

Lipoedema Symptoms to Discuss With Your Doctor



Name DOB

Address

Doctor Date

Symptom History

A combination of any or all of these symptoms may indicate lipoedema. If you are unsure about any of the symptoms, talk to your doctor*. Tick all symptoms that apply to you:

Lumpy/excess fat in my:

- Thighs Buttocks Arms Belly Lower Legs
- Breasts Other:

- Excess fat in both legs, disproportionate to the rest of my body
- Affected areas are sensitive to touch and may feel cold
- I bruise easily with minimal trauma
- Sensation of heaviness, aching or discomfort in affected areas
- I have relatives with similar body shape and fat distribution
- I have a fat pad below my knee
- It is painful to have my blood pressure checked
- Difficulty losing weight from affected areas despite exercise, modified diet, or bariatric surgery
- There is a distinct cuff at my ankle/wrist
- My joints are hypermobile
- I often feel pain during and after exercise or standing for periods
- Spider veins, varicose veins, or other skin colour changes on my legs
- Dizziness upon standing or when standing for long periods
- Swelling in my legs
- Loss of skin elasticity
- Abnormal gait
- Abnormal nerve sensations
- *Negative Stemmer sign in lipoedema (in the absence of lymphoedema)
- *Positive Stemmer sign (if lymphoedema is a comorbidity)
- *Lymphoedema as a co-morbidity (with pitting or non-pitting oedema)
- *Lobules of subcutaneous tissue overhanging the knee/s
- *Upon palpation in affected areas, fatty tissue will not feel smooth like unaffected adipose tissue and small nodules may be felt

