



606 Crossroads Campus Dr., Suite 104
P.O. Box 146
Buffalo, MN 55313

(763) 682-4041

Fax: (763) 682-6116

FAX COVER SHEET

Date: 1-16-24

To: Evan @ TLC

Company: _____

From: MARY BEANS

Subject: My info. I sent to BCBS
for a gap exception.

Special Notes: _____

The new Um # is

55396 439

for BCBS.

Their fax # is

877-603-2740

TOTAL SHEETS SENT INCLUDING COVER SHEET _____

FAX TO: (310) 747-5908

URGENT APPEAL
FOR um#34156867

I have Lipedema.

I have been approved for surgery, however, you did not approve my surgeon as in-network. My understanding is that you want to know why I want to use this particular surgeon.

This has been a long journey for me to come to this point. When I first found out what I have is Lipedema I was relieved to know what it is. Then I started to research it and find a surgeon. At that point I searched Minnesota and the surrounding states only to discover there isn't a surgeon here that does surgery for lipedema and while some said they would use liposuction they only do it on a cash basis and their liposuction is not specific to Lipedema and is generally cosmetic. Next, I found total Lipedema Care and flew to Tucson to see Dr. Herbst (at my own expense for the visit) and got a diagnosis which confirmed it is Lipedema. Then during COVID I did a zoom visit with Dr. Schwartz (at my expense for the visit) and he confirmed the diagnosis. I then gathered all of my information and sent it to Dr. Schwartz's office and they sent my information to you and you then approved him only as an out-of-network provider. Then I called you and you sent me a list of 26 surgeons in Minnesota. I called each and every one of them only to get the same results – that they only either do liposuction on a cash basis, don't know what Lipedema is, or don't do lipedema-specific liposuction. I took notes and am including the responses I got from all 26 surgeons that I reached out to.

Dr. Schwartz is a board-certified plastic surgeon and world-renowned lipedema specialist who has a patented procedure called manual lipedema extraction which involves a combination of liposuction and the underlying nodules of fat.

Attached are photos of my lipedema. You can see the nodules on my arms and legs. Also attached is an article that appeared online about a month ago about another patient and her experience with Dr. Schwartz. This is the doctor I have been trying to get you to approve. Please read this as it mirrors my experience and I believe it will be helpful for you.

Mary Berns
15986 71st ST NW
South Haven, MN 55382

320-492-7404

MARY. BERNIS@gmail.com

Please do not reply by fax to the
number this was sent from.
It is a public fax service,

TO: fax # 888-859-
3046

UM # 34156867





JAMES H. KONG, M.D.

10-5-22

In-Network He is a

Gender Visiting

Male specialist to

Specialty Hutchinson Health

- Plastic Surgery

320-484-

Recognitions 4720

- Total Care

Location Left

29.84 miles message

3 Century Ave Se

Hutchinson, MN 55350

McLeod County, MN

Telephone

320-234-3290

(General Appt. line)

MATTHEW C. CAMP,

M.D. 10-5-22

In-Network He is

Gender NO longer

Male with them.

Specialty He performs

Plastic Surgery closures

for SKIN cancer.

Recognitions

- Medicare and Medicaid

Electronic Health

Records (EHR) Incentive

Programs

Cash Pay Cosmetic

skincaredrs.com

Location

36.92 miles only.

2765 Kelley Pkwy Ste 100

Orono, MN 55356

Hennepin County, MN

Telephone

952-345-4222

RUTH J. BARTA, M.D.

In-Network 10-5-22

Gender

Female

Specialty

- Plastic Surgery

Location

37.67 miles

9550 Upland Ln N Ste 220

Maple Grove, MN 55369

Hennepin County, MN

Telephone

651-290-8707

N/A

This is Gillette

childrens.

1) NO.

10-6-22 They

Returned the call.

1) NO. per the nurse.

4 no they do not perform

1) NO.

More options

This surgery.

We've sorted these search results using Personalized Match to help you find care providers who would be a good fit for you. Personalized Match takes into account your health conditions, quality measures, and cost. You can always resort these search results by distance or name.

1) Have you treated Lipedema before and if so, what % of your practice is treating Lipedema?

2) Have you performed Lipedema Reduction Surgery? If yes, how many in the last 12 months?

3) Do you use manual extraction of the nodules if you perform Lipedema Reduction Surgery.

MARTIN S. LACEY, M.D.

10-5-22

In-Network

Gender

Male N/A

Specialty

- Plastic Surgery

Recognitions

- Medicare and Medicaid Electronic Health Records (EHR) Incentive Programs

Location

37.67 miles
9550 Upland Ln N Ste 220
Maple Grove, MN 55369
Hennepin County, MN

Telephone

651-290-8707

This is Gillette
Children's

ARIF R. CHAUDHRY, M.D.

Cosmetic

In-Network

Gender 10-6-22

Male

They will call
back.

Specialty

- Plastic Surgery

(Kelly - Surgery
Coordinator)

Location

41.18 miles
935 Wayzata Blvd E Ste
200 Wayzata, MN 55391
Hennepin County, MN

10-10-22

Telephone

763-559-4500

NICHOLAS KIM, M.D.

10-6-22

In-Network

Gender

Male N/A

Specialty

- Plastic Surgery &
Reconstructive Surgery

Recognitions

- Total Care

Location

38.27 miles
14500 99th Ave N Ste 100
Maple Grove, MN 55369
Hennepin County, MN

Telephone

763-898-1000

He is no longer
at the clinic.

He left
5/20/22

JONATHAN D. MCCUE, M.D.

10-6-22

In-Network

Gender

Male

Specialty

- Plastic Surgery

Recognitions

- Plastic Surgery

drnmccue.com

Location

42.04 miles
2805 Campus Dr Ste 335
Plymouth, MN 55441
Hennepin County, MN

Telephone

952-830-0089

1) As a rule
no as it is
hard to get
covered.

2) called back &
& they don't want

Lipodema. Only
elective liposuction (10-7-22)

SUE MI C. TUTTLE, M.D.

10-6-22

In-Network

Gender

Female N/A

Specialty

- Surgery
- Plastic Surgery

Recognitions

- Total Care

Location

40.12 miles
601 Jacob Ln Anoka, MN
55303
Anoka County, MN

Telephone

952-853-8800 (urgent
care)

BRIAN J. KOBIENIA, M.D.

10-6-22

In-Network

Gender

Male & Dr. Harrington

Specialty

- Plastic Surgery

drkobienia.com

Location

42.04 miles
2805 Campus Dr Ste 485
Plymouth, MN 55441
Hennepin County, MN

Telephone

612-930-1111

1) no, per
Jennifer,

1) He has a message
worked with it
before but feels
the Mayo would be
better equipped to
deal with it.

**STEPHANIE L. PENG,
M.D.**

10-7-22

In-Network

Gender

Female

Specialty

- Plastic Surgery

Recognitions

- Total Care

spplasticsurgery.com

Location

42.04 miles

2805 Campus Dr Ste 485

Plymouth, MN 55441

Hennepin County, MN

Telephone

763-999-4170

**GEORGE H. LANDIS,
M.D.**

10-7-22

In-Network

Gender

Male

Specialty

- Plastic Surgery

Recognitions

- Medicare and Medicaid
Electronic Health
Records (EHR) Incentive
Programs

Location

42.04 miles

2805 Campus Dr Ste 335

Plymouth, MN 55441

Hennepin County, MN

Telephone

952-562-5940

**MICHAEL C. FASCHING,
M.D.**

N/A

In-Network

Gender

Male

Specialty

- Plastic Surgery

Location

42.04 miles

2805 Campus Dr Ste 335

Plymouth, MN 55441

Hennepin County, MN

Telephone

763-577-7500

Ph. number not in
Service.

Relocated. Was
with Dr. Kobenica.

1) NO. Per Jennifer

1) Per Rebecca.
He does
cosmetic liposuction.

2) No.

3) He does not do it through
insurance. I told her I was
approved through insurance
and she insisted he doesn't do
it through insurance because
approval doesn't mean he will
get paid.

**DANIEL K. CANTWELL,
D.O.***10-5-22*

In-Network

Gender *Nurse*Male *will call***Specialty** *back,*

- Plastic Surgery

Recognitions

- Total Care
- Medicare and Medicaid Electronic Health Records (EHR) Incentive Programs

Location *Allina*

47.23 miles

9055 Springbrook Dr NW

Coon Rapids, MN 55433

Anoka County, MN

Telephone

763-236-1090

*10-5-22***AGNIESZKA S.
HATFIELD, M.D.**

In-Network

Gender

Female

Specialty

- Plastic Surgery

Recognitions

- Total Care

Location

47.23 miles

9055 Springbrook Dr NW

Coon Rapids, MN 55433

Anoka County, MN

Telephone

763-236-1090

↑ *same
phone
number*

MARK E. LOVAAS, M.D.

In-Network

Gender

Male

Specialty

- Plastic Surgery

Recognitions

- Total Care
- Medicare and Medicaid Electronic Health Records (EHR) Incentive Programs

Location

49.20 miles

5400 Excelsior Blvd Saint

Louis Park, MN 55416

Hennepin County, MN

Telephone

*952-993-1000 (same phone
as on page*

6,

*1) NO. They
don't do surgery
for Lipedema,*

JANE A. NEMECEK, M.D.

In-Network

Gender

Female

Specialty

- Plastic Surgery

Recognitions

- Total Care
- Medicare and Medicaid Electronic Health Records (EHR) Incentive Programs

Location

49.20 miles
5400 Excelsior Blvd Saint
Louis Park, MN 55416
Hennepin County , MN

Telephone

952-993-1000

JASON L. BUSEMAN, M.D.

In-Network

Gender

Male

Specialty

- Plastic Surgery

Recognitions

- Total Care
- Medicare and Medicaid Electronic Health Records (EHR) Incentive Programs

Location

49.20 miles
5400 Excelsior Blvd Saint
Louis Park, MN 55416
Hennepin County , MN

Telephone

952-993-1000

ANTHONY J. DEANGELIS, M.D.

In-Network

Gender

Male

Specialty

- Plastic Surgery

Recognitions

- Total Care

Location

49.20 miles
5400 Excelsior Blvd Saint
Louis Park, MN 55416
Hennepin County , MN

Telephone

952-993-1000

These are the same phone # also the
same phone # for MARK LOUAS on
page 5.

- 1) Per Paula yes, they do Liposuction, but not that she knows of for Lipedema.
She assists in surgery & has been there 20 years & does not recall being in on this type of surgery.

JOHN A. NESS, M.D.

In-Network

Gender

Male

Specialty

- Plastic Surgery

Recognitions

- Plastic Surgery

Location

17.70 miles

628 Roosevelt Rd Ste 102

Saint Cloud, MN 56301

Stearns County, MN

Telephone

320-774-2411

He is retiring &
not taking
new patients.

PHILLIP R. ROZAK, M.D.

In-Network

Gender

Male

Specialty

- Plastic Surgery

Recognitions

- Total Care

Location

19.39 miles

3701 12th St N Ste 100

Saint Cloud, MN 56303

Stearns County, MN

Telephone

320-253-7257

1) NO

EVELYN J. ERICKSON, M.D.

In-Network

Gender

Female

Specialty

- Plastic Surgery

Recognitions

- Total Care
- Medicare and Medicaid Electronic Health Records (EHR) Incentive Programs

Location

19.39 miles

3701 12th St N Ste 100

Saint Cloud, MN 56303

Stearns County, MN

Telephone

320-253-7257

1) NO

M UMAR H. CHOUDRY, M.D.

10-7-22

In-Network

Gender

Male

Specialty

- Plastic Surgery & Reconstructive Surgery

Recognitions

- Total Care

Location

38.27 miles

14500 99th Ave N Ste 100

Maple Grove, MN 55369

Hennepin County, MN

Per Josie

Telephone

763-898-1000 1) NO.

JENNIFER L. HARRINGTON, M.D.

10-7-22

In-Network

Gender

Female

Specialty

- Plastic Surgery

Location

42.04 miles

2805 Campus Dr Ste 485

Plymouth, MN 55441

Hennepin County, MN

Telephone

651-290-7600

1) NO. Per

Jennifer,

ADAM LOKEH, M.D.

In-Network

Gender

Male

Specialty

- Plastic Surgery

Recognitions

- Preventive Medicine

Location

43.27 miles

13911 Ridgedale Dr Ste

395 Minnetonka, MN

55305

Hennepin County, MN

Telephone

612-360-7700

1) NO. Per Melissa

call me back.
(612-676-5000)
They called back
7:27 PM on a Sunday he only does compressions to treat

But, said to call Aaron Cornfield. she transferred me but it was the wrong dept. so I googled the # & got

612-273-9400 & spoke to Lisa & she said hemiplegia is not on the

Data Sourced By Anthem BlueCross

Printed on 10/04/2022 03:05 PM EDT | Page 7 of 9

BlueShield list of diagnoses he treats. she gave me the phone

number 612-676-7700 to call. Then said the first time we ad-

**GREGORY T. MESNA,
M.D.**

In-Network

Gender

Male

10-7-22

Specialty

- Plastic Surgery

Recognitions

- Plastic Surgery

Location

46.76 miles
7407 Wayzata Blvd Saint
Louis Park, MN 55426
Hennepin County , MN

Telephone

952-927-4556

1) NO. Per
Dominique

**THOMAS M.
SUSZYNSKI, M.D.**

In-Network

Gender

Male

N/A

10-7-22

Specialty

- Plastic Surgery

Recognitions

- Total Care

northmemorial.com

Location

47.72 miles
3300 Oakdale Ave N
Robbinsdale, MN 55422
Hennepin County , MN

Telephone

763-520-5200

He is not
on their
provider
list.

**FEREYDOON S.
MAHJOURI, M.D.**

In-Network

Gender

Male

10-7-22

Specialty

- Plastic Surgery

Location

48.41 miles
500 Osborne Rd Ne
Fridley, MN 55432
Anoka County , MN

Telephone

763-780-2770

1) NO per
TERRY



Print Close

California woman with painful fat deposit disorder gets 'life-changing' surgery, has 'newfound freedom'

By Melissa Rudy

Published December 05, 2023

Fox News

An estimated one in nine adult women struggle with an abnormal and painful fat buildup in the lower body — and no amount of diet or exercise can help.

Lipedema, a relatively common but often overlooked disease, causes fat to accumulate in the lower part of the body, primarily the butt, thighs and calves.

For many women, like Molly Friar, an event planner in Sacramento, California, it can cause debilitating pain and impaired mobility.

In an effort to raise awareness of this condition, Friar, 53, spoke with Fox News Digital about her long journey to diagnosis — and what she calls her newfound "freedom."

HIDDEN BELLY FAT COULD SIGNAL ALZHEIMER'S DISEASE RISK 15 YEARS BEFORE SYMPTOMS SHOW UP, STUDY FINDS

Friar was just 11 years old when she started to notice that her body was different than everyone else's, she said during a phone interview.

"The lipedema itself is governed by hormone changes, so that's when things really took off for me," she said. "My legs were different from every other girl in my class, and I started to get a bit of a stomach in my lower abdomen."



Molly Friar, a 53-year-old event planner in Sacramento, California, has suffered from lipedema since she was 11. She is pictured here after her lipedema surgery. (Molly Friar)

It was puzzling for Friar, who was very fit and athletic.

She played soccer, basketball and softball, and was also a cheerleader — yet no matter how active she was or how carefully she ate, her lower body carried an abnormal amount of fat.

"Somehow my legs and stomach were always disproportionately bigger than everybody else's," she said.

BREAST CANCER SURVIVOR SAYS HER 120-POUND WEIGHT LOSS HELPED SAVE HER LIFE: 'STRONG, CONFIDENT AND HEALTHY'

Adding complexity to the situation, Friar is adopted — so she had no context that might have predicted this genetic condition.

"I don't have pictures of my family to look at, to see a grandmother or an aunt or other women in my life that were affected by it,"

California woman with painful fat deposit disorder gets 'life-changing' surgery, has 'newfound freedom'

disease and other complications, according to Cleveland Clinic.

Desperate for a diagnosis

In 2016, when Friar was 45 years old, she lost 50 pounds — but didn't lose a centimeter in her calves.

She started digging in to figure out what was going on. "I knew something wasn't right," she said.



Friar is pictured doing an inversion prior to receiving surgery for her lipedema. Certain poses can help to reduce fluid build-up and swelling. (Molly Friar)

In her online research, it wasn't long before Friar was looking at photos of women with lipedema, with abnormal fat deposits in their lower bodies.

"In that moment, I cried — it was like looking in a mirror," she told Fox News Digital.

"I felt validated and relieved and ecstatic — I finally had an answer."

But the relief was short-lived, as Friar quickly realized there was no cure for her condition. "It's something that you have to try to battle for the rest of your life."

"I felt validated and relieved and ecstatic — I finally had an answer."

There are, however, options to alleviate some symptoms that come with lipedema, as Friar found out when she began seeing her doctor, Jaime S. Schwartz, M.D., in Beverly Hills, California.

A board-certified plastic surgeon and world-renowned lipedema specialist, Schwartz has dedicated much of his career to raising awareness for fat disorders like lipedema.

He launched Total Lipedema Care to help women like Friar.



Dr. Jaime Schwartz, a board-certified plastic surgeon and world-renowned lipedema specialist, has dedicated much of his career to raising awareness for fat disorders like lipedema. (Total Lipedema Care)

"Most people will tell you that the lower half of their body just started growing a lot larger than the upper half, usually during

said. (Molly Friar)

"They don't go out, they don't socialize, they're afraid to work or wear certain clothes in public," he said.

Some women can't have their grandchildren sit on their lap or can't hold their spouse's hand because it's too painful, he said.

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"So when they have surgery and they're not in pain, not only do they look different and they're so happy to rediscover their body, but they can even have their dog sit in their lap for the first time," he said.

"It's a very overwhelming reality for them in a beautiful way," he also said.

It is estimated that around 11% of women are living with lipedema today.

[For more Health articles, visit \[www.foxnews.com/health\]\(http://www.foxnews.com/health\).](#)

Melissa Rudy is health editor and a member of the lifestyle team at Fox News Digital.

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<https://www.foxnews.com/health/california-woman-painful-fat-disorder-gets-life-changing-surgery-newfound-freedom>

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California woman with painful fat deposit disorder gets 'life-changing' surgery, has 'newfound freedom'

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For many women, like Molly Friar, an event planner in [Sacramento, California](#), it can cause debilitating pain and impaired mobility.

In an effort to raise awareness of this condition, Friar, 53, spoke with Fox News Digital about her long journey to diagnosis — and what she calls her newfound "freedom."

HIDDEN BELLY FAT COULD SIGNAL ALZHEIMER'S DISEASE RISK 15 YEARS BEFORE SYMPTOMS SHOW UP, STUDY FINDS

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Molly Friar, a 53-year-old event planner in Sacramento, California, has suffered from lipedema since she was 11. She is pictured [here](#) after her lipedema surgery. (Molly Friar)

It was puzzling for Friar, who was very fit and athletic.

She played soccer, basketball and softball, and was also a cheerleader — yet no matter how active she was or how carefully she ate, her lower body carried an abnormal amount of fat.

"Somehow my legs and stomach were always disproportionately bigger than everybody else's," she said.

BREAST CANCER SURVIVOR SAYS HER 120-POUND WEIGHT LOSS HELPED SAVE HER LIFE: 'STRONG, CONFIDENT AND HEALTHY'

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"I don't have pictures of my family to look at, to see a grandmother or an aunt or other women in my life that were affected by it,"

12/5/23, 9:19 AM

California woman with painful fat deposit disorder gets 'life-changing' surgery, has 'newfound freedom'

puberty," Schwartz told Fox News Digital.

"It doesn't start as pain, but they start seeing physical changes that don't really make sense."

Lipedema is usually misdiagnosed as morbid obesity, Schwartz noted.

Surgery is the best option to relieve lipedema symptoms.

"In the U.S., many doctors tell women, 'You're fat, you did this to yourself,'" he said.

MORE THAN HALF THE WORLD'S POPULATION WILL BE OBESE OR OVERWEIGHT BY 2035, SAYS NEW REPORT

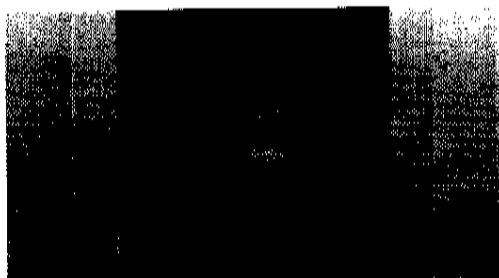
But the good news, he said, is that awareness is slowly starting to grow.

"Over the past five years, it's gone from no one knowing about it to a lot of people knowing about it, so it's definitely getting better."

Path to freedom

As Schwartz told Friar, he recommends surgery as the best option to relieve lipedema symptoms.

At his practice, Schwartz performs a patented procedure called manual lipedema extraction, which involves a combination of liposuction and the removal of underlying nodules of fat through small incisions.



Friar said her life is like "night and day" compared to before her surgeries. "I feel it changed the game for me — it extended my life and I gained back probably 75% to 80% of my mobility." (Molly Friar)

"When I take the 'bad tissue' out, people feel better as soon as the next day," Schwartz said. "That's the only thing that I've seen that works — and I've seen everything that's out there."

Friar ended up having a total of three surgeries — one on the back of her legs, one in the stomach area and one on the front of her legs.

"For me, the surgery was life-changing," Friar said. "I feel it changed the game for me — it extended my life and I gained back probably 75% to 80% of my mobility."

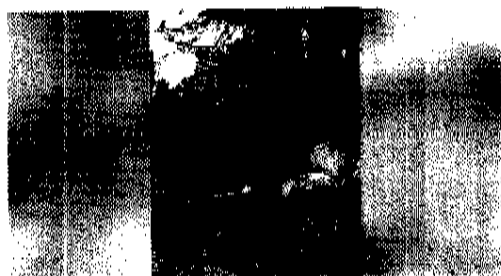
"I'm willing to shout from the rooftops if I can help even one person recognize the symptoms and be able to help themselves."

Each surgery required around six weeks of recovery time.

"It isn't easy, but I would do it 1,000 times over," she said.

One caveat is that some insurance companies have been slow to cover the cost of lipedema surgeries. Friar had to pay out of pocket for the procedures, which can range from \$4,000 to \$16,000, according to Schwartz's website.

"I was very, very lucky — there are so many women who want the surgery that can't afford it," she said.



Friar is pictured after her lipedema surgeries. "It's like your mobility gets taken away from you, and when you instantly get it back,

12/5/23, 9:43 AM

California woman with painful fat deposit disorder gets 'life-changing' surgery, has 'newfound freedom'

it's like newfound freedom," she told Fox News Digital. (Molly Friar)

In addition to the surgeries, dietary changes have had a big impact on Friar's quality of life.

"The optimal diet for me is gluten-free and dairy-free, with no added sugars, no processed foods, low salt and very little alcohol," she said.

She also wears medical-grade compression gear at night and lighter-compression leggings during the day.

"It helps alleviate a lot of the inflammation and excess fluid in the body," she said.

Other non-surgical options for relief include exercise and medications or supplements to reduce inflammation.

10 FUNCTIONAL HEALTH PREDICTIONS FOR 2024, ACCORDING TO A DOCTOR AND A WELLNESS EXPERT

As Schwartz told Fox News Digital, Friar's case was pretty typical of most women's experiences with lipedema, although he noted her positive mindset.

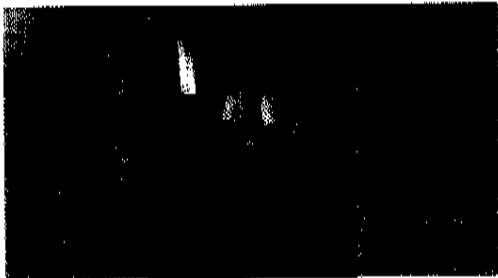
"A lot of women have had this for so long, and it defeats them emotionally, psychologically and mentally," he said. "But Molly has always had such an amazing outlook and personality."

He added, "Obviously, it's been emotional for her at times, but she never let it defeat her."

'Like night and day'

Friar said her life now is "like night and day" compared to before.

"Getting a massage for me is now enjoyable," she said through tears. "I can climb to the top of a mountain, and I can walk six miles and not stop."



Friar wears medical-grade compression gear at night and lighter-compression leggings during the day. "It helps alleviate a lot of the inflammation and excess fluid that's in your body," she said. (Molly Friar)

"It's like your mobility gets taken away from you, and when you instantly get it back, it's newfound freedom."

Friar's goal is to increase awareness around this condition, among patients and doctors alike, so other women don't have to live in shame for years like she did.

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"It's something we need to be talking about," she said. "It's such a visual thing, involving our bodies and how we present ourselves to the world, and it's something we can't control."

"I'm willing to shout from the rooftops if I can help even one person recognize the symptoms and be able to help themselves."

For many of Schwartz's patients, he said, the disease has "destroyed their lives."



"I'm willing to shout from the rooftops if I can help even one person recognize the symptoms and be able to help themselves," Friar