Lipedema: preparing for your examination

Fill it in and bring it with you to your appointment.

Bring with you

- [ ] A list of the medicines you take (including contraceptives and hormone medicines)
- [ ] Any previous Doppler ultrasound, blood test and thyroid results
- [ ] The compression stockings you use (class and size)
- [ ] If available, photographs showing how your legs have changed over the years

Your symptoms

- [ ] Symmetric, disproportionate fat build-up in both legs
- [ ] Slim feet; the thickening ends at the ankle
- [ ] Pain or tenderness that increases with touch
- [ ] Easy bruising
- [ ] Heaviness and swelling that increase at the end of the day or in the heat
- [ ] Similar fat build-up in the arms
- [ ] The upper body slims down with diet while the legs do not change

Your history

At what age did the symptoms begin?

_____

Does anyone in the family have a similar leg shape?

_____

Time of onset:

☐ Puberty ☐ Pregnancy ☐ Menopause

Height / weight:

_____

What you would like to ask the doctor

_____

_____

_____

Symptom diary (14 days)

Fill it in every evening. Pain: 0 = none, 10 = unbearable.

Day	Pain (0–10)	Swelling yes/no	New bruise yes/no	Time on feet (hours)	Wore stockings yes/no	Notes
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						