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1st June 2025

Good Morning

We are sending you this special, additional issue today, in recognition of Lipoedema Awareness Month. Dedicating an extra edition to this vital cause is crucial, as it sheds light on a condition that is often misunderstood yet significantly impacts many lives.

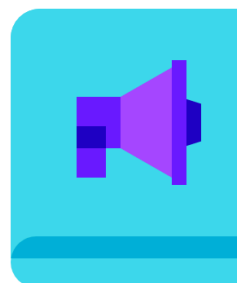
(Our regular PhysioPod® newsmagazine will be in your inbox at 8 am as usual.)

**PHYSIOPOD® UK
NEWSMAGAZINE**

**INTERVIEWS
RESEARCH
A 12 MONTH SURGERY JOURNEY
MOUNJARO REVIEW
TIPS FOR EMPOWERMENT
LIPOEDEMA SPECIALIST TRAINING REVIEW
DEEP OSCILLATION® and more...**

Photo credit: Judy Hudson. June 2025 Issue 38

**JUNE IS
LIPOEDEMA
AWARENESS
MONTH**



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life, including how individuals perceive their bodies, manage emotions, and protect their mental health. Raising awareness is crucial not only for improving public understanding but also to address significant barriers that people with lipoedema face, such as a surprising lack of knowledge and expertise about the condition among healthcare professionals and high levels of stigma from society, as well as within the healthcare system. This month presents a critical opportunity to highlight these challenges and emphasise the importance of support networks and trust in care providers for effective self-management.

Within this special issue, drawing on recent and past articles and interviews, we explore various aspects related to Lipoedema Awareness Month. You'll find insights into ongoing research that sheds light on the complexities of living with lipoedema and intriguing studies, such as the high co-occurrence of lipoedema among fibromyalgia patients. We also explore different approaches to management, including the appeal of non-invasive DEEP OSCILLATION® for conservative care and post-liposuction support, as well as personal journeys through surgical intervention. The experiences and perspectives shared by patients and specialists alike underscore the challenges of receiving timely diagnoses and the profound emotional impact of the condition.

We want to take this opportunity to express our gratitude to the medical professionals who contribute their expertise and care to individuals living with lipoedema. Specifically, we are thankful for contributions from surgeons like Dr. Vasu Karri, who is known for his personalised approach, and Dr. Johanna Schreiber, who specialises in lipoedema surgery and emphasises the emotional impact of the condition and the importance of patient-centered care. The willingness of these busy experts, and others, to share their knowledge and perspectives is invaluable, especially during Lipoedema Awareness Month. We also acknowledge the bravery of individuals like Bel Hardman whose story we repeat in this issue. Bel shared her personal 12-month surgical journey and its challenges and benefits, offering critical perspective to others.

We hope this special edition offers valuable information and underscores the importance of increased awareness, understanding, and support for those living with lipoedema.

Mary Fickling and Julie Soroczyn

Sisters and Directors, [PhysioPod® UK](#) and [PhysioEquipment](#)

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10 Empowering Tips for Living with Lipoedema by Bel Hardman

Lipoedema is more than just a physical condition, it affects every part of our lives, from how we feel within and about our bodies to how we manage our emotions and protect our mental health.



ACCESS BEL'S TOP TEN TIPS

**New Research: More than meets the eye:
phenomenological insights into the**

Lise Maren Kloosterman, Harriët Jager-Wittenaar, Francine Schneider, Ad Hendrickx, Rienk Dekker & Aldo Scafoglieri. (2025) [Comprehensive Needs Assessment for Enhancing Self-Management in People with Lipoedema and the Support Provided by Their Healthcare Professionals](#). *Journal of Multidisciplinary Healthcare* 18, pages 1217-1230.

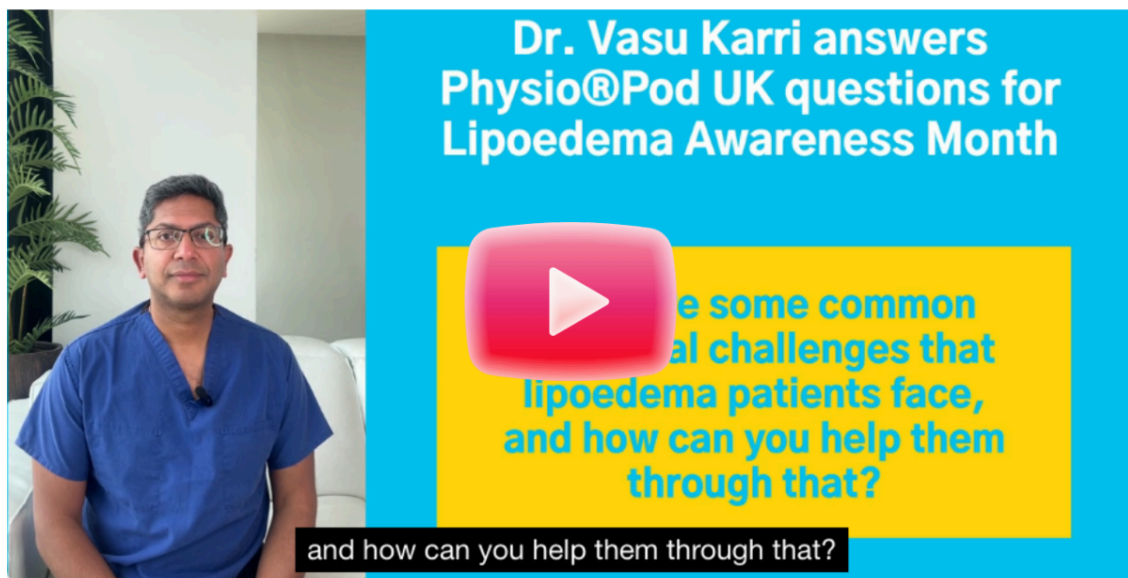


PhysioPod® Comment: Managing chronic health conditions like lipoedema often requires active self-care, but what makes it challenging or easier for people living with this often-misunderstood condition? [A new study](#) offers a special perspective by being **the first of its kind to combine a review of existing research with direct input from both people with lipoedema and the healthcare professionals who treat them.**

Why is this discovery intriguing? The research highlights significant barriers to self-management for people with lipoedema, including a surprising **lack of knowledge and expertise about the condition among healthcare professionals**, as well as high levels of **stigma from society and even within the healthcare system**. The study also reveals the importance of positive relationships, trust in doctors, and support networks for successful self-management. By bringing together these different perspectives, the study not only sheds light on the complex reality of living with lipoedema but also lays the groundwork for creating better, more tailored support and training for both patients and their care providers.

Dr Vasu Karri Answers PhysioPod® UK Questions for Lipoedema Awareness Month

Mr. Karri's philosophy centres around delivering patients personalised, natural, and aesthetically pleasing **results**. He is noted for his keen aesthetic eye and meticulous attention to detail, ensuring that patients achieve their desired outcomes. PhysioPod® were delighted that Mr Karri took time out to answer their questions for Lipoedema Awareness Month.



[ARTICLE LINK](#)

Lipedema awareness in fibromyalgia

Bolkan Günaydın E, Ünlü Z, Ay S, Karapınar TO. Lipedema awareness in fibromyalgia. *Phlebology*. 2025 Feb 14:268355251321042. doi: 10.1177/0268355251321042. Epub ahead of print. PMID: 39950611.



PhysioPod Comment: This study, titled "[Lipedema awareness in fibromyalgia](#)", evaluated the presence of lipoedema in patients diagnosed with fibromyalgia. Researchers observed lipoedema in 50% of the female fibromyalgia patients under study. Furthermore, a long fibromyalgia diagnosis time and a low age of the first menstrual cycle were identified as significant risk factors for the presence of lipedema in this group. This study is intriguing because it reveals a high co-occurrence of lipoedema among fibromyalgia patients, suggesting a potentially important overlap between these two conditions that warrants further awareness and investigation.

The Appeal of DEEP OSCILLATION® Therapy For Conservative Lipoedema Management and Post Liposuction Care

Deep Oscillation is a non-invasive therapy emerging as a valuable tool in both conservative Lipoedema management and pre- and post-lipoedema liposuction care. Take a look at our video, prepared for Lipoedema Awareness Month.

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The Appeal of DEEP OSCILLATION® Therapy For Conservative and Post Surgical Lipoedema Management

PHYSIOMED® technology for therapy

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Seguimos...
Mais um tratamento conservador do Lipoedema 🙌

@dramariannalou
Marianna Lou

Type II Type III Type IV Type V

ARTICLE LINK

PhysioPod® Interviews Dr Johanna Schreiber, Board Certified Plastic Surgeon for Lipoedema Awareness Month



Dr. Johanna Schreiber is a plastic surgeon who specialises in lipoedema in Berlin. In this interview, she discusses her motivation, patient interactions, the

timely diagnoses and the importance of patient-centered care in her practice

[INTERVIEW LINK](#)

DEEP DIVE

EPISODE 1

"A DEEP DIVE INTO DEEP OSCILLATION® FOR LIPOEDEMA SELF CARE"

Thoughts and Feelings on the Effects of Tirzepatide (Mounjaro®) on Lipoedema. Interview with Zoe, Lipoedema Patient Advocate and Plus Size Fashion Model



the difference the drug has made to how her lipoedema FEELS which is what this interview focuses on..



ARTICLE LINK

This is a very interesting interview. My client is younger than Zoe and as a child, she always had chunky legs, somewhat out of proportion to the rest of her body. Now in her early twenties, she was experiencing not only volume increases in her legs, but increasing pain, heaviness and enlarged painful groin nodes, which kept her awake at night.

Recently she became engaged and was fearful that the escalation in her leg volume would be upsetting for her wedding.

Initially she went onto gluten and dairy free with a slight improvement but decided to try a very low dose of Mounjaro. I was very surprised after only a short time by the dramatic change and appearance in her legs which have slimmed down considerably. The pain and heaviness has reduced with no further nocturnal groin pain. She is doing so well, she has not needed to see me.

Christine Talbot SRN
Lymphoedema, Bowen and Deep Oscillation Practitioner

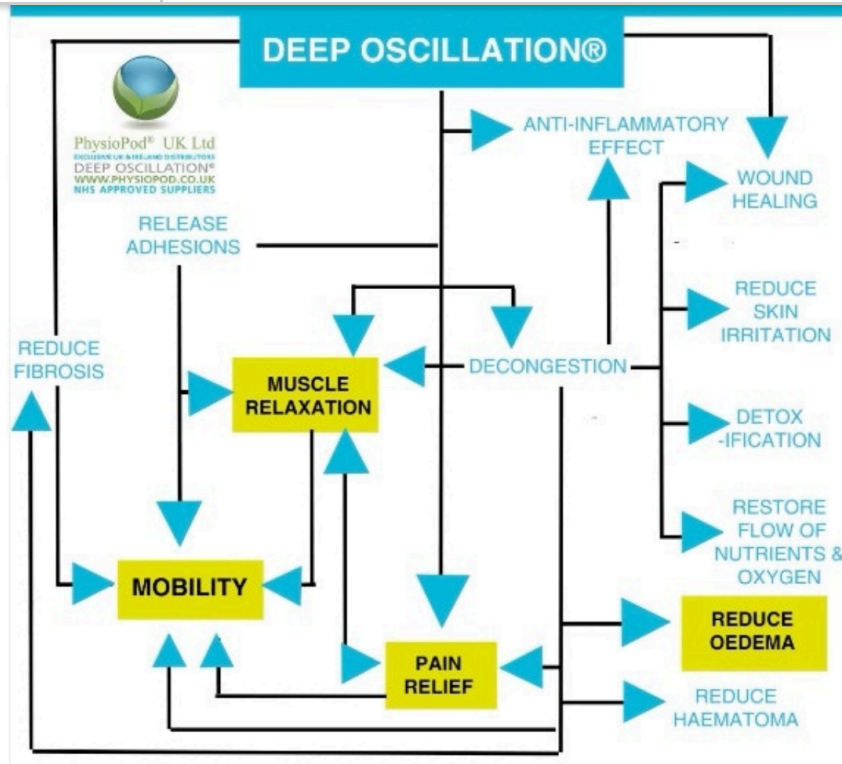
Rosemary Godfrey Talks About MLD and Deep Oscillation for Lipo -Lymphoedema

Lipo-lymphoedema is a combined form of swelling that involves both lymphedema and lipedema.

- Lymphedema is swelling caused by a blockage or damage to the lymphatic system, leading to fluid buildup, usually in the arms or legs.
- Lipedema is a chronic condition characterized by the abnormal accumulation of fat, often in the legs and hips, and sometimes arms. It is typically painful and resistant to diet and exercise.
- Lipo-lymphoedema occurs when these two conditions coexist, resulting in both fluid retention and abnormal fat deposits, which can complicate

In this video, Rosemary talks about the mixed pathology condition and how MLD and Deep Oscillation have helped to turn her life around.





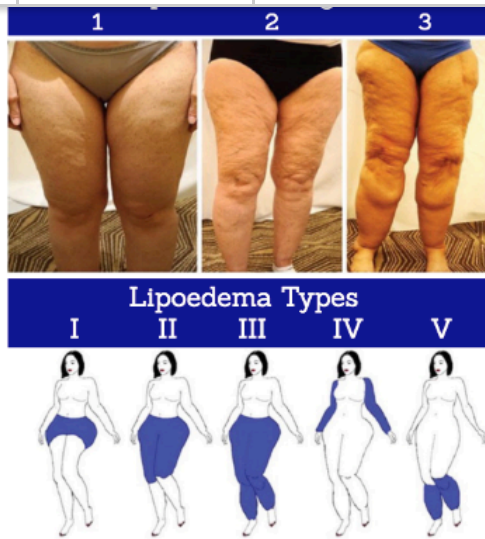
My 12 month Lipoedema Surgery Journey By Bel Hardman



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LIPOEDEMA'S STAGES & TYPES

Stage 1 ; Skin is smooth but there are pearl-sized nodules in the fat underneath.

Stage 2: There is retraction of the skin due to fibrosis of connective tissue fibres surrounding fat lobules and pearl-sized and larger masses in the fat tissue.

Stage 3: There are pearl-sized nodules, larger masses and lobules of the skin and fat.

The fourth stage is not shown, as it includes the development of lymphoedema that can occur at any stage, when it is known as lipo-lymphoedema. Lymphoedema occurs in Stage 3 more than Stage 1 or Stage 2.

Five Lipoedema types describe the location of lipoedema fat. Type IV is found often combined with Type II of III.

Torre YS, Wadea R, Rosas V, Herbst HL. Lipoedema: friend and foe. *Horm Mol Biol Clin Investig.* 2018;33(1):j/hmbci.2018.33.issue-1/hmbci-2017-0076/hmbci-2017-0076.xml. Published 2018 Mar 9. doi:10.1515/hmbci-2017-0076

PhysioPod Comment:

[In this personal account](#) for our news magazine, Bel Hardman shared her yearlong journey through four surgeries for lipoedema, a condition she was diagnosed with later in life after years of symptoms she believed were just a "family trait." Her story is particularly interesting, as it details the challenges many face in receiving a lipoedema diagnosis, including potential medical gaslighting and fat shaming, and her decision to pursue surgery as a way to manage the condition and maintain mobility. Bel provides an honest look at the extensive research involved in choosing a surgeon, the practicalities of planning for multiple surgeries abroad, and the challenges and significant benefits experienced throughout her surgical and recovery process, ultimately aiming to use her experience to support and educate other women with lipoedema.

Win A DEEP OSCILLATION® Massage At RejuvenateIt Lipoedema Awareness Event Manchester


A free vital evening awareness event is to be hosted by [Rejuvenate LT](#) on Wednesday 18th June 2025, from 6.00 pm to 9.00 pm at the Department Bonded Warehouse, 18 Lower Byrom Street, Manchester M3 4AP. This event aims to raise awareness of Lipoedema, offer support and insight, and bring people together to share, learn, and connect. Expect personal stories, expert discussions, and a supportive environment where your voice matters and there's a chance to win a DEEP OSCILLATION massage with a therapist near

LYMPHATIC DRAINAGE SPECIALIST
Rejuvenate
Prudencia Lyons

PRESENTS

Let's Talk Lipoedema

Join us at our lipoedema awareness evening featuring expert speakers, personal stories, and valuable resources to help you better understand and manage Lipoedema.




WEDNESDAY
18/06/2024



STARTS AT
06:00PM



BONDED WAREHOUSE
18 LOWER BYROM ST,
MANCHESTER M3 4AP

BOOK FREE TICKET →



Visit Our Website
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FREE REGISTRATION LINK

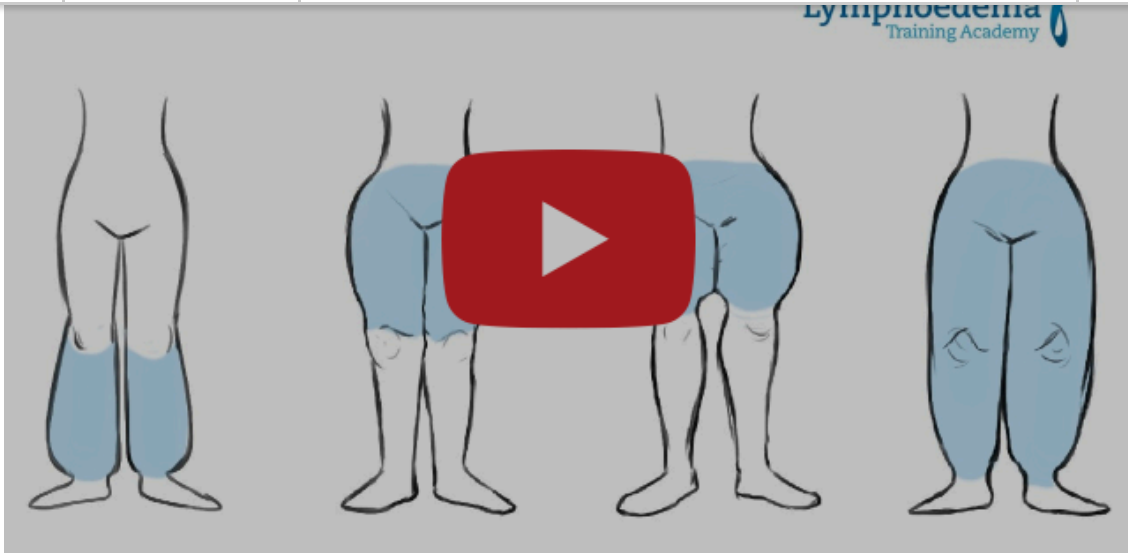
PhysioPod® Overview: Specialist Lipoedema Management Training Course with Lymphoedema Training Academy

Generated by Expert AI based on user-provided sources and instructions.
Video Creation: PhysioPod® UK Limited. Images provided by [Lymphoedema Training Academy \(LTA\)](#).

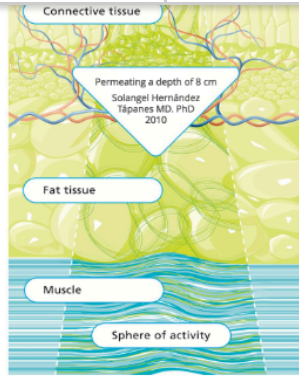
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10 BENEFITS OF DEEP OSCILLATION®



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1

Physical relief for any stage of Lipoedema

2

Lessening the burning sensation /cramps/ stabbing pain in legs

3

Lessening the feeling of heaviness in legs

4

Reducing inflammation

5

Reducing bruising

6

Prevention/ reduction of oedema & fibrosis (if present)

7

Reducing lower back, knee & ankle pain

8

Improving movement and range of motion

9

10

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(a part of our immune system) | Liposuction Must!

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WE ARE HAPPY TO CHAT THROUGH THE OPTIONS

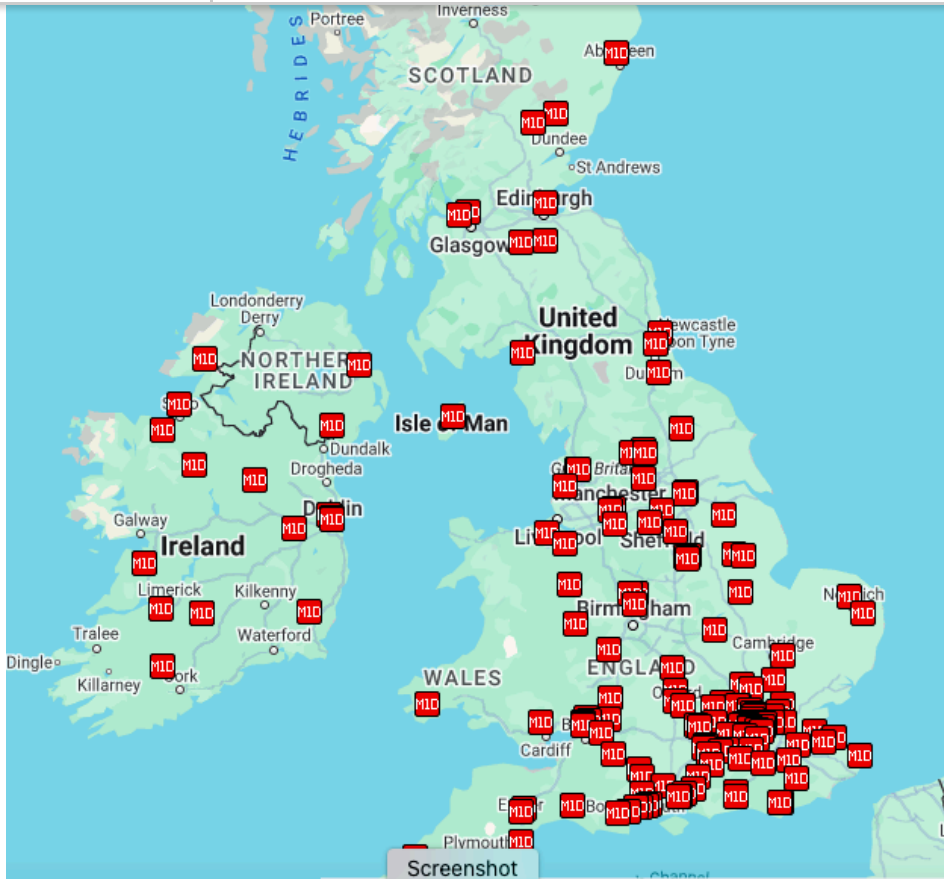
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**Thank you for reading our special Lipoedema issue. Please share if you can.
Mary and Julie x**



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