

# NEW WORKING MODEL IN LIPEDEMA CLINICS

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## INTRODUCTION

The European Parliament confirms and supports **INTEGRATIVE MEDICINE** for a better treatment of chronic diseases. However, to our knowledge currently there are no clinics or medical department attending lipedema patients from their diagnosis to their operative recovery with a coordinated multidisciplinary team, as it is usual in oncologic and diabetic patients, rheumatic diseases or obesity.









Lipedema affects patients in different health areas and quality of life. All these aspects must be recognized from the beginning.

## OBJECTIVES

We want to coordinate and treat **LIPEDEMA SICKNESS** as a general **HEALTH PROBLEM** and offer the patients a complete and holistic counselling including diagnostic, conservative and surgical alternatives.

## METHOD

We present a new working model in which diagnosis, **PERSONALIZED ADVICE**, and conservative and/or surgical treatment plans are individualized and coordinated by the doctors and other specialized caregivers with experience in this inflammatory disorder. All different aspects that may impact patients' health are considered and handled in the clinic:

-  / Complete clinical diagnosis made with a specialized **PLASTIC SURGEON**.
-  / Screening of related disorders with associated specialists (**ORTHOPAEDICS, VASCULAR SURGEON, GYNECOLOGIST**)
-  / Customized **COMPRESSION GARNMENTS** before and after surgery
-  / Pre- and postoperative **NUTRITION** intervention and improvement of eating habits with a trained nutritionist
-  / Pre- and postoperative physical medicine including MLD and patients' education by a specialized **PHYSIOTHERAPY** team.
-  / **CLINICAL PSYCOLOGIST** to analyse expectations and treatment continuity.
-  / **WAL-TECHNIQUE LIPOSUCTION** in one- or several surgeries depending on lipedema stage, performed by a plastic surgeon specialised in lipedema.
-  / Additional **AESTHETIC** and **RECONSTRUCTIVE PROCEDURES** performed by Plastic Surgeons or Aesthetic Medicine doctors.

## RESULTS

After many years treating lipedema, we observed a lack of information for the patients after diagnosis. We have developed a **HOLISTIC WORKING PLAN** where a personalized treatment is the priority to ensure an adequate follow-up and complete management.

All involved professionals are aware of the diagnostic and treatment plan with monthly meetings and personal feedback with a Specialized Nurse or Plastic Surgeon.

## CONCLUSIONS

Lipedema sickness requires a multidisciplinary approach to attain the best results, as in other chronic diseases.

Our patients are managed at a specific **MULTIDISCIPLINARY UNIT** where medical and specialized personal can offer a complete diagnosis, treatment and counselling in all aspects that may impact their quality of life.

As well, we emphasize on **PATIENT EDUCATION** and **SELF-CARE** to prevent late complications.