

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?

No one

How did you hear or learn about Dr. Herbst?

e. Publication / medical journal

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

a. Puberty

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?

14

Which areas of the body are you experiencing pain?

a. Upper arms

g. Front of thighs

h. Back of thighs

i. Inner thighs

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

a. Upper arms

e. Upper back

g. Front of thighs

h. Back of thighs

i. Inner thighs

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

3 / 10

What pain level do you experience on a bad day?

4 / 10

What pain level do you experience on a good day?

0 / 10

Do you experience swelling?

No

Do you swell more standing for long periods of time?

No

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

a. I do not have swelling when standing.

Do you swell sitting for long periods of time?

No

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

a. I do not have swelling when sitting.

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

No

Do you elevate your legs to make them feel better?

Yes

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

No

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

d. Abdomen

e. Upper back

i. Front of thighs

j. Back of thighs

k. Inner thighs

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?

None

What exercise do you do?	<input type="checkbox"/> HIIT	<input type="checkbox"/> Weightlifting
Do you experience extreme fatigue defined as a lingering tiredness that is constant and limiting; in other words, unexplained, persistent, and relapsing exhaustion.	<input type="checkbox"/> No	
Do you have brain fog?	<input type="checkbox"/> No	
Choose all parts of your body where you have heavy tissue:	<input type="checkbox"/> Upper arms	<input type="checkbox"/> Abdomen
	<input type="checkbox"/> Front of thighs	<input type="checkbox"/> Back of thighs
		<input type="checkbox"/> Inner thighs
As a child did you amuse your friends by contorting your body into strange shapes OR could you do the splits?	<input type="checkbox"/> Yes	
Can you now (or could you ever) bend your thumb to touch your forearm?	<input type="checkbox"/> No	
Can you now (or could you ever) place your hands flat on the floor without bending your knees?	<input type="checkbox"/> Yes	
As a child or teenager did your shoulder or kneecap dislocate on more than one occasion?	<input type="checkbox"/> No	
Do you consider yourself double-jointed?	<input type="checkbox"/> Yes	
Do you wear compression garments?	<input type="checkbox"/> No	
How long have you worn compression?	<input type="checkbox"/> Never	
Have you tried the following manual therapy: manual lymphatic drainage (MLD) therapy as part of complete decongestive therapy?	<input type="checkbox"/> No	
Have you tried the following manual therapy: Deep tissue therapy such as myofascial release, Rolfing, Swedish massage, Thai massage, etc.	<input type="checkbox"/> Yes	
If you tried deep tissue therapy, did it improve your symptoms?	<input type="checkbox"/> No	

Do you have an intermittent pneumatic compression (IPC) pump?

No

If you have an IPC pump how often do you use it?

I do not have an IPC pump

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?

Yes

What do you do for work?

Analyst - office

Does your physical health interfere with your work?

No

Do you bruise easily?

Yes

How often do you find bruises on your body?

Weekly

Do you have spider veins?

No

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?

No

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?

Upper arms

Front of thighs

Back of thighs

Inner thighs

Rate your overall health?

Fair

What was your highest weight in pounds? 255

What was your lowest weight in pounds? 165

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? Yes

If you participated in a supervised weight loss program, did your affected tissue reduce or did your symptoms improve? No

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 can lose weight if I'm on 1300 kcal diet, working out 5 times a week, but I can never lose certain pockets of fat. I've done body fat measurements and I just can't lose that much body fat even when I'm really working at it. The places on my body that have the weird fat have always been much more sensitive to pressure and do bruise easily. The only reason I feel it hasn't gotten completely out is because I've stayed active and I go through these periods of extreme diet and exercise to cut weight, but never lose some of this fat.