

PAIN

Pain and tenderness of lipedema-affected areas is a consistently reported problem and poses a significant health burden. Generally reported as chronic, this pain can significantly impact mobility and overall quality of life. **77 percent of respondents to the Lipoedema UK survey experience leg pain.**⁵ The following results from lipedema publications and patient surveys that further describe the effect of pain on patient lives:

- In Allen and Hines (1940), and an expanded disease description by Wold et al. based on 119 lipedema case reports, found that pain was the distinguishing characteristic for **40 percent** of patients.^{1,3}
- A contextual behavioral approach assessment of the quality of life of 120 women with lipedema, who were recruited through online and Facebook patient discussion groups, found that **93 percent** of these women experienced lipedema-associated pain and tenderness (sensitivity to touch), with almost half of them rating the symptoms as **severe to extremely severe.**¹²
- A medical chart review and survey of 50 lipedema patients seen by an academic medical center reported that nearly **90 percent experienced daily pain.**¹³
- An application of the visual analogue scale (VAS), which is a psychometric response scale used in questionnaires to measure subjective characteristics or attitudes that cannot be directly measured, was used to quantitatively assess lipedema-associated characteristics in 25 pre-liposuction surgery patients. Most patients reported pain in lipedema-affected areas, and, six months after surgery, they reported a **significant reduction in pain from 7.2 to 2.1 VAS points** with a concomitant improvement in psychological stress from 8.7 to 3.6 VAS points.¹⁴