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DEEP OSCILLATION®
WWW.PHYSIOPOD.CO.UK
NHS APPROVED SUPPLIERS

1st May 2021

Good Morning All

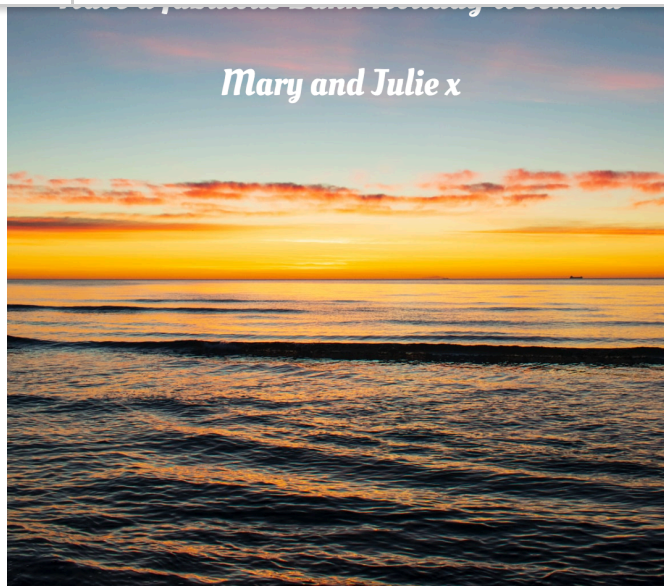
A warm welcome to the 9th issue of the PhysioPod Monthly Newsmagazine. Bank Holiday Weekend is upon us, again :-)) and we do hope you have plans afoot to relax and enjoy some time with family and friends. Weather isn't the best but we can wrap up warm and smile just the same.

Some great news, we now have a confirmed date for the The Holistic Health Show of July 11th and 12th at The Ricoh Arena in Coventry. So we are keeping everything crossed that it goes ahead as planned! Due to COVID-19, there aren't any free tickets because everyone needs to formally book a place (more details are in this issue) - we'd really love to see you there. Please do come if you are able.

As always, we aim to provide diversity in all of our issues and we feel May's edition has achieved just that, so we do hope you will agree.

Thank you to all of our contributors this month and please if you have an article/idea/question you would like to share with us [then do drop us a line](#), we'd love to hear from you.

Whether it's a staycation, a BBQ with blankets, or just pottering in the garden this weekend - we hope you all have a super time.



Sisters and Directors of
[PhysioPod UK Limited](#) and [PhysioEquipment UK](#)



DEEP OSCILLATION NEWS FROM PHYSIOTHERAPISTS AROUND THE GLOBE



DEEP OSCILLATION now installed at Munro Physiotherapy in Perth

Scotland
United Kingdom
PH1 1DE
Landline 01738 630425
Mobile 07843 620820



NEW PHYSIOTHERAPIST FEEDBACK

**Chris Boynes**

Consultant Chartered Sports and Spinal Physiotherapist
BEd(Hons) PE, MCSP, MAACP, MACPSEM,
Lic Acu, HCPC Reg.

“Over the last 31 years, I have acquired varied skills as a Chartered Physiotherapist in sports and MSK work. This has included elements of joint work, connective tissue release, different types of taping, detailed exercise rehab etc. Deep Oscillation sits intertwined with all these skills and has added an extra huge dimension to what I can do with my pts.”

“With the more chronic presentations with tissue ‘stiffness’, Deep Oscillation will change the feel and quality of the tissue and skin. It is definitely less hard work on my hands, and if considering the electrophysiological and cellular effects deep in the tissue (*8cm). It will offer the patient effective treatment with a softer application.”

“It has been a huge addition to my skill set and I am constantly updating my use of it with all problems I see in my clinic.”

*(Hernández Tápanes S. et al, 2009).

Thanks to [Chris Boynes](#) for this feedback

DEEP OSCILLATION PROTECTS THE TOOLS OF OUR TRADE



Simon Cooper M.C.S.P. S.R.P. A.A.C.P.

"Working as a private practitioner within a sporting environment, I am dealing mainly with sports injuries. I was very skeptical at first but within three weeks I was delighted with the results and the positive feedback through my patients. As the therapy can be combined easily with other electrotherapy modalities and treatments I regularly incorporate it and have found it beneficial in reducing inflammation, muscle spasm, pain, and decreasing the healing time of muscle strains. As all manual therapists are aware, our hands are the tools of our trade, with many of us suffering repetitive strain, this therapy greatly reduces this by enhancing hands-on treatments to depths of 8 cm with light touch through a unique gloved application or a hand held applicator. I was informed that when treating with gloved application that my hands would also receive treatment because I am directly connected to the unit. I'm very pleased to report that after only approximately four weeks of using Deep Oscillation, I noticed that my hands had improved, feeling less discomfort and pain"



PHYSIOTHERAPY NEWS FROM PANAMA



Physiotherapist Kaysha Francis of [Healing Your Body](#) in Panama is now offering Deep oscillation therapy in her clinic located in Brisas del Golf, Panama City. Our thanks to our distribution partners **Infinity Medical Panama** for sharing this lovely news.

Kaysha says "Deep Oscillation has become an excellent therapeutic tool for pain management, acute and chronic inflammatory processes, as well as stimulating the activity of the lymphatic system, positively influencing oedema reducing and aiding lymphoedema management.

The application of deep oscillations in post-operative patients is very beneficial and it can be used in very early stages. The photographs below show our result in just three treatments in the area of wound healing.

WOUND HEALING RESULTS

BEFORE

AFTER



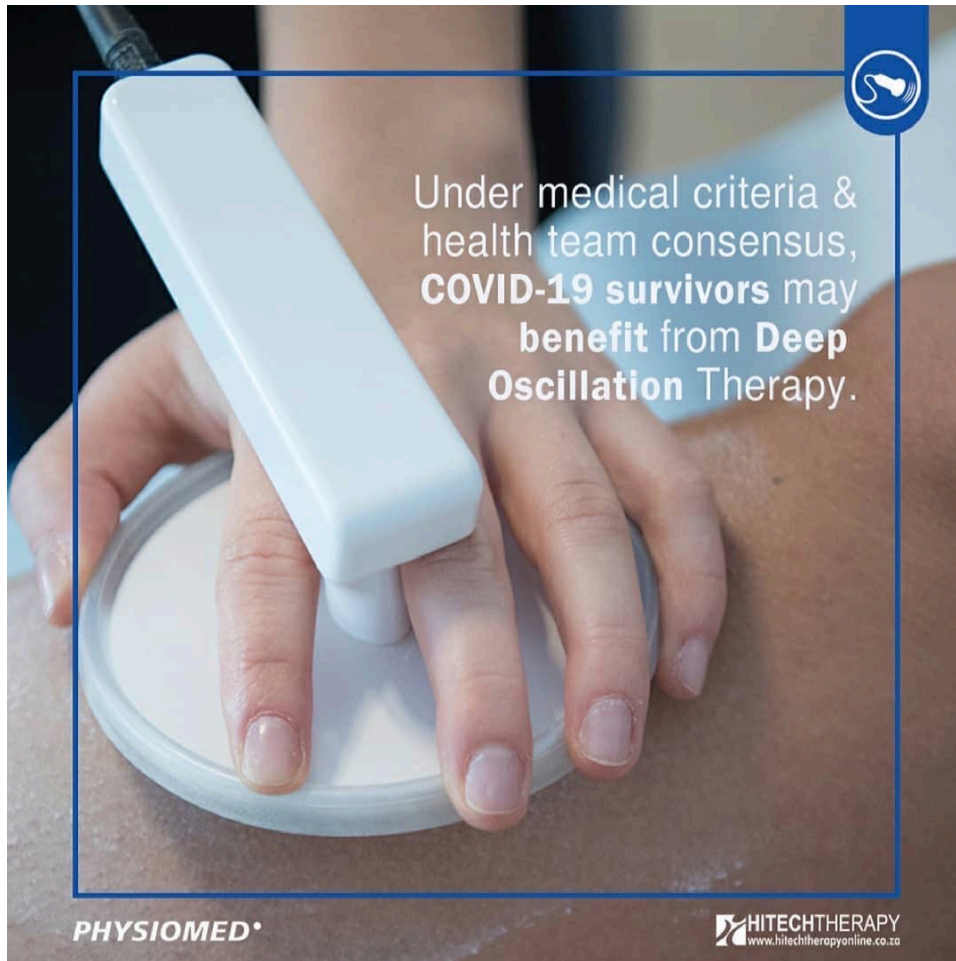
with thanks to www.healingyourbodyinc.com/en/

3 X DEEP OSCILLATION TX

accelerate, local inflammation is minimized, pain is considerably reduced over a sustained period, the quality of the scar is improved.



News from our South African distribution partners Hitech Therapy



"Physical therapists from different parts of the world have started conservative non-invasive treatments, using DEEP OSCILLATION with patients who have survived COVID-19, and suffers from consequential respiratory damage. The gentle and well-tolerated application of DEEP OSCILLATION allows for treatments aimed at improving respiratory capacity, reducing residual pulmonary fibrosis and contributing to the pulmonary exercise techniques that should be carried out as part of the rehabilitation process of the acute condition. Under medical criteria and health team consensus, COVID-19 survivors may benefit from this technology.

BENEFITS IN RESPIRATORY DISEASES:

- Bronchial drainage without risk of alveolar collapse

- Improved thoracic mobility
- Normalization of muscle tone



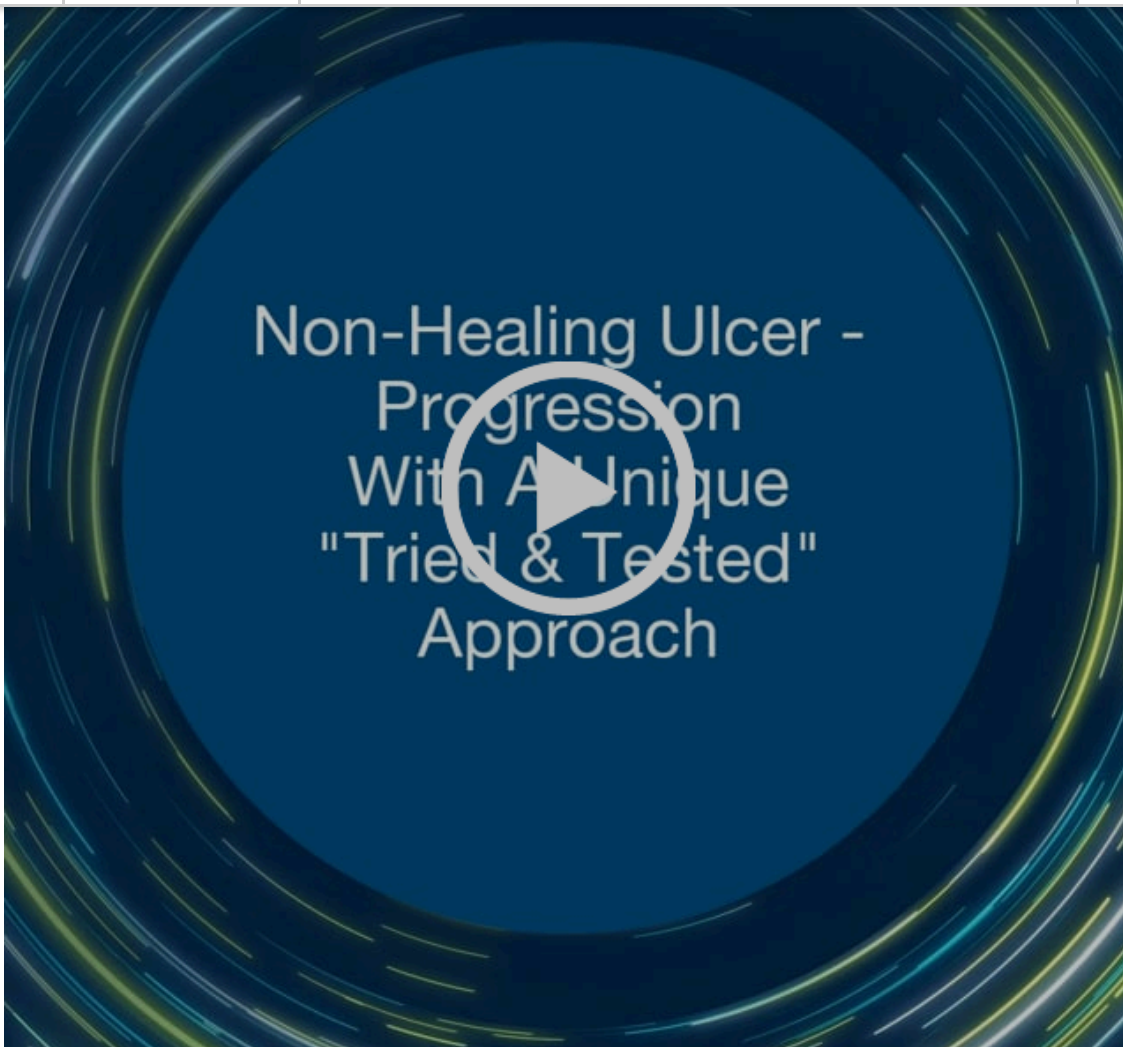
CASE STUDY

Background

A lady in her seventies presented with a small leg ulcer just above her left lateral malleoli, it was quite deep, moist and with a faint familiar odour, this was a repeat injury ironically occurring in exactly the same spot and caused in exactly the same way as a previous ulcer some years ago. Whilst gardening a stick went into her ankle, her circulation around the area is poor having had varicose vein surgery, although the injury occurred in October, it failed to heal and worsened over the weeks, District Nurses had been treating it twice weekly without success.

Unfortunately, whilst Christmas shopping in December Mrs P fell in the street fracturing her right femur. Following a pin and plate repair, she was discharged from hospital on crutches but did not receive any physiotherapy. Very quickly, the right leg swelled and became very stiff impeding mobility, which had already been affected by the ulcer on the left leg. Mrs P became very depressed by the pain in both legs, her increasing inability to move and in particular the ulcer which was deepening and spreading, causing great anxiety...

[READ FULL CASE STUDY](#)



HEALTH INDUSTRY NEWS

NICE National Institute for Health and Care Excellence

Chronic pain sufferers should take exercise, not analgesics

it's unlikely that any drug treatments for chronic primary pain, other than antidepressants, provide an adequate balance between any benefits they might provide and the risks associated with them."



Dr Paul Chrisp
Director Nice's Centre for Guidelines

READ THE NEW NICE GUIDELINES HERE



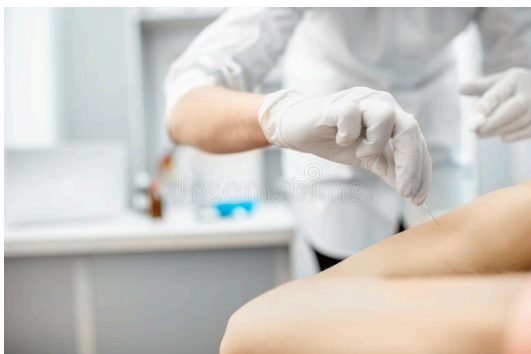
**DEEP OSCILLATION MAY REDUCE YOUR
NEED FOR PAINKILLERS**



DEEP OSCILLATION IS A NON-INVASIVE TREATMENT WHICH SIGNIFICANTLY REDUCES PAIN



Revised NICE Guidelines open the door for physiotherapists to use acupuncture for chronic pain management



changes also mean that NHS registered physiotherapists may be approved to administer the treatment on a community level further down the line, replacing the need for certain pain management medications including opioids.

The professional acupuncture network, The Acupuncture Association of Chartered Physiotherapists (AACP), welcomed the decision which will allow physiotherapists to manage a range of primary chronic pain conditions proactively and effectively.

“Acupuncture has long been seen, incorrectly, as an alternative treatment for pain management, however, today’s announcement reconfirms its effectiveness as a viable and medically proven treatment to reduce pain for millions, without the need for medication.

“As a professional body, our members have consistently championed the use of medical acupuncture as a way of managing chronic pain. As of today, acupuncture trained physiotherapists will be able to offer an effective treatment to their patients as part of their recovery and pain management regime.”

The revision of the guidelines also means that, provided the General Medical Council approve the change, the NHS will be able to offer acupuncture as part of its physiotherapy programme.

For more information please visit: <https://www.aacp.org.uk/>

AACP Virtual Conference 8th May 2021 - Registration Now Open

OPEN TO ALL

PhysioPod (and [Physio Equipment UK](#)) are delighted, as [AACP Recommended Suppliers](#) to be offering a **very special discount on the Deep Oscillation Personal Pro** for conference delegates. Watch out for the special code in the delegates guide if you are attending this online event.

Completion of days course earns CPD points of 6 hours.

[Book Now](#)



DEEP OSCILLATION NOW IN CLINIC AT MARIE REYNOLDS LONDON



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Fortnum & Mason	58, South Molton Street	Bluebell Barn
181 Piccadilly	Mayfair	Reepham Road
St James's	London	Norwich
London		Norfolk
W1A 1ER	W1K 5SL	NR9 5NQ

It's been a such a pleasure to work with Marie Reynolds this last couple of months and her feedback so far is:

"I am over the moon I have introduced Deep Oscillation to my treatment menu. Apart from using it for body therapy and scar rejuvenation, lymphatic drainage in skin therapy is key to overall skin health and something that is overlooked.

My approach to skin treatments is and always been 'less is more' approach so this method is perfect and has already given great results for Rosacea and acne conditions" 15th April, 2021.

Julie Soroczyn and I are delighted to add this acclaimed, International Skin Therapist to the PhysioPod Deep Oscillation Therapist Map. Marie Reynolds has clinics at Fortnum & Mason, Mayfair and Norfolk.

[READ MORE](#)



Marie took to Instagram to extol the virtues of the therapy: "As therapists we tend to neglect ourselves - before I closed the clinic I had a cheeky Deep Oscillation - lymphatic drainage is one of the secrets to healthy skin! Electrostatic frequency picks and drops the skin tissues up to 250 times per second - encouraging metabolic waste to flow to lymph nodes and nutrients to feed the skin cells! This therapy is SO gentle it can be used under the eye area for bags and dark circles and also be used early post operative for the health and rejuvenation of scarring and healthy skin tissue" #skinhealth #MRL #deeposcillation #facialist



Scar Therapy: A Helpful Skill for the Lymphoedema Therapist by Emma Holly



When working with Lymphoedema, scar therapy may be a very useful skill to incorporate into treatment. Scar tissue or adhesions from surgery or radiotherapy may be one of the factors impeding the lymphatic flow, so incorporating scar therapy techniques may accelerate improvements. A few therapy schools specialise in teaching scar therapy techniques, Emma Holly, founder of Restore Therapy Training, Vice-chair of the ScarWork Committee and Harley Street therapist, shares her knowledge on the benefits of treating scar tissue.

What is Scar Therapy?

‘Scar Therapy’ is the treatment of scars with the aim of improving the health of the tissue. Scar Therapy is most helpful when treating patients with dysfunctional or problematic scar formation. Scar tissue that forms following a surgery or a traumatic accident is different from the pre-injury tissue in its cellular structure and function. If a patient has suffered with infection or necrosis, compromising smooth healing or if the patient receives higher doses of radiotherapy, then the likelihood increases of excessive scar formation, and subsequent discomfort or complications linked to the scar...

[READ MORE](#)

after breast cancer treatment



Before and after 2 x 45-minute
ScarWork treatments one month apart

.....

**GREAT NEW OFFER FOR PHYSIOPOD DEEP
OSCILLATION PRACTITIONERS**



Developed to compliment Restore Therapy's practical courses, 'Understanding Scars' is a self-paced online course to provide professionals in the health industry with an understanding of scars and adhesions.

Restore Therapy will introduce important considerations for anyone working in physical therapy or exercise with an emphasis on a preventative, holistic treatment approach.

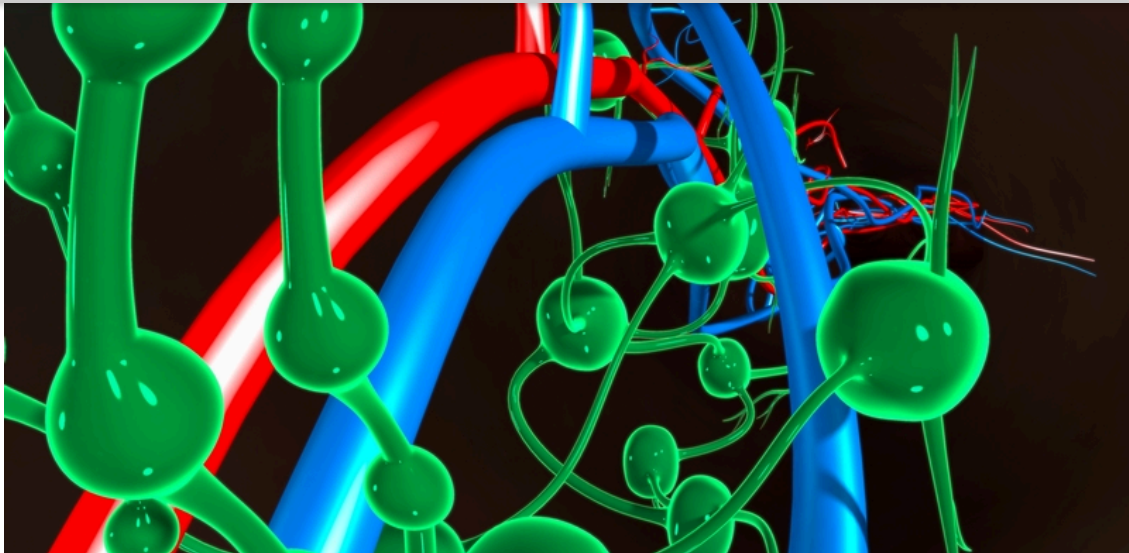


MANAGING LYMPHOEDEMA AFTER TREATMENT FOR HEAD AND NECK CANCER

This is the second Lymph Fact Sheet addressing lymphoedema following treatment for head and neck cancer. Life-long risk reducing activities for patients at risk of lymphoedema in the head and neck have already been described and this fact sheet focuses on the identification, impact and different management strategies used for lymphoedema in the head and neck region. It's intended to support lymphoedema practitioners who may be referred this group of patients for management of their swelling.

This document dated 12th April 2021 is available for free download on the BLS Documents Library [click here](#)

Complex Head and Neck Lymphoedema
improved and maintained with Deep
Oscillation



Deep Oscillation applied both with manual lymphatic drainage and as self management with applicators provides relief to patient with complex secondary Lymphoedema of the head and neck.

[READ MORE](#)





I have a patient who has been using Deep Oscillation therapy (Personal unit) every day for the last month and we have seen a massive difference in the Secondary Lymphoedema and radiation scarring of his neck. His range of movement in his neck has also improved. He now attends the Alexandra Clinic once a month for full MLD and remedial massage work...I would recommend DOT to everyone.

Susan Oliver SRN, MSc, BSc (Hons), QN



"Deep Oscillation Has Changed My Life"

Mrs H initially [hired](#) a Deep Oscillation Personal for six weeks between 4th November and 10th December 2020, thereafter extending the hire for a further four weeks. She was so impressed with the ease of use of the device and effectiveness, she made the decision to buy.

Mrs H chose the [Deep Oscillation Personal Basic](#) Device and has been applying the therapy with two x 9.5 cm oscillator heads either side of the lower limb in the direction of lymphatic flow. On 23rd March she wrote...

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I have now been using deep oscillation therapy for my leg Lymphoedema for over 4 months and it has changed my life.

Having experienced a number of life-changing events in parallel, depression resulted. However, regular Deep Oscillation treatment has enabled me to get on my exercise bike daily to perform 'High Intensity Interval Training' - this has ensured I have endorphins to help me remain positive.

Throughout the whole process of learning how to get the best use out of my machine, Julie has been there every step of the way. She is patient, helpful and friendly and has an enormous amount of knowledge and experience, and because she has been able to explain things in simple terms, she has made the whole process so much easier.



Plant Based Diet and A Reduction of Lymphoedema Symptoms

Great to get this email from Jo recently, who thought the following information might be of interest to our readers. Thanks a million Jo! If anyone has else has switched to a plant based diet and has discovered similar findings to Jo, then we'd love to hear from you!

[Drop us a line..](#)

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Christine Talbot gave me your details. She thought you would be interested to know what I have been doing and how it's helped.

In a nutshell, because of endometrial cancer 18 years ago, I had pelvic lymph nodes removed (also had tonsils and appendix out when young) and then within a couple of years, had swelling in ankles and lower legs.

This just got worse over the years and although I wasn't heavy at 9 stone 3 (am only 5 foot and a half inch LOL) so was still packing on some extra pounds.. I went raw vegan.. sounds bit drastic... but basically lots of veg, organic freshly made juices and salads and soups.. I cut out all processed food and salt sugar dairy gluten etc.. basically plant based and nothing processed.. dropped to 7 and half stone within a couple of months and the swelling is 90 % better. Still get tiny bit in ankles but nothing nothing like it was... lost all the cellulite that went with the lymph issues as well.

Was exercising before.. getting lymph massage.. using rebounder etc and eating a healthy diet but nothing like what I switched to.

Maybe this will be helpful for someone?

Jo"

When I received this feedback from Jo, I sent it on to Gaynor Leech to ask about her thoughts on the subject and if members had reported similar findings to Jo. Gaynor wrote a short blog post on the subject:

"There is no specific diet for Lymphoedema"

We are told that there is no specific diet for lymphoedema and taking vitamins and minerals will not help. However, I passionately believe in personal choices and encourage you to make your own healthy choices. Our members at one time or another have probably discussed just about every diet going but we have not specifically concentrated on a Plant-Based diets. Personally, I hate the word diet and would prefer to concentrate on healthy living, and I find that it is the small changes to life that make a difference. In the poster we look at the different types of diets that lean towards vegetarianism. I am more of a Pescatarian....

[**READ MORE**](#)

SELF CARE WITH DEEP OSCILLATION



"I am using the unit every day, sometimes twice a day but not always. Occasionally, I have missed a day, but that's rare. I've probably only missed 5 days in total from date of purchase. My MLD therapist has confirmed this reduction with her measurements, but I like to do my own as a double check.

Julie asked if she noticed a difference when she had not used it?

No, I don't think a day is long enough to notice, but obviously there is no improvement that day. Before I got it, my arm was just going the other way. Steadily growing in size, heavy and thickening. My arm feels lighter or rather more normal nowadays. I only measure myself once a month. But my friends have commented on how my arm seems slimmer and softer to them.

my MLD therapist. It's a Jobst class two with silicon top. Hopefully my NHS nurse will agree and prescribe this one for me.

I'm now confident my results are definitely real and not wishful thinking. I'm so happy I found PhysioPod!

Deep Oscillation needs better publicity and promotion by the NHS."


[READ MORE..](#)

CAMPAIGN REVIEW - LYMPHOEDEMA AWARENESS WEEK (LAW) 1-6 MARCH 2021

"With the Covid Pandemic it became clear in January 2021 that we would not be able to go out into the Community to educate, inform and raise awareness for Lymphoedema. With Lymphoedema Awareness Week (LAW) in early March and World Lymphoedema Day (WLD) on the 6th March 2021 it meant that we could not take our campaign on the road.

Chatting to Mary at the time we discussed whether we could create a working partnership while both of us retained our own independence to raise awareness of Lymphoedema during LAW and WLD. As part of the conversation Mary asked if I had any posters that might describe Lymphoedema and its impact on lives. That afternoon I sent Mary a slide presentation on Lymphoedema. Her response "Hmm too long". I cannot help but smile now because Mary had a lightbulb moment, something she is exceptionally good at doing and said, "We could create a Newsletter for each day and share over social media over six days"....

[READ MORE...](#)



With the COVID Pandemic it was impossible to get out into the community to spread awareness of Lymphoedema

GOOD VIBES ONLY



Julie and I are thrilled that Deep Oscillation now has its own designated page on prestigious [LWO Community website](#) which if you haven't visited it before, is a wonderful resource for Primary, Secondary & Paediatric

"DEEP OSCILLATION THERAPY is a patented electrostatic lymphatic massage therapy and clinically proven and peer reviewed. The DOT Personal Unit is treatment that is delivered through light vinyl gloves or via special applicators when self-treating. This enables the user in self-management to reduce swelling, pain and can give a feeling of wellbeing.

The Personal Unit has a Lymphoedema setting but can also be used successfully in many fields of application including arthritis and fibromyalgia. The DOT can reduce pain, help with fibrosis, and scar tissue. The treatment is gentle, and the relaxing vibrations can penetrate to a depth of 8 cm this includes all tissue layers including the connective tissue.

The beauty of the Personal Unit is that it is portable so you can take it with you wherever you go...

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NEW LYMPHOEDEMA RESEARCH
REVIEW 2021



**Self-reported signs and symptoms of secondary upper limb lymphoedema related to breast cancer treatment:
Systematic review**

Introduction: Breast cancer survivors with secondary upper limb lymphoedema (ULL) may report a wide range of self-reported symptoms. At the moment, no overview of ULL-specific symptoms is available. The first aim, therefore, was to compare the prevalence rates of self-reported signs and symptoms in people with and without secondary ULL due to breast cancer treatment. The second aim was to determine whether symptoms of lymphoedema could be predictive for the development of ULL. The third aim was to describe the association between the presence/severity of symptoms and the presence/severity of ULL.

Methods: A systematic search was conducted in Medline, Scopus, CINAHL and EMBASE databases, with key words related to breast cancer, symptoms and ULL.

Results: Twenty-nine articles were eligible. The most frequently reported signs and symptoms were swelling (80.9%) and heaviness (66.7%) in the ULL group and tenderness (37%) and numbness (27%) in the non-ULL group. Perceived larger arm size, as well as feelings of arm tightness, stiffness, puffiness, pain, sensory disturbances and functional changes were predictive for the development of ULL. Moderate correlations were found between the presence of swelling, firmness in the past year and tightness now and severity of ULL. There was also moderate correlation between the presence of swelling and heaviness now and the presence of ULL.

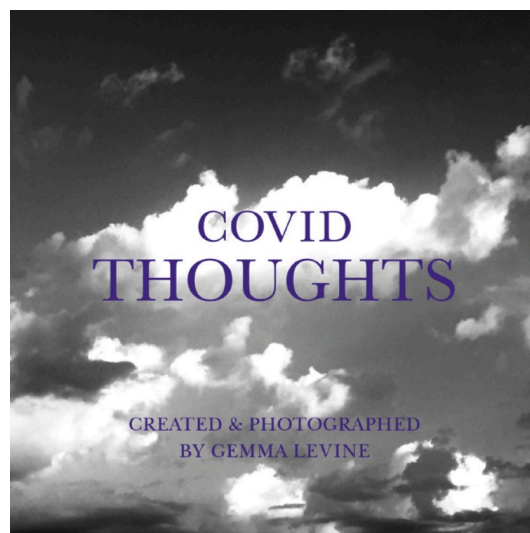
Conclusions: Swelling and heaviness are the most commonly reported symptoms in patients with ULL. The presences of these two symptoms are moderately correlated with the presence and/or severity of ULL. Although limited information regarding the predictive self-reported symptoms for the development of ULL was found. Further research with standardised definitions of ULL and validated questionnaires for self-reported signs and symptoms are needed to confirm which signs and symptoms are related to ULL and which to other upper limb morbidities.

[Gursen C, Dylke ES, Moloney N, Meeus M, De Vrieze T, Devoogdt N, De Groef A. Self-reported signs and symptoms of secondary upper limb lymphoedema related to breast cancer treatment: Systematic review. Eur J Cancer Care \(Engl\). 2021 Mar 18:e13440. doi: 10.1111/ecc.13440. Epub ahead of print. PMID: 33733550.](#)





"Finally, yesterday, I got the chance to put my feet up and sit in the comfiest chair of the house (dog removed) and digest the wonderfully imaginative [COVID Thoughts book](#). This has been created and photographed by Gemma Levine FRSA, creator of the highly claimed [HRH Diana - Princess of Wales photograph](#).



My oh my! It is jam-packed with truly thought-provoking reflections of just how people have coped during COVID, thoughts on moving forward and the important lessons learned along the way.

With contributors from all walks of life, from HCPs, Professors, Politicians, Novelists to Chefs, Dancers, Composers, The Arts and many more. Unique writing styles are accompanied by some amazing black and white photographs of the contributors, captured by the very skilled, photographic eye of Gemma.

flexible those in healthcare have had to be. Standing out for me in the book, are the thoughts of Dr Kristiana Gordon (Vascular Medicine, dermatology, NHS). Dr Gordon wrote of her panic at being plunged into the role of Acute Medical Consultant in charge of a ward at the height of the pandemic. Her management team consisting of a Geneticist (her 2nd in command) and an Orthopaedic Surgeon. She writes of the high levels of compassion she witnessed from her colleagues, of staff helping patients to video call their relatives (using their own phones), long after their shifts had finished. And those same staff, staying on to hold the hands of dying patients, right up until they slipped away, so they would not be alone in their final hours. The whole experience has made Dr Gordon 'even more proud of her NHS' commenting that she feels the experience of working on wards had made her 'a better doctor, in so many different ways'....

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[BUY BOOK £15 FROM ST. GEORGE'S HOSPITAL](#)

HOLISTIC HEALTH SHOW 2021



**Holistic Health - Sunday 11th and Monday 12th July 2021
Ricoh Arena, Coventry - Stand P13**

PhysioPod are delighted to be exhibiting DEEP OSCILLATION Therapy at Holistic Health 2021, the premier complementary health trade exhibition. Packed with inspiring demonstrations from leading educators, well-loved and upcoming brands and the chance to meet with like-minded professionals from across the industry and learn about the latest developments in complementary therapies. We hope to see you there. Ticket now available [here](#)

[READ MORE](#)





With thanks to
Dr. MSc. Luis Felipe Medina Cabezas. Lic. T.F
Clinical Consultant
PHYSIOMED ELEKTROMEDIZIN. AG

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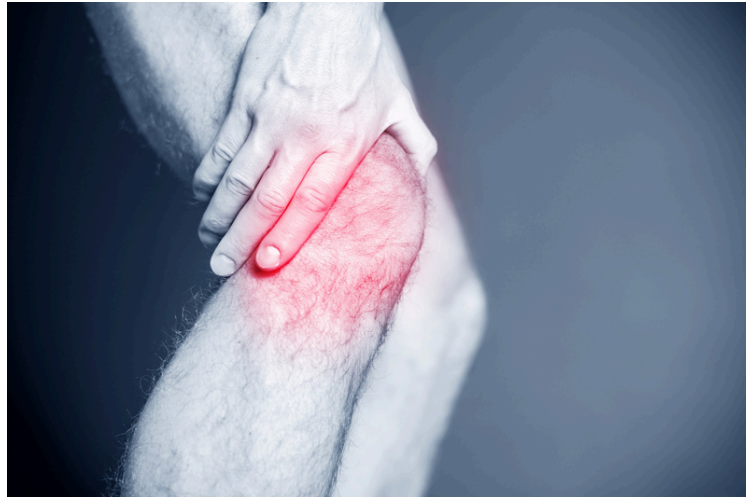
Tennis Coach Finds Magcell Electrode Free Electrotherapy Easy and Effective



Stephen Tooley (BSc Hons) LTA Accredited Coach

"At the beginning of 2021, with no return date on the horizon to my job as a Tennis Coach, I decided to start running to keep my fitness levels up. I was running daily for around two months. The length of the runs ranged

as ‘runners’ knee’ (with the aid of Dr Google). My symptoms matched those described, it was a sharp pain which worsened when running or walking downhill; the down force on the knee cap set the pain off. I stopped running to rest the knee hoping it would be okay for work as I can be on court up to 8 hours a day, sometimes 7 days a week.



Two weeks after I returned to work, I was coaching Mary Fickling, Co-Director at PhysioPod and during the lesson I had to stop play momentarily because of the pain and I explained to Mary what I had been doing. Not promising it would work, said “you should try the [Magcell Microcirc Steve](#)” - she explained it was magnetic therapy in a hand-held device and even though small, it was ten times stronger than other magnetic devices on the market.,,

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Magcell Electrode-Free-Electrotherapy in Acute Injury Self Care



Day 1 



Day 2 



Day 3 

I have Osteoarthritis, which causes mobility problems. Luckily, I am married to a joiner/carpenter who has been able to make/fix and adapt parts of our home to make it easier for me to get around.

Stairs in any home can be a problem, too steep, too shallow or the stair rail is on one side, which isn't always the side most convenient to you. In our home, I have stair rails on both sides of the stairs, with a continuous grab rail that goes all the way around to the bathroom. I have no idea how this happened, and I guess with most accidents around the home, we do not always know. But walking up the stairs on 8th March, my little finger managed to catch the stair panel at the top of the stairs and bent right back, followed by an almighty crack.

The little finger swelled, accompanied by deep purple bruising but I didn't think I had broken it, because I still had full movement; I could bend the finger at both joints and wiggle it about though I was not able to touch or catch it on anything, as it was too painful.

Enter my much-loved and much used, [Magcell...](#) [READ MORE](#)



LIPOEDEMA: TALKING TO YOUR DOCTOR



Lipoedema and so we asked [Chairman of Talk Lipoedema, Isabel MacEwan](#) for her permission to reproduce it here in our Newsmagazine... Thanks to @teamtalklipoedema - great work as always...



Dear Doctor

You have received this letter because your patient has been diagnosed with, or has symptoms of Lipoedema.

Lipoedema is a poorly understood chronic inflammatory disorder of the adipose (fat) tissue. It is most common in women and usually starts around puberty. The exact causes of Lipoedema are unclear but genetic factors are currently being studied. Lipoedema fat does not respond to dieting, and is sometimes mistaken for 'obesity'. Women may live with Lipoedema for many years, believing that they are overweight, before they have a correct diagnosis of Lipoedema.

Someone with Lipoedema commonly experiences symmetrical enlargement of the legs, buttocks and arms. The tissues are usually soft, bruise easily and may be very tender. Some women develop firm nodules in the tissues, painful joints and a dimpled effect to the skin. Emotional and mental health problems affect many women with lipoedema.

As the condition progresses, the lymphatic system can become compromised and lymphoedema may occur, leading to poor mobility and risk of cellulitis. However, Lipoedema and Lymphoedema are two distinct conditions with

People with Lipoedema benefit from good skin care, use of emollients and being fitted with appropriate compression garments. At Talk Lipoedema we also encourage women to seek advice on exercises that suit their individual needs and the use of an anti-inflammatory diet that helps with managing the symptoms and weight control. Many Lymphoedema clinics now treat people with Lipoedema, so you may wish to make a referral to a local clinic.

Further information is available on our website: www.talklipoedema.org. You may also be interested in the online training course on Lipoedema, available from [the Royal College of GPs](#). There is also a [Best Practice document](#) published by Wounds UK.

Thank you for your interest in Lipoedema.

Best wishes

The Talk Lipoedema Support Team.

Talk Lipoedema is a registered charity in Scotland (SCO045490). 16 Milton Bridge, Peniculk, Midlothian EH26 ORD

For further information: contact@talklipoedema.org

[Download this letter here](#)



LIPOSUCTION FOR LIPOEDEMA - DENIED AGAIN



Kirstin from Morden was just 10-years-old when she noticed her legs were big and painful just to touch. And the problem only got worse when she hit puberty she told reporters at [My London News](#).

She dieted and exercised constantly, but still nothing helped.

It wasn't until she Googled "tree trunk legs" and discovered the [Lipoedema UK](#) website that she realised she had the condition, defined by the charity as a chronic condition that makes you accumulate fat (normally below the waist) that is out of proportion with your upper body. Feeling hopeful she had finally found a reason for her extra weight, and keen to seek help, Kirstin took online resources she had found to her GP.

But doctors told Kirstin they did not think the condition was real, and questioned why she wanted to be referred to specialists if there was no cure. Liposuction was refused.

I was astounded to read the following in the article too:

The lipoedema team at St George's were funded to go to Germany and learn more about liposuction treatment, but commissioners then cancelled the funding, because the risks of untreated lipoedema are not considered 'clinically exceptional'.

The team pointed out that lipoedema can lead to loss of mobility, diabetes, thyroid issues, and heart failure.

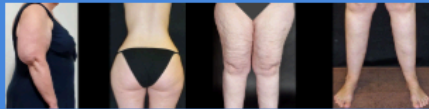
But the funding is yet to come back.

[READ FULL ARTICLE](#)

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LIPOEDEMA

Could you be affected?



www.nhs.uk/conditions/lipoedema/



Lipoedema is an abnormal accumulation of fat under the skin, mainly affecting women & characterised by a painful, (tender to the touch) swelling in legs, thighs, buttocks & sometimes arms.

PEAR SHAPE



Upper & lower body are disproportionately different in size. Legs are symmetrically swollen from hips down to ankles, giving a column-like appearance. Waists are narrow. Fat in lipoedema areas does not decrease by diet (by reducing calories) or exercise.

SHOPPING & SUNSHINE



Clothes & footwear (especially boots!) difficult to buy. Affected areas feel 'spongy'. Skin is generally soft & supple but may be pale & feel cold. Hot weather makes legs feel more uncomfortable.

SADDLE BAGS, FAT PADS, BULGES & KNEE PAIN



Often a pad of fat is seen just under the knees & or around the hips. Saddlebags can develop with inner & outer thigh bulges; thighs, can be dimpled with an "orange peel" texture. Hands & feet are not usually affected. Pain in knee joints often felt & hypermobility can be a symptom.

ACTIVITY & SELF ESTEEM



Participating in physical activities & exercise may be difficult. Aspects of everyday life may be difficult. Restrictions in mobility may result in low self-esteem, anxiety, & a restricted social life.



Triggers can be changes in female hormones; onset of puberty, contraception, pregnancy, menopause & following gynaecological surgery.



Online course for GPs and primary care health professionals



E-LEARNING 1 HOUR

Sometimes lipoedema is mistaken for excessive lymphoedema (lymph fluid-build up) weight gain, obesity or cellulite, or is assumed to be due to a lack of exercise. Lipoedema can have a significant impact on quality of life.

Over time, fat cells block the vessels of the lymphatic system, which normally

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F C LIPOEDEME

EARLY DIAGNOSIS & REFERRAL FOR TREATMENT IS KEY - DON'T DELAY..



FRIENDLY SUPPORT



of lymph fluid, leading to a build-up of fluid & the condition becomes lipo-lymphoedema & lack of mobility.

HELP IS AVAILABLE

Changes to the composition of diet, compression stockings, low-impact exercise to boost mobility & maintain or improve how well legs work & water-based activities are recommended. Manual lymphatic drainage to relieve pain & prevent fibrosis forming. Deep oscillation therapy for pain & inflammation & reducing the feeling of heavy legs at the end of day.

Surgical options include non-cosmetic *liposuction (*Sadly not available on the NHS) Guidance booklet on liposuction at Lipoedema UK £6 + p&p

www.physiopod.co.uk 'helping ladies with lipoedema'



Raise your hands if you're happy the pools are back open!



"Swimming is really beneficial for Lipoedema, which in a way is quite cruel, as many of us with Lipoedema feel self conscious about getting into any sort of swimwear, or having other people see us.

When I was getting out the pool the other day, a group of maybe Year 5 school kids were having swimming lessons. I saw some of them look at me. It's normal for adults to look at my legs, let alone children, however it did make me think. I wonder if those girls saw my body and thought 'Argh! I would hate to look like her when I'm older!' I wonder if automatically, due to how I look, they made assumptions about my life? Many adults do this, including medical professionals. When really, all they are seeing, is my shell.

They don't know the constant daily battles I have with my body and mind. Yes Lipoedema is a crappy condition to have, but it doesn't

how we look, or the shape and size of our bodies.

I just want to post this photo, and say - don't let the worry of what others think, stop you from doing what helps you. It's taken me years to get this attitude, and some days are harder than others, but I know why I look how I do. I know how much of a struggle some days are. If anyone is small minded enough to comment negatively on my appearance, it says more about them than it does me.

Regardless if you have Lipoedema or not, try and live your life the best way you can, for you 💜"

Zoe Pearce
[Follow Zoe on Instagram](#)
thickthighs.positivevibes



PHYSIOPOD REFLECT..

The passing of Prince Philip, Duke of Edinburgh shocked the nation. The Queen's 'strength and stay' for 73 years, her lifelong partner no longer by her side, truly heartbreaking. We are sharing these words of Joanne Boyle because they touched us greatly - we hope you appreciate them too.



Susan Bagnall Poisson

Seated. ▼

Do not look at me with sorrow,
Simply because I sit alone.
It is a choice I chose to make
To compose the shivers from my bone.
Do not look at this with pity,
As it was what I chose to do.
It was Philips place to be,
I wanted to show that to all of you.
My world of love is shattered,
And my heart is broke in two
But as the peoples Queen,
I still have a job to do.
I want to thank you for your kind words.
As I laid my husband to rest
I had 73 wonderful years,
Being married to the best.
So do not look at me with sorrow,
For a choice that I did make.
I chose to sit alone.
For my country's sake.
The seat beside me was my husband's,
It was not an empty space.
His presence sat beside me,
You just couldn't see his face.

Joanne Boyle

LIFE ON "PLANET MARLA"

Just too adorable not to share, Julie's grand-daughter Marla can find fun in just about everything she does and without spending any money! It's the simple things in life... until next month, au revoir x

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