

Amron MD

to **Lipedema Series Part II: Treating Lipedema**

By Dr. David Amron

Aside from constantly being misdiagnosed, many lipedema patients are told there is no real treatment for their condition. It's amazing how many individuals are suffering with the condition and don't even know it. Curing lipedema is extremely rare, and various medical treatments have been met with limited success. The only real possible cures are water-assisted liposuction (WAL) and [tumescent lymphatic sparing liposuction](#), which many surgeons are reluctant perform.

I think most surgeons are reluctant to treat lipedema with liposuction because these are very complicated areas we're dealing with. The [calves, ankles](#) and [anterior thighs](#) are areas that most surgeons who do liposuction tend to avoid, even in non-lipedema patients, as these areas are very prone to irregularities and are technically very difficult to treat.



A number of non-surgical approaches have been done, but nothing with the same results as WAL or tumescent lymphatic sparing liposuction. One of the main noninvasive treatment therapies, Manual Lymphatic Drainage (MLD), seems to significantly help with the swelling that comes with lipedema, however, there's a lot of maintenance involved, and it doesn't really seem to make a difference in terms of the disease itself.



There are several doctors and healthcare providers around the country who are treating lipedema medically. The medical treatment primarily revolves around the use of medicines such as Cimetidine and supplements such as Selenium, as well as others, to reduce the inflammation and swelling. The role of decongestive therapy also involves MLD, leg elevation, and compression is used to reduce swelling.

With this condition in particular, it's important to get hooked up with a proper exercise plan, and to see a nutritionist. It also might be a good idea to see some of the professionals nationwide who specialize in the condition of lipedema from more of a medical standpoint to hasten the resolution of the edema itself.



Lipedema Series Part II: Treating Lipedema

Thousands who suffer from lipedema are unaware treatment options exist. Curing lipedema is extremely rare. What kinds of therapies treat lipedema? Do any medications help the symptoms of lipedema? Can liposuction cure lipedema?

Part II of the Lipedema Series By Dr. David Amron provides you with answers, solutions, and most importantly: hope.