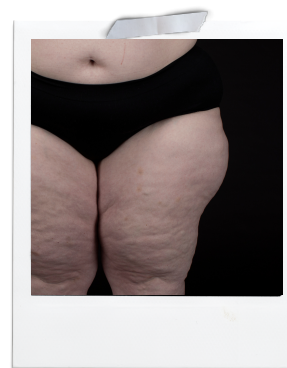
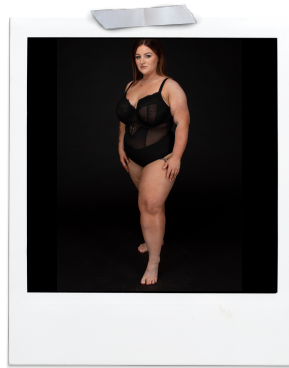


# I'm over being told I just need to *lose weight...*

Lipoedema is not just a weight management issue

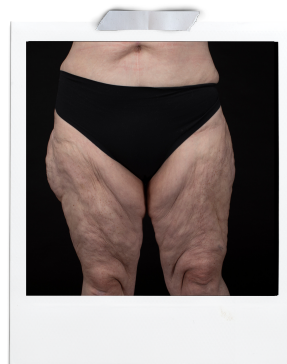
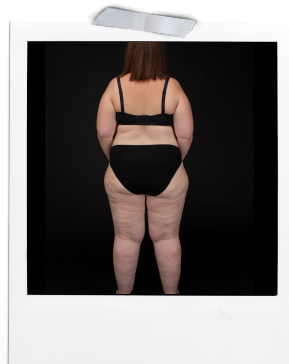
If you have one or more of these symptoms, it might be lipoedema

Are your **legs enlarged?**  
Lipoedema can also affect **arms, buttocks, and abdomen.**



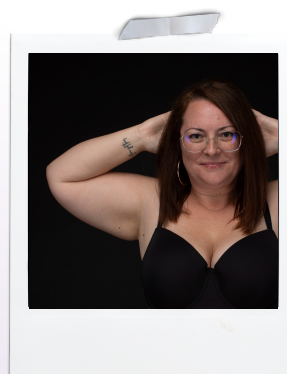
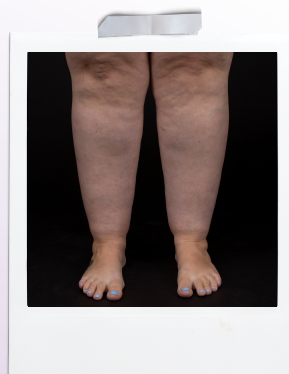
Does your skin have a **cellulite-like appearance** and is cold to touch? Do you **bruise** easily?

Are your legs or arms **painful?**  
Sometimes even just to touch?



Is your **waist small** compared to your thighs, buttocks and legs?

Do you have a **'bracelet'** effect just above your ankles and/or wrists?



Do your symptoms seem worse in **hot weather?**

Lipoedema  
affects  
1 in 9  
women



For more information and support  
[www.lipoedema.org.au](http://www.lipoedema.org.au)

