumatic swelling.
8. Leg swelling leg can becaused by fat tissue alteration (lipedema). The condition affects both limbs, it spares the feet and hands and it's associated with pain at pressure on the skin
9. Lipedema conservative management is similar to lymphedema one and require highly specialized health-professionals. Specifically dedicated liposuction techniques can be taken into consideration if conservative measurement alone failed and must be performed by expert professionals.
10. Lymphedema-lipedema most often become chronic: it generally requires lifelong care and proper support by expert health-professionals.