

# NEWCASTLE LYMPHOEDEMA CLINIC

Treatments • Education • Products

28 Cathrine Street, Kotara South NSW 2289

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## Plan to Pause the Progression

for 9 yrs - 25 yrs Lipoedema Sufferers

Written by Kristin Osborn

Author, Specialist Lymphoedema and Lipoedema Therapist and Sufferer

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**The following is only a guideline for the early education required for young sufferers of Lipoedema. Young sufferers need to protect and keep their lymph vessels and veins healthy. Early intervention, diagnosis and beginning a treatment plan are key elements to pausing the progression of this disease.**

### Compression Wear:

- Light 12-15 mmHg, full length compression needs to be worn whilst exercising, travelling on planes, (accompanied by lace-up shoes and socks) and standing for long periods of time. These help to support the lymph vessels and veins, keeping them healthy.
- Medical maternity stockings 20-30 mmHg from a therapist should be worn whilst pregnant these allow the abdomen to expand without restriction.

### Exercise:

May consist of:

- Swimming and/or swimming in light compression.
- Aqua biking
- Walking and/or walking in thick sand this switches on stabiliser muscles and builds strength in legs.
- Yoga, this has a meditative effect assisting hormone levels to balance, this exercise also stretches and builds all muscle groups.
- Pilates increases strength and builds muscle.
- Exercise bike
- Trampolining or rebounding
- Beach Volleyball, the sand switches on stabiliser muscles and helps to absorb impact in the legs.
- Gym activities - small weight sizes with high repetitions and alternating cardio time with weights eg: exercise bike then arm weights, rowing machine then other arm exercise etc.

Exercise which builds muscle while stretching all areas of the body and protecting joints is best.

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## Specific Lipoedema Self Massage:

Of the abdomen, breasts, hips and knees, taught within my clinic. This is a specific massage technique developed by myself, it also teaches recognition of what the lipids feel like through self palpation enabling them to break down and be dispersed before they become fibrous. Self massage of normal MLD should be done every day and may be learned from a therapist.

## Deep Tissue Massage:

This not recommended for the lower extremities. Often fat cells are mistaken for trigger points in muscles requiring deep massage however all this manages to do is increase pain levels and may also cause blood and lymph clots. Manual Lymph Drainage massage should be the only type of massage used in the lower extremities and performed by a qualified Complex Decongestive Therapist which is the gold standard treatment for lymph conditions and this should ideally be performed at regular monthly intervals.

## Shoes:

With arch support and whole foot support, laces are best but as long as there is arch support within a solid shoe,( one that doesn't bend easily in the middle), they are fine. The legs are heavy and apply pressure to the arches of the foot causing a painful disorder called plantar fasciitis, when this happens walking is painful, knees are pulled in, rotating hips inward which then causes lower back pain.

Avoid shoes which wrap around the ankle and up the legs to secure the shoe on the foot, along with socks which cut into the skin these damage lymph vessels and veins.

## Hormone Balancing:

Lipoedema is triggered by changes in hormone levels, puberty, pregnancy and menopause, it is essential to learn how to balance these hormones naturally. Synthetic hormones are discouraged, (Contraception Pill, Mirena IUD's, HRT, IVF, Topical Progesterone Creams), due to the clotting factor and high doses of estrogen. You should consult your doctor or gynaecologist for alternative birth control methods or investigate the use of bio-identical hormones. Lipoedemic bodies don't usually tolerate synthetic hormones and these could contribute to triggering the advancement of the disease.

Tattoos: are discouraged for the lower limbs due to the scarring effect that is left, this can prevent the lymph vessels pumping fluid correctly.

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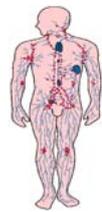
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## Acid/Alkaline Testing:

This is important to ensure that inflammation is kept to a minimum. You can buy pH Test Kits from herbal stores to test your own saliva or you can ask your therapist. There are a number of ways to neutralise your system, many of which are listed in my book *“The Lymphatic-Friendly Diet”*.

## Clothing:

- Loose fitting or boy leg underwear and pants allows lymph fluid to flow easily without congestion.
- Tight jeans with buttons or clothing items that have a draw string tend to block lymph flow into the deep lymph channels causing a built-up and bloated effect in the abdomen. Try a jean that has stretchy material and elastic waists.
- Bras containing underwire will restrict the upper lymph channels and are not recommended for any women.

## Diet:

Please refer to *“The Lymphatic-Friendly Diet”* book available as an eBook or paperback on all book sites or copies may be purchased through Newcastle Lymphoedema and Lipoedema Clinic. [www.newlymphclinic.com.au](http://www.newlymphclinic.com.au)

## Emotions:

These are rarely addressed but probably the most important for a young lady. Think of all the women who are earning millions from their “big booties”. Try to associate with friends who want to understand and support your condition. Avoid sites which wallow and speak negatively. Get educated. If you’re doing everything you know then that is the best you can do, get on with life and enjoy it.

## Liposuction:

This is recommended, but has had no research for verification, for young women prior to pregnancy, around the knees to assist with their walking gate, take pressure off the medial aspect, (inner part), of the knee and veins preventing the need for knee replacements or venous surgery later on. It should be performed by a specially trained surgeon in Lipoedema who knows to use a flat tipped probe with “WAL” (water assisted liposuction) and under “tumescant” anaesthetic only, this prevents pressure build up in the heart.

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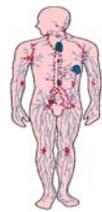
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## Special Note

Please do not project any negative inhibitions onto the next generation regarding body image or negativity regarding this disease. If you have any inhibitions yourself it would be beneficial to you and your family to seek professional help to help get them resolved.

Guide them, educate them and offer support, they may not take the advice onboard at first or even at all and you must respect that, it is their life ahead to make their own mistakes and learn their own lessons.

Together we can provide power to the next generation through guidance, support and education to both girls and boys, something our generation did not have the luxury of having only the regrets left behind.

Boys need to learn about this disease also, they someday will have a wife or daughters with the condition so let's not just keep the education for the female gender.

My work involves learning and passing on what I have learned to combat this disease in every way I know how, together we can make a difference.

Please distribute to daughters, younger sisters, nieces, female cousins, granddaughters and female friends, to help spread the word on this disease which will bring in more research so one day they will find a cure.

Thank you.

Kristin xox

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