



Lymphedema and Fat Disorders

A New Understanding

Understanding Lipedema and Lymphedema Fibrosis

Karen Ashforth, MS, OTR, CLT-LANA served as our keynote speaker for the LLN's 2024 conference. She has practiced as an occupational therapist for over 40 years, and specialized in lipedema and lymphedema treatment for over 20 years. She also performs research which she publishes and presents, and trains other therapists.

In response to questions about the relationship between lipedema and lymphedema, Karen kindly provided a summary of our current understanding of these conditions. A link to the full article is below, and summarized here.



[Full Article on Lipedema](#)

Summary: 'Edema' means swelling or inflammation, so lipedema indicates inflammation in the fat (lipo) tissues and lymphedema is swelling caused by impaired lymph flow. These conditions can occur simultaneously. Both can lead to fibrosis, a hard fatty matrix. Both can be helped by a certified lymphedema therapist, and managed successfully by an educated patient.

Lipedema is different from obesity, though the two conditions can occur together. But lipedema tissue is painful and inflamed. It does not respond to diet and exercise like normal fat tissue. It contains nodules that can press on lymphatic vessels and lead to lymphedema. Advanced patients may present with all three conditions: lipedema, obesity, and lymphedema.

Ashforth explains these conditions in depth, and reviews current treatments in her article, which is highly recommended for patients and therapists interested in learning more about lipedema.

Fat Disorders Resource Society Conference in Atlanta

On March 21-23, experts on fat disorders met with therapists and patients in Atlanta to discuss current research and therapies.

Videos from this conference will be available on the

FDRS YouTube channel, along with videos from last year's conference.



The Lighthouse Lymphedema Network board sponsored an information table at the conference. Attendees were interested in learning about the relationship between fat disorders and lymphedema.

Lipedema is a buildup of often- painful adipose tissue, that differs from regular fat. While both lymphedema and obesity can occur with lipedema, it cannot be cured by simple diet or exercise. Treatments for lipedema and lymphedema are similar. Research continues on this condition.

Friday hosts were Dolores Bradley-Brennan , Sharon Shepard, Debbie Labarthe, and Francine Schwartz-Schuler



Saturday hosts were Hillary FitzHugh from A Wellness Place, and Latora Washington Davis.



**Save the Date for the
Lighthouse Lymphedema
Network**

**27th Annual State of Georgia
Lymphedema
Education and Awareness
Conference
October 17-18, 2025**

Upcoming Georgia Events for Therapists and Patients

[Georgia Alliance for Breast Cancer – 2-Day Walk](#)– October 4-5, 2025

[Lighthouse Lymphedema Network – Conference in Atlanta](#)– October 17-18

ZOOM Attendance is available! Please watch our page for registration info.

[Lighthouse Lymphedema Network](#)



Lighthouse Lymphedema Network | 5290 Matt Highway Suite 520-135 | Cumming, GA 30028
US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!