

What is Lipedema?

Lipedema is considered a fat disorder. There is an overgrowth of fat cells that do not respond to exercise or traditional diets. It is thought to be inherited, and most of the time shows up at the start of puberty or during pregnancy. The majority of sufferers are female. It can be very mild, but some women have large tree trunk legs and slender upper bodies. Sometimes the upper arms are swollen, too. The feet are not involved, so the puffiness stops at the ankle. Lipedema can be painful. Many sufferers have pain and bruise easily.

In recent years, a few plastic surgeons around the country have developed various types of surgeries to remove the abnormal fat cells but there is no cure, and even after surgery, sometimes the fat comes back. Very recently, research is showing that the Keto diet can reduce pain within the first week, and can rid the body of some fat over a period of months.