



Michelle Ellis found out that she had lipoedema when it was too late. She was 30 and had already developed lipo-lymphoedema. Some studies have suggested up to 11% of adult women have lipoedema; how many are diagnosed? Very few!

Some women are only being diagnosed by chance in their 60s, after living a life of blaming themselves for being unable to lose weight, having their nearest and dearest question their honesty, and being passed from pillar to post in the medical sector, trying to stop

have continued to increase as more and more women realise they are no longer alone.

It was decided that UK Lipoedema Ladies needed a private place online to chat, post photos of legs, lumps, bumps, bruises, and cry, laugh, empathise, shout and share their daily

very different, with members from all over the world, different outlooks on life, liposuction all have in common.

They are now testing new treatments with researchers, attending lymphoedema meetings and lipoedema, petitioning MPs and councillors, raising local social media, and hold an annual 'E can all get together to learn

The second 'Big Meet' was held in Leeds and this was attended with members flying in from all over the country. It was a great success, plans for Big Meet number 3 are

Lipoedema Ladies have been active through history. The government authorities have always been slow to respond, members plan to change that by educating themselves, then by educating others, finding out what treatments work, Lipoedema and being genuine

ncare 43

s ages from 16 to over
and with many
oedema is what they

v treatment, helping
. They attend
d talk about
d local health
meets at pubs and
lig Meet' where they
, share and have fun.
as held in September
ded by 60 women,
Portugal and Ireland.
ning has already
three!
been quietly miserable
ment and health
n fat-biased and the
is, firstly by loving
ing those around
ments do help
a pigs for the
losing the medical fat

the pain that many lipoedema ladies fight every single day.

When she joined the popular social networking site Facebook, Michelle started a page called Lipoedema Ladies, as a kind of beacon call to try and find women with lipoedema. Slowly but surely more ladies joined and as the group developed, key members and now the admin team, Cara Jones, Joanne Bird and Isobel MacEwan, took the brave step of showing their legs to the nation, in newspaper and magazine articles on living with lipoedema. Interest in Lipoedema Ladies soared and page members

lives with others who understood. The result was the Lipoedema Ladies Private Group.

The website is their public face, with fashion, real-life stories, recipes and exercise advice courtesy of the members who in their work lives are experts in those fields.

Lipoedema Ladies have to fight. Fight for themselves, the next generation and for each other. When you feel you are falling, one of your friends in the group will catch you. When you have said to yet another doctor 'It's lipoedema not lymphoedema!' you will never be judged or feel different with Lipoedema Ladies. Although all

scientists, and then by chain of command, to reduce bias by showing how you do not want to be 'fat'.

So what do Lipoedema Ladies want? To be treated without bias. To have their voices heard. To have them support one another.

CHW

© For more information offering help and get yourself, please get in touch via the website.
www.lipoedemaladies.com

enging the medical rat
on't have to overeat to

adies want? To be
e a cure. Until then,
ar as best they can.

**on on joining,
ting help for
n touch**

s.com
