



Wir tun Ihnen gut...



**Lympho
Opt**

Liposuction *PIUS*

We are specialized in a holistic lipedema therapy, and it is our aim to stabilize and improve your state of health and your quality of life as effectively as possible.



Your way to your personal well-being could be the following:

- Dietary change to Metabolic-Balance
- Conservative therapy
- Lymph-related liposuction
- Intensive post-treatment following a liposuction at the therapy center Hirschbach
- Follow-up care

We will gladly advise you, free of charge and without any obligation! For further information please call +49 9152 - 92 88 140

The Lipedema



**Slim waist?
Thick buttocks?
Thick thighs?**

**Neither diet nor
sports help...**

**We offer you the
solution!**



The Lipedema

What is a lipedema?

The lipedema is a symmetric fat distribution disorder that mainly affects the upper and lower legs, however, sometimes also the arms. The exact cause is widely unknown.

It is characterized by a swelling of the legs, especially during the second half of the day. The legs quite often show "black and blue marks", and even the slightest touch may be painful.

Usually only women are affected. They often have a very slim torso, but legs and buttocks are out of proportion and quite thick.

Those swellings are called "saddle bags" and are mainly located at the outside of the thighs and on the inside of the knees. Over the years, the fat even expands down to the ankles and makes the leg look pillared. It is typical that hands and feet always remain slim, even if the finding is advanced.

The perceptible change of the body mostly occurs during puberty or a pregnancy, however, also physical strain such as operations, stress and other factors can trigger a lipedema. Yet those pads of fat on the legs are not a reservoir of reserve fat, as it appears in obesity.

This fat is caused by an increased number of fat cells; thus it can hardly be influenced by physical activity or diet. It is not considered a specific form of overweight.

The majority of female patients who consult specialists have already undergone all possible diets and strict weight loss treatments. They have visited workout studios and tried well-meant training programs without successfully changing the shapelessness of their legs.

This leads to repeated frustrations; often those patients also get offended in everyday life. The persons concerned either give up and neglect their body which results in a general obesity. Others become anorexic or suffer from bulimia.

Which examinations are necessary to identify a lipedema?

In addition to the medical history and survey of family predisposition, a clinical examination is sufficient: the inspection and examination of the tissue and the clarification of possible concomitant diseases of the lymphatics or blood vessels.

Further targeted examinations that are only required in very few cases include a specific examination of the lymphatic functions.



Methods of Treatment

Does a lipedema require treatment - or is it a pure cosmetic problem?

If the thickening remains untreated, it worsens over the years and leads to monstrous fat flaps. In the course of 15 to 18 years, the lymphatic vessels may deplete and thus an accompanying lymphedema may occur, where also the forefeet and toes are affected from a swelling.

What are the existing treatments, if you suffer from a lipedema?

1. To alleviate the discomfort, without being able to change the shape of the legs:

- A permanent diet, only in cases of genuine additional obesity.
- Complete physical decongestion, in cases with strong symptoms. This is a manual lymphatic drainage with subsequent bandaging, special skin care as well as movement under compression.
- The intermittent pneumatic compression, where altering pressure treatments are performed by means of air chamber cuffs.
- Endermology, to loosen indurations and for removal of metabolites.
- Magnetic field therapy, to promote blood circulation and simultaneously relieve pain.
- Compression supply, ideal stockings have to be worn individually.

2. To ease discomfort and correct the shape of the legs:

The suitable lymphatic liposculpture, here the anesthetically disturbing and painful pads of fat are removed under local anesthesia. During this process especially the lymphatic structures have to be protected, which can be achieved by a particularly gentle way of liposuction by means of vibrating cannulas. In addition, there is always an anesthesia doctor present to monitor the circularity system and keep the patient free of pain.

Part of the medical aftercare is wearing a compression girdle for 4 to 6 weeks. While the treatments which are listed under point 1 must be performed for a lifetime, the suitable lymphatic liposculpture permanently removes the adipose cells that cause the discomfort.

Thus, besides the subsiding of pain and swellings also results is in an optically improved appearance.

That is why in many cases the measures listed under point 1 can permanently be waived.



Contact Details

Please call:

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Our service team is available from Monday to Friday from 8 am to 5 pm.

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Taster Days

A unique offer by our therapy center Hirschbach is the "Lipedema Taster Days".

The aim of these "taster days" is to help you decide whether you really want a surgery. Depending on your diagnosis we will inform you in detail about the further course of treatment and whether or not a surgery should be considered in your case.

You can exchange views with other female patients who have already undergone surgery and stay at the therapy center Hirschbach for aftercare.

Total price only EUR 167,-

The "taster package" includes:

- Two overnight stays with full board at the therapy center Hirschbach, drinks included
- Extensive preliminary examination and consultation, either by **Dr. med. F. Bien** or **Dr. med. F. J. Schingale**
- Manual lymphatic drainage with bandaging, Lympha Press applications (unless contraindicated)
- **Medical Report**