

PUBLICATION BY ANDREAS DIETL ON THE TOPIC OF LIPEDEMA

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ABSTRACT

Lipedema, first scientifically documented in 1940, is a chronic progressive and painful fat distribution disorder that predominantly affects women. It is characterized by symmetrical fat deposits on the extremities, along with increased bruising tendency and sensitivity to pressure. Despite numerous publications, lipedema is often underdiagnosed and is mistakenly confused with obesity or lymphedema. Advances in therapy, such as Complex Physical Decongestion Therapy (CPD) and liposuction, have significantly improved the quality of life for affected patients. Early, differentiated diagnosis and multimodal therapy are crucial to slowing the progression of the disease and alleviating symptoms.