

# Lipedema Insurance Checklist

Patricia Baumann

## 1. PPO Insurance

Coverage Details		
Optima / Optima Self Funded PPO		
Member	Member Number	Date of Birth
Pat A Baumann	572316701	09/11/1961

## 2. Personal Documentation: See next Sheet

## 3. Diagnoses with 2 MDs:

- Dr David Dexter – March 2022
- Dr Clifford – Nov 2 2021

Current Health Issues	Medications	Allergies	Immunizations	Preventive Care
<b>Current Health Issues</b> Please review your health issues and verify that the list is up to date. <b>Call 911 if you have an emergency.</b>				
Fibrocystic breast disease ① Learn more ➔	Degenerative disc disease, cervical ① Learn more ➔	Atypical glandular cells of undetermined significance (AGUS) on cervical Pap smear Added 3/1/2018 ① Learn more ➔		
Atrophic vaginitis Added 11/2/2021 ① Learn more ➔	Lipedema Added 11/2/2021 ① Learn more ➔	Nonrheumatic mitral valve regurgitation Added 12/23/2021 ① Learn more ➔		

## 4. Notes from Other Physicians/PT's

- Williamsburg Physical Therapy (Maria L Magcumot-Black, PT 1/5/23)

I traveled 60 miles to the only lipedema/lymphadema specialist in my area. Maria was a PT who specialized in this area. I was there for over an hour. She took measurements and asked questions. At the end of the session, I asked what was next. She indicated that there was nothing she could do and said that no additional services were to be scheduled. She offered me some compression garments that she had, but suggested I secure some off the internet.

- Dry Brushing – I have tried drybrushing on many occasions to no relief.
- Manual Lymphatic Drainage – No relieve from this massage either.

## 5. Photos (See Jaime Schwartz Photos)

## **Personal Statement of Lipedema Impacts on the life of Patricia Baumann**

When I was in high school, I had many comments made about my legs – “Look at those healthy thighs”. “Ooh, I wouldn’t wear shorts if my legs looked like that”. “Look at those cankles, I can’t believe you don’t have ankles!”

I lived in a beach town. The weekend activity was to go to the beach and hang out. All the girls would put on swimsuits, I would wear long pants and a tank top or a long dress. I was always very self-conscious about my legs. I looked forward to winter, when long pants were more acceptable. However, when the style was leggings and boots, that became more miserable. My mood was low; I was always searching for ways to hide my legs.

Finding clothes has always been difficult. My top was so much smaller than the waist down. Shorts were impossible to find – if it could get over my thighs, the waist was way too big. Pants had to be altered in the waist – a long dress was the outfit of choice – one to hide my legs.

After I delivered my child, things got a bit worse. My legs got heavier and felt that way. I continually asked doctors about my excessively heavy legs. I was told that body type was hereditary. I was convinced that nothing could be done.

After menopause, the lipedema escalated. My legs felt very heavy. The initial getting out of bed is quite the struggle. I purchased an adjustable tempur-pedic mattress – and elevate my feet/legs nightly. In November, 2021, I went for an executive physical. At that physical, I again addressed the feeling of heavy legs, bruising, lack of circulation. Dr Clifford indicated that I had lipedema and referred me to a vascular surgeon, Dr Dexter who confirmed the diagnosis in March 2022.

Over the years I have tried manual lymphatic drainage massage, compression garments, RAD and Mediterranean diets, dry brushing, physical therapy, running, yoga, supplements and anything that I thought would bring relief. Nothing has provided that relief.