

Dr. Herbst's Questionnaire for Patients

Please choose any of the following connective tissue conditions or associated conditions that you are seeking care for:

Lipedema

Who initially diagnosed you with your condition?

I need a diagnosis. I suspect lipedema or lymphedema.

How did you hear or learn about Dr. Herbst?

g. Family member or friend

When did your condition start or when do you think it started?

e. After other surgery

Have you ever noticed your legs were larger than the rest of your body or larger than people of your same age? At what age?

14

Is your tissue painful?

Yes

If yes, at what age and/or after what event did the pain start?

About 2 years ago, only in a few areas

Which areas of the body are you experiencing pain?

a. Upper arms

j. Front of calves

k. Back of calves

l. Inner calves

m. Ankles

Are there areas of your body that are tender to the touch? If yes, where?

k. Back of calves

l. Inner calves

m. Ankles

On a comparative pain scale of 1-10 (10 being the most painful), what pain level are you experiencing on a daily basis?

2 / 10

What pain level do you experience on a bad day?

5 / 10

What pain level do you experience on a good day?

0 / 10

Do you experience swelling?

Yes

If yes, where on the body do you experience swelling?

j. Front of calves

k. Back of calves

l. Inner calves

m. Ankles

Do you swell more standing for long periods of time?

Yes

How long (minutes) can you stand without swelling, pain or other issues?

e. 21-40 minutes

Do you swell sitting for long periods of time?

Yes

How long can you sit without swelling, pain or other issues?

g. > 60 minutes

Do you swell or does your swelling worsen in the heat?

Yes

Do you elevate your legs to make them feel better?

Yes

Does any swelling you have resolve with elevation or sleeping overnight?

Yes

Are there any areas of your body that you don't lose fat tissue from by diet or exercise? (choose all that apply)

a. Upper arms

k. Inner thighs

m. Back of calves

n. Inner calves

Have you been able to lose weight on an eating plan?

Yes

Have any of the following medications or supplements been helpful for your signs and symptoms? (Choose any that apply)

Phentermine	
Dextroamphetamine/Adderall	
Diosmin, MPFF or Vasculera	
Ozempic, Wegovy or other	
GLP-1 agonist	
Metformin	

What eating plans have you tried that improved your symptoms, including swelling and pain?

Ketogenic

Intermittent fasting

Low carbohydrate

What activities are you unable to perform?

Burpees, I am still very mobile and can do pretty much everything I want to do.

What exercise do you do?	Walking	Yoga	Pilates	Weightlifting
Do you experience extreme fatigue defined as a lingering tiredness that is constant and limiting; in other words, unexplained, persistent, and relapsing exhaustion.	No			
Do you have brain fog?	No			
Choose all parts of your body where you have heavy tissue:	Upper arms	Front of thighs	Back of thighs	
	Inner thighs	Back of calves	Inner calves	
As a child did you amuse your friends by contorting your body into strange shapes OR could you do the splits?	No			
Can you now (or could you ever) bend your thumb to touch your forearm?	No			
Can you now (or could you ever) place your hands flat on the floor without bending your knees?	No			
As a child or teenager did your shoulder or kneecap dislocate on more than one occasion?	No			
Do you consider yourself double-jointed?	No			
Do you wear compression garments?	Yes			
How long have you worn compression?	> one year			
What are the benefits of wearing your compression garments?	Reduction in swelling	Reduction in pain		
	Improved shape of my legs			
Have you tried the following manual therapy: manual lymphatic drainage (MLD) therapy as part of complete decongestive therapy?	No			
If you tried MLD, did it improve your symptoms?	No			

Have you tried the following manual therapy: Deep tissue therapy such as myofascial release, Rolfing, Swedish massage, Thai massage, etc.	No
If you tried deep tissue therapy, did it improve your symptoms?	No
Do you have an intermittent pneumatic compression (IPC) pump?	Yes
If you have an IPC pump how often do you use it?	A few times a week
Which of the following therapies have you tried and received benefit for your symptoms (Choose all that apply):	None of the above
Does your physical health interfere with your social activities?	No
What do you do for work?	Co-owner of a small business
Does your physical health interfere with your work?	No
Do you bruise easily?	No
How often do you find bruises on your body?	Monthly
Do you have spider veins?	Yes
Do you have varicose veins?	No
Do you have venous insufficiency?	No
Have you ever had a vein procedure such as injection of detergent or radio frequency ablation or stripping to close one of your veins?	Yes
If your veins were ever treated, did your symptoms improve?	Yes
Have you ever experienced a blood clot or have been diagnosed with deep vein thrombosis (DVT)/pulmonary embolus?	No

Do you feel hard nodules, lumps, or "grains" under the skin in areas with affected tissue?

Yes

What areas of your body have nodules, lumps or grains?

Inner calves

Rate your overall health?

Excellent

What was your highest weight in pounds?

211

What was your lowest weight in pounds?

155

Have you participated in a supervised weight loss program such as a bariatric surgery program, a weight loss clinic, a supervised dietary program, a nutritionist supervised program, a personal trainer or other?

No

If you participated in a supervised weight loss program, did your affected tissue reduce or did your symptoms improve?

I did not participate in a supervised weight loss program

If you have previously had any surgical procedures for your condition, did your symptoms improve after the surgery?

I have not had surgery

Is there any additional information you would like for us to know so we can better care for you?

I have been weightlifting with a personal trainer for a year with specific diet macros and have seen muscle building but have almost loose skin with fat inside that doesn't seem to want to go away. I know it can take a long time to loose weight but this is why I think I may have lipedema. Thank you.