

Thank you so much for your assistance with my insurance claim. Below are my answers:

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- Have you seen any specialist and/or doctors that have diagnosed you or worked with your symptoms? Please provide dates and diagnose
 - o October 2018: Diagnosed with edema
 - o October, November & December 2018: Manual Lymphatic Drainage
 - o January 2019: Referred to Cardiologist to rule out any issues with my heart. Diagnoses venous insufficiency with edema.
 - o March 2019: Endovenous radio frequency ablation of the great saphenous vein of the right leg. Didn't work.
 - o July 2020: Diagnosed with Lipedema. MLD 2 – 3 times weekly with pump therapy.
 - o September 2020: 2nd opinion Dr. confirms Lipedema diagnosis.
- Describe your history of symptoms dating back to when you were a certain age
 - o 10 – 12 years old started having severe pain in my calves and my legs began looking like a trunk, no differentiation or delineation between knee/calf/ankle. Ankles to calf continued to 'thicken' as I grew older.
 - o Standing, walking, or exercise causes further inflammation and pain.
 - o 2004 – 2016: wore compression socks to reduce swelling and pain.
 - o 2013 - present: Increased pain and swelling in ankles to over shoes. Elevating legs barley helps reduce inflammation and pain. Take aspirin to reduce inflammation and help with pain.
 - o Daily leg wraps with multiple ace bandages, elevated with wedge and put ice packs on them to help reduce pain and swelling.
 - o Have always bruised easily with minimal pressure. End up with hematoma's when pressure is firm or hard. Very painful blood pooling lumps that are hot and red.
 - o Have always been sensitive to pressure / touch. Skin hurts and bruises with light touch.
 - o Dr. prescribed massage therapy to relieve all over pain. Masseuse could barely touch arms, legs, ankles and feet. Hurt too much for them to apply much pressure. I would have bruises all over my body the day after.
 - o

- On a level of 1-10 what is your pain on a daily basis in the upper extremities and the lower extremities
 - o Upper 7 – heavy and tires quickly
 - o Lower 10 – heavy, swollen calves and ankles where the skin looks like it's going to tear, hot to the touch and is very painful and hard to walk.

- How does the pain affect you in your daily life. What limitations do you have because of the pain?
 - o I can't do the things I used to do because of the limitations on exercise, walking or stand too long. my legs and ankles swelling up and over my shoes. The pain of the skin being soo tight and hot is excruciating. It takes a few days with legs elevated and ice packs to ease the symptoms.
 - o I can't run around with my grandchildren because when the skin on my legs move not only does it hurt, I swell up to a colossal volume and I will bruise up if too vigorous.
 - o I can't sit more than 30 minutes in an office chair and work or my lower legs become engorged and red. They have an intense ache and pulling on the skin from excessive fluid build up. I have to work from my couch or bed with legs elevated with small breaks to walk.

- How does the pain affect the activities that bring you happiness and joy?
 - o Activities..? those go away when the pain and swelling get to be too much. You learn NOT to live and enjoy life because the painful consequences isn't worth it.
 - o I no longer am able enjoy hot yoga, walking with my dogs, play/roughhouse with grandchildren and plainly just sit in a chair with my legs down.

- Do you have any bruising and where is the location?
 - o Bruising in arms, legs, ankles and feet.

- Do you perform any exercise? How long have you been exercising? and has anything become limited?
 - o I can't exercise too much any longer. I do stretches and sit-ups but nothing that will get my heart rate up because that will cause a great deal of swelling overall then will be down in pain.
 - o I've been exercising for many years. The more the Lipedema increases the less I'm able to do.

- Have you tried any diets or caloric restrictions to lose weight in the affected areas?
 - o Many diets/caloric restrictions. I will lose weight in my face, neck, chest, and some in my waist and legs. It's selective where I lose it and you can see large areas of where I've lost and the area that it won't go away.

- What conservative therapies have you done to treat your symptoms. We need at least 3 months timeframe of any therapies performed. Examples would be manual lymphatic drainage, massages and compression garments.
 - o July 2020 to Present: MLD, pump therapy, compression and at home lymphatic drainage massage
 - o January 2019 – March 2020: Neuromuscular massages 1 - 2 times monthly.

- When and for how long have you tried the conservative therapies for?
 - o 2014 to Present: Compression socks to help with swelling.
 - o 2008 – Present: Massage therapy
 - o 2018 – Present: MLD & pump therapy

Let me know if you need more info than this!

Thank you!

Kem