



MediCoach

Ellen Kuijper-Kuip, MediCoach

Clara Feenstra

Ellen van Helden

Skin- and Oedematherapists

Review Lipoedemna guidelines

Copyright © MediCoach-Kuijper-Kuip

data
lipoedema
guidelines



Development

Dutch	German	UK
<ul style="list-style-type: none">• Multidisciplinair evidence based• Financial support Huidfonds, NVDV• 13 participants, 1 patient• 35 pages <ul style="list-style-type: none">• 35 references	<ul style="list-style-type: none">• Guideline focused on diagnostics and therapy• Systematic developed aide for MD based on actual science and practice• Deutsche gesellschaft für Phlebologie(AWMF)• Next revision planned 2020• 14 participants (no patient?)• 27 pages <ul style="list-style-type: none">• 91 references	<ul style="list-style-type: none">• Best practice guidelines• Published bij Wounds UK• With financial suport from 7 companies• 16 participants (2 patients)• 35 pages <ul style="list-style-type: none">• 111 references (47 ->2013-2017)

Content

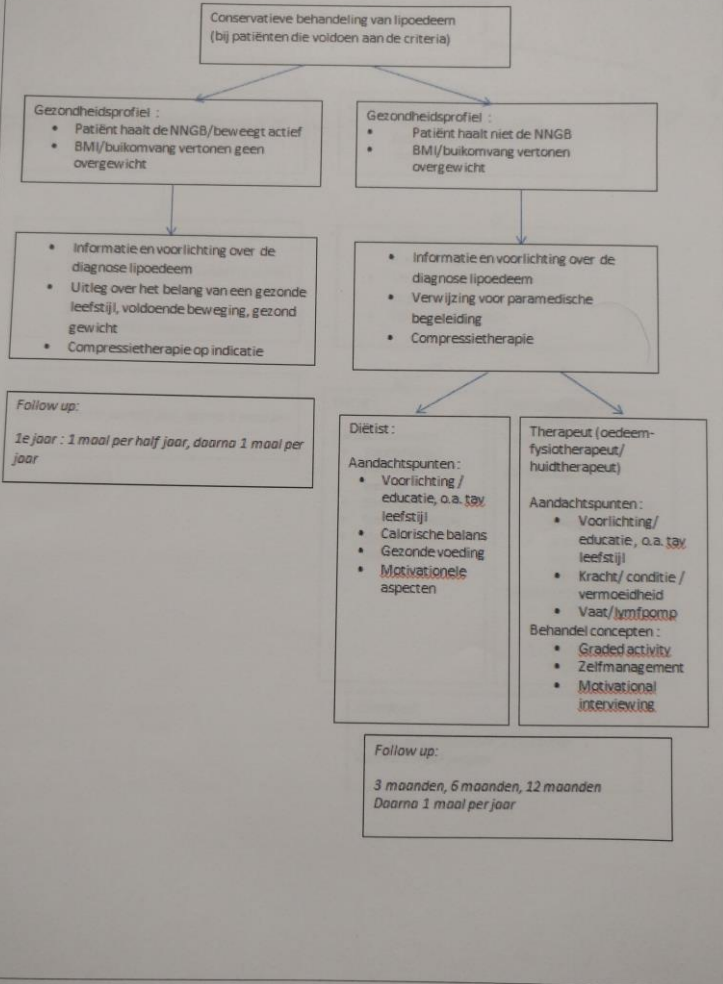
	Dutch	German	UK
Diagnoses and assesment	8 pages	8 pages	12 pages
Genetic disorder	X	Yes to 60%	Yes 15-64%
Oedema	Is no lymphoedema	yes	yes
Numbers of patients with LipO	unknown	8-18% but.....	1 in 72000 but.....
Differential diagnoses	Lipohypertrofie Oedema Obesiteas Morbus Dercum	Lymphedema Lipoedema wih sec lymfO Lipoedema with obestias Venous edema Lipohypertrophy	Obesitas Obesitas with sec oedema Obesitas with fibromyalgie Lipomatose Myxoedema
Treatment	5 pages	6 pages	16 pages
Healthy life style	*****	*** Copyright © MediCoach-Kuijper-Kuip	*****

Treatment options mentioned

	Dutch	German	UK
Managing symptoms	X	yes	yes
Optimalising and prevention worsening	Yes****	Yes 2nd target	Yes ***
Psychological assessment	Yes*	Yes *	Yes **
Healthy eating and diet	Yes when obesity	Yes low glycaemisch	Yes****
Activity and mobility	Yes *****	Yes ** in water!	Yes *****
powertraining	yes	X	no
Painmanagement	X?	Yes MLD	Yes ****
skincare	Yes knee zone->friction	Yes but no further explanation	Yes to prevent cellulitis ao
MLD	no	Yes even without oedema	Yes when compression is not sufficient
compression	yes	yes	Yes with explanation/variation
Surgical treatment	Yes!	Yes, only when nonsurgical treatment is unsuccessfull	Yes after 6-12 month non surgical therapy

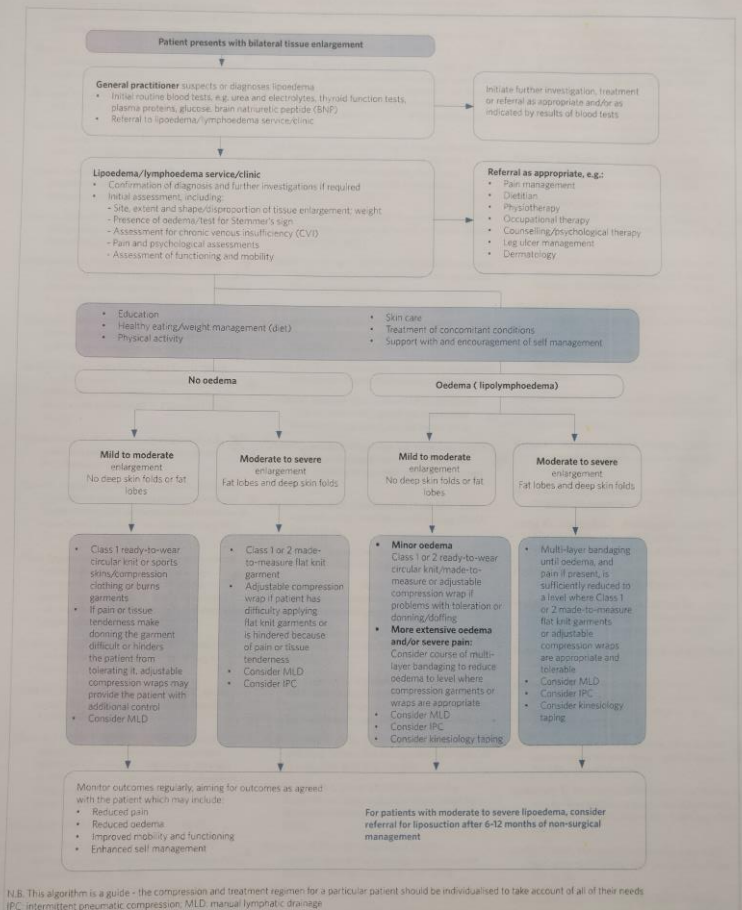
Flowcharts treatments

Bijlage 2: Flowchart conservatieve behandeling van lipoedeem



Diagnose	Symptomen	Therapieopties
Lipödem	symmetrisch lokaliseerd, extremiteitenbetont, disproportional Schmerzen Hämatome neiging lokales Ödem, orthostatisch aggraviert	Kompression MLD (Manuelle Lymphdrainage) AIK (apparatieve intermittierende Kompressionstherapie) Liposuktion
Lymphödem	Ödem, meist inkl. Füße/ Hände stadienabhängig Induration/ Fibrose meist pos. Stemmer-Zeichen Papillomatosis cutis, Lymphzysten, Lymphfisteln	MLD Kompression Bewegung mit Kompression AIK Hautpflege Atemübungen
Lipödem mit sekundärem Lymphödem	symmetrisch lokalisiert, extremitätenbetont, disproportional Schmerzen Hämatome neigung lokales Ödem, orthostatisch aggraviert Ödem der Hände oder Füße, Stemmer-Zeichen positiv Sekundärveränderungen des Lymphödems (s.o.)	MLD Kompression Bewegung mit Kompression AIK Hautpflege Atemübungen ggf. Liposuktion
Lipödem mit begleitender Adipositas	Mischbild Lipödem und Adipositas s.o. & s.u.	Gewichtsreduktion Kompression MLD AIK Erst nach Gewichtsreduktion Liposuktion
Phlebödem	Ödem der Beine / Arme Hautzeichen der CVD: Stauungsdermatose, Hyperpigmentierungen, Dermatosklerose, Phlebektasien, Corona phlebectatica, Atrophie blanche, Ulzerationen	Kompression AIK Sanierung der Varikose
Lipohypertrophie	Lokalisierte Lipohypertrophie	Liposuktion
Adipositas	Generalisierte Lipohypertrophie	Gewichtsreduktion
Adipositas mit sekundären Ödemen (Adipositasödemen)	Generalisierte Lipohypertrophie mit sekundären Ödemen	Kompression
Adipositas mit Fibromyalgie	Generalisierte Lipohypertrophie und Schmerzen	Gewichtsreduktion Behandlung der Fibromyalgie
Lipomatosen	Benigne symmetrische Lipomatose, insbesondere Typ III (Beckenregion)	Liposuktion
Myxödem	Teigiges Ödem	Behandlung der Schilddrüsen-Dysfunktion

APPENDIX 2: PATIENT PATHWAY



N.B. This algorithm is a guide - the compression and treatment regimen for a particular patient should be individualised to take account of all of their needs
IPC: intermittent pneumatic compression; MLD: manual lymphatic drainage

But what do the
patients say?



Which health complaints do you have and how bad are they?

594 patients	daily	regularly	every now and then	never
Weight problems	409	119	53	13
fatigue	351	174	62	7
muscle weakness	313	168	98	15
hyper mobile joints	161	120	140	173
tenderness/pain in legs	387	140	56	11
Tenderness/pain in arms	199	121	151	123
easily hematomas	249	249	81	15
knee problems	241	154	146	53
ankle problems	153	138	175	128
feet problems	167	146	166	115
swollen legs during the day	310	129	121	34
warm weather increases problems	311	181	78	24
cuff sign	122	132	150	190
varicosis	137	107	140	210
lymphoedema	212	83	122	177

Which treatments do you get and do you benefit?

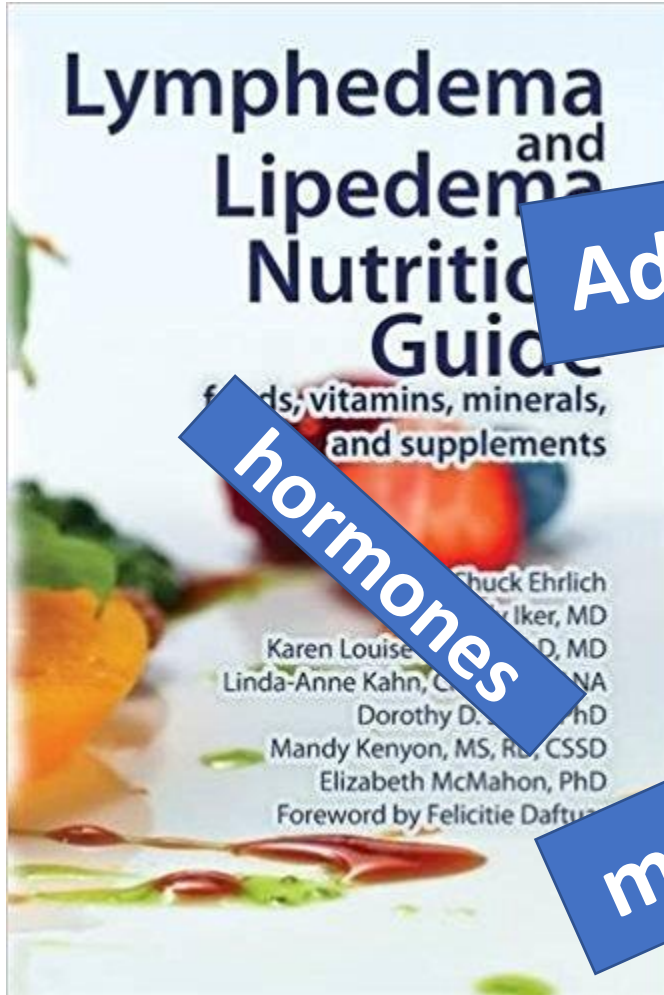
594 patients	a lot	resonable	neutral	little	NVT
No treatment	24	45	94	70	361
manuele lymph drainage	99	126	71	65	233
compression therapie	90	97	75	46	286
endermologie/ endermotherapie	40	35	59	22	438
power training	59	131	127	61	216
sports	73	162	143	81	135
swimming	57	94	100	40	303
diet	55	120	137	170	112
resperatory and mobility practice	18	62	129	77	308
psychotherapy	14	28	77	44	431
liposuction/liposculptur e	66	33	47	11	437
Fat freezing	3	1	45	18	527
skin care	24	45	110	31	384
awarenes and selfcare	66	104	164	56	204
Quadriva	8	7	54	7	518

Wat do you miss in daily life

Meerkeuze, Antwoorden 594x, onbeantwoord 0x

		Ratio
Acknowledgement of my condition	426	71.72%
More publicity about my condition	349	58.75%
More compassion from people around me	294	49.49%
Contact with other patients	94	15.82%
Reimbursement of the treatments	471	79.29%
The possibility of buying nice clothes	377	63.47%
The possibility of buying nice shoes	176	29.63%
More research about lipoedema	450	75.76%
Something else	41	6.9%

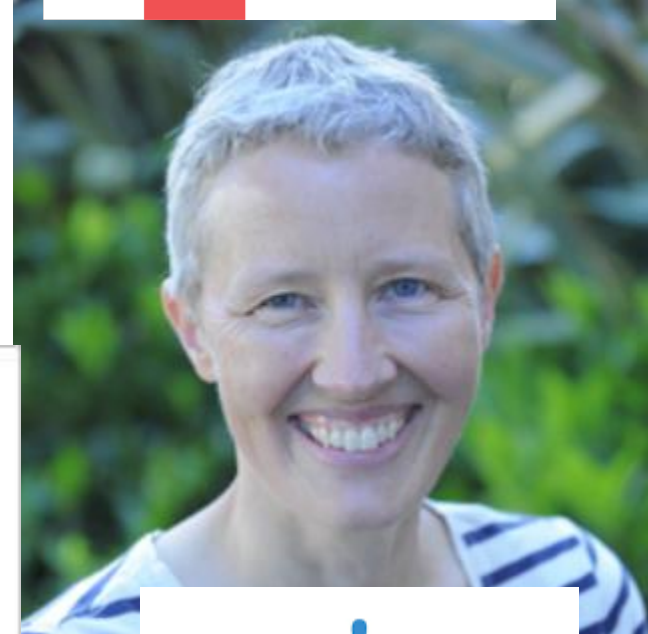
Future of lipoedema



Adinopokinen

hormones

metforminehydrochloride



Conclusion

- Patients ask for more public en medical awareness
- We need a ICD11- classification
- We need new data concerning genetics and other factors
- We need better treatments
- Guidelines are to be revised