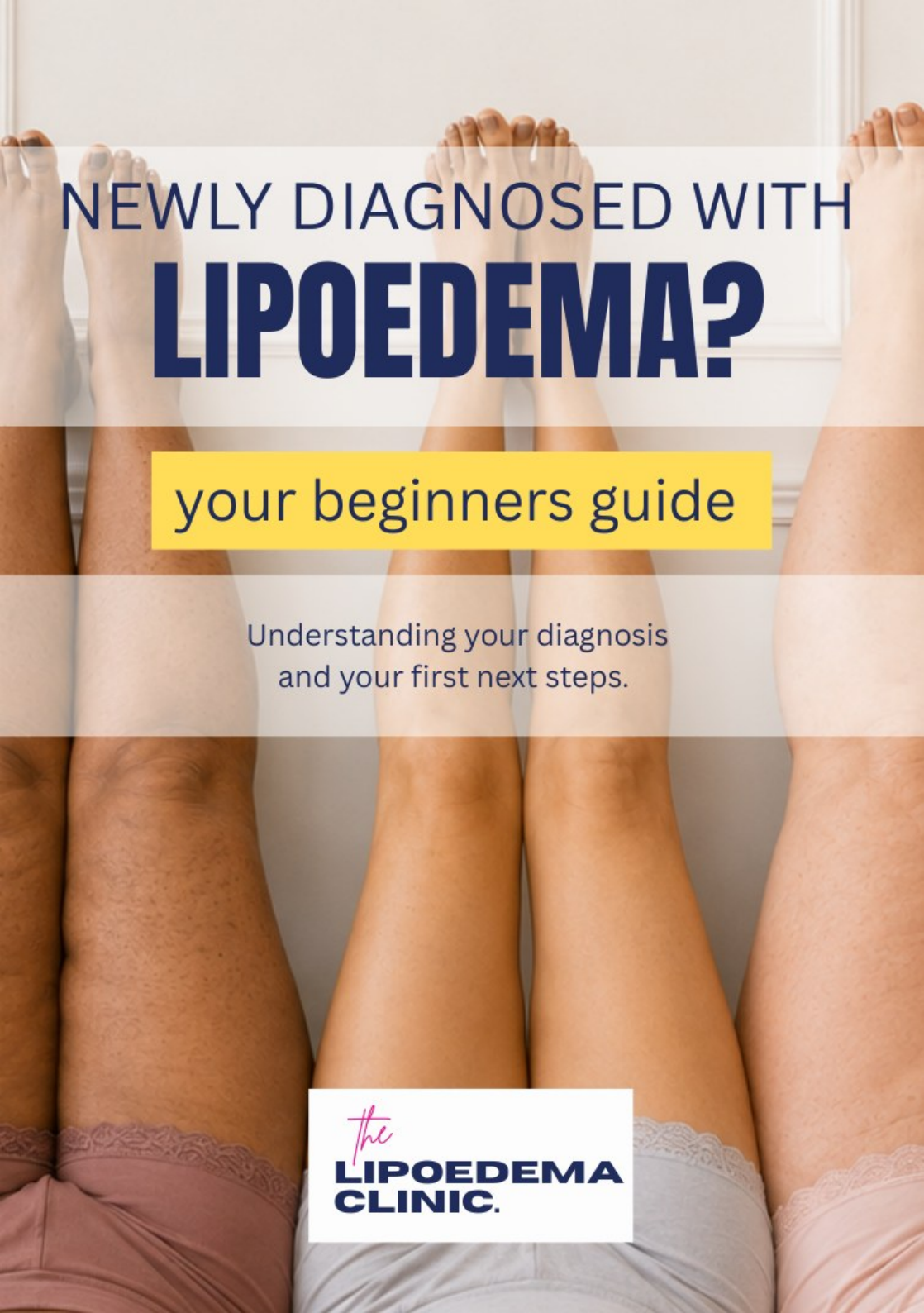




NEWLY DIAGNOSED WITH **LIPOEDEMA?**

your beginners guide

Understanding your diagnosis
and your first next steps.

the
**LIPOEDEMA
CLINIC.**

First Things First...

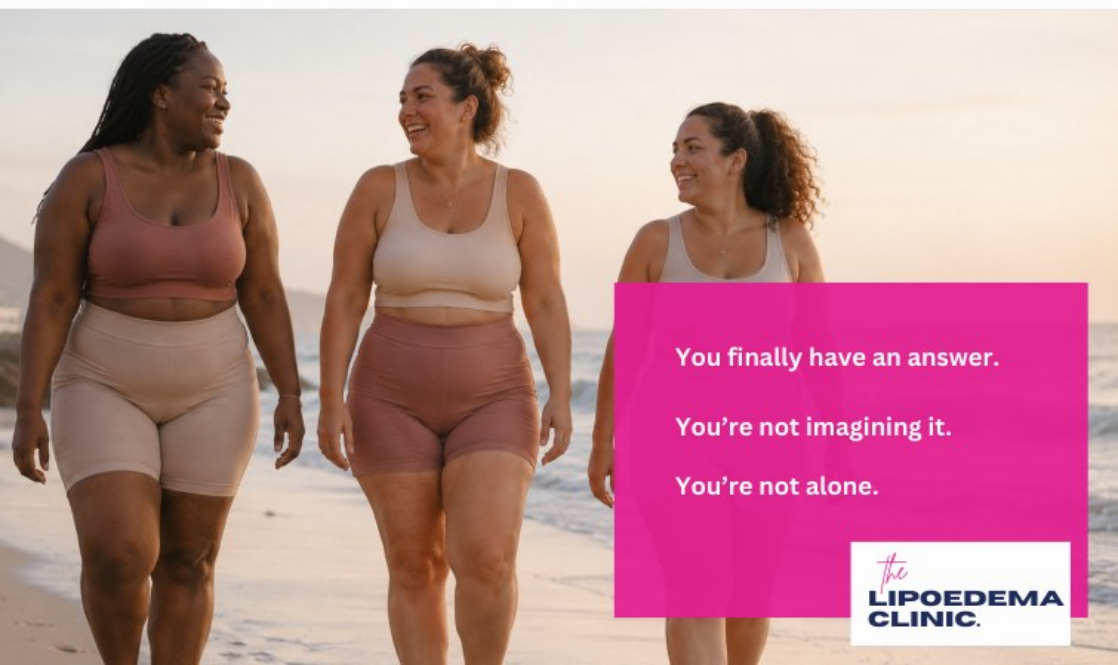
IT IS NOT YOUR FAULT.

Lipoedema is a chronic, progressive adipose and connective tissue disorder that causes an abnormal build up of fat, most commonly in the legs and sometimes in the arms.

It almost exclusively affects women and often develops or worsens during hormonal changes such as **puberty, pregnancy and menopause.**

Lipoedema is often misdiagnosed as obesity.

Early diagnosis and treatment improves outcomes and prevents progression.



You finally have an answer.

You're not imagining it.

You're not alone.

the
**LIP OEDEMA
CLINIC.**

Could this be Lipoedema?

Symmetrical legs/arms

Disproportion (upper vs lower body)

Feet/hands spared ("ankle cuff")

Tender, nodular, fibrotic fat

Easy bruising and heaviness

Hormonal onset (puberty/pregnancy/menopause)

Possible family history (similar body shape)



How is Lipoedema diagnosed?

There is no single way in which Lipoedema is diagnosed. Diagnosis is made through 5 pillars:

-  **Medical history**
-  **Waist-to-hip Ratio (WhR)**
-  **Defining characteristics**
-  **Signs and Symptoms**
-  **Imaging/excluding other conditions**

Your stage and type

LIPOEDEMA TYPE:

Type refers to the location of the condition.

1. Type I – Fat accumulation in the buttocks and hips.
2. Type II – Fat extends from the buttocks to the knees, often forming folds around the inner knee.
3. Type III – Fat affects the entire legs from the buttocks to the ankles.
4. Type IV – Fat accumulation includes the arms.
5. Type V – Lipoedema primarily affects the calves.



TYPE 1:

- Buttocks and Hips



TYPE 2:

- Buttocks to Knees



TYPE 3:

- Buttocks to Ankles
- Feet Spared



TYPE 4:

- Upper Arms
- Generally, accompanies type 3



TYPE 5:

- Below Knee
- Knees to Ankles

LIPOEDEMA STAGE:

Stage refers to the presentation of the skin and underlying fatty tissue. If Lipoedema progresses through stages, the level of pain, tenderness, swelling and adipose accumulation may increase.

STAGE 1



- Smooth skin with an increase of subcutaneous fat tissue.
- There may be swelling that increases during the day and may resolve with rest and elevation.
- There may be cuffs at the ankles.

STAGE 2



- The skin's surface is uneven with indentations.
- Lipomas may develop and have a texture feeling like 'beans in a bag'.
- May have increased tenderness and pain.
- Swelling increases during the day, with less resolution after rest and elevation.
- There can be cuffs at the ankles.

STAGE 3



- Skin has an irregular surface and fat feels more nodular.
- Large masses of skin and fat create overhanging folds.
- Pain symptoms tend to increase, and immobility may develop.
- Ankle cuffs are usually present.

STAGE 4

- Lymphoedema present.
- Swelling consistently present.
- Results in significant compromise of the lymphatic system and now referred to as Lipolymphoedema.
- There can be debilitating lobules of skin and fat, typically medial aspects of thighs and knees.
- Typically, there are profuse cuffs at the ankles

First Things First...

IT IS NOT YOUR FAULT.

There is much research being done to try and better understand and manage this condition. Patients accumulate weight in certain areas of the body – buttocks, thighs, calves and upper arms. The hands and feet are typically spared. This is associated with leg pain and tenderness as well as easy bruising. The adipose distribution is disproportionate - typically is seen in waist to hip disproportion. Unlike obesity, Lipoedema adipose tissue cannot be lost through standard diet and exercise.

Lipoedema is usually first noticed around **puberty, pregnancy or menopause, and there may be a positive family history.** It is different from obesity; nodular fat or fatty deposits are often found in the legs, and individuals may have a normal body mass index. It is a chronic disease that can be well managed with the help of a supportive team and the correct treatment.

Lipoedema is classified into types and stages in order to understand the extent and severity of the condition, guide treatment and track its progression. Lipoedema is classified by type based on fat distribution and stage based on the adipose tissue progression.

Living well with Lipoedema

Initial consult

12 months into the program



“This journey has changed my life. I was completely new to this condition, it felt unfamiliar, overwhelming, and as though it had taken control of my body. I started a program with Jenna-Lee and I made the decision to take control of this condition. The changes didn't happen overnight, but they came steadily. You have changed, and continue to change my life.”

We know how long the journey to a lipoedema diagnosis can be. Many of our patients have spent years searching for answers. At The Lipoedema Clinic, our goal is to be the place where your search ends. Through personalised treatment, education and ongoing support, we'll help you take control of your diagnosis with confidence.

Treatment and management include:

Education

Movement

Compression

Hands on therapy

Lifestyle changes

Personalised homecare program that fits into your lifestyle

Support

Your journey with us:

Medical assessment and diagnosis

Consult with Dr Carmen Briner online or in person for a comprehensive medical assessment and diagnosis.

Education and Program Design

Consult with Jenna-Lee Whitaker to understand your diagnosis, discuss treatment options, and create a personalised management plan.

Acute Phase Treatment

Begin your tailored 8-week program designed to address your symptoms and establish sustainable self-management habits.

Ongoing Support

Access additional support from our team and trusted referral network as needed, including nutrition, compression, movement, psychological support, and surgical referrals.

MEET YOUR TEAM



Dr Carmen Briner

Women and Girls Health
General Practitioner



Jenna-Lee Whitaker

Certified Lymphoedema
Therapist

The Lipoedema Clinic was founded by Dr Carmen Briner and Jenna-Lee Whitaker through a shared passion for improving the care and support available to women living with Lipoedema. Throughout our respective careers, we repeatedly saw the same heartbreaking pattern: women struggling with symptoms that were dismissed, misunderstood, or attributed solely to weight gain.

Too many women spend years searching for answers, trying countless diets, exercise programs, and treatments without understanding why their bodies respond differently. We created The Lipoedema Clinic to change that.

By combining Dr Briner's medical expertise with Jenna-Lee's specialised experience in lymphatic and lipoedema management, we provide compassionate, evidence-based care that goes beyond diagnosis. Our focus is on empowering women through education, practical management strategies, and ongoing support.

We also work closely with a network of trusted healthcare professionals, including dietitians, psychologists, surgeons, and other specialists, ensuring that every woman has access to the multidisciplinary care she deserves.

Our mission is simple: to help women feel heard, understood, and confident in managing their condition, because no woman should have to navigate lipoedema alone.

READY TO TAKE THE NEXT STEP?

We're here to help you better understand your condition and walk this journey with you.



Comprehensive diagnosis and assessment



Personalised treatment plans



Patient education



Compression guidance



Long-term support

Book your Assessment and Diagnosis with The Lipoedema Clinic



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the
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