

Heavy, Painful Legs?  
It May Be Lipedema.



**Tactile**  
MEDICAL®

## What is Lipedema?

Lipedema is a loose connective tissue (fat) disease that occurs almost exclusively in women. Lipedema is often overlooked by medical professionals, but you have a voice and can ask for help.<sup>1</sup>

If you are experiencing any of the following characteristics ask your physician about lipedema:

- Legs (sometimes arms) that are disproportionately larger than rest of the body
- Fatty tissue that is resistant to diet or exercise
- Leg pain, tenderness or easy bruising

There are proven steps you can take to manage your symptoms and increase your quality of life.<sup>2</sup> One step is using a pneumatic compression device (PCD) that can reduce swelling caused by a buildup of fluid in the tissues.<sup>1</sup>

Ask your healthcare provider if you are a candidate for PCD therapy to help you manage your symptoms at home.



STAGE I

*Skin feels smooth. Fat deposits cause small lumps under the skin.*

STAGE II

*Lipedema tissue builds up. Lumps grow in number and size. Skin may have indentations.*

STAGE III

*Lipedema increases and becomes thick and hard. Large growths of fat hang around thighs and knees.*

## Managing Lipedema Symptoms

Clinical experts recommend a multi-pronged approach to managing the symptoms of lipedema, and one of the key components is improving the drainage of excess fluid.

To do this, certified therapists use a form of massage known as manual lymph drainage (MLD), as well as compression garments, which help improve drainage and reduce swelling. To gain similar benefits from the comfort of your home, there is pneumatic compression therapy like Flexitouch® Plus.<sup>1</sup>

The following table illustrates how the multi-pronged approach (*Figure 1*) can help reduce inflammation, manage pain, improve drainage and soften firm skin.

### MULTI-PRONGED APPROACH TO MANAGING YOUR LIPEDEMA

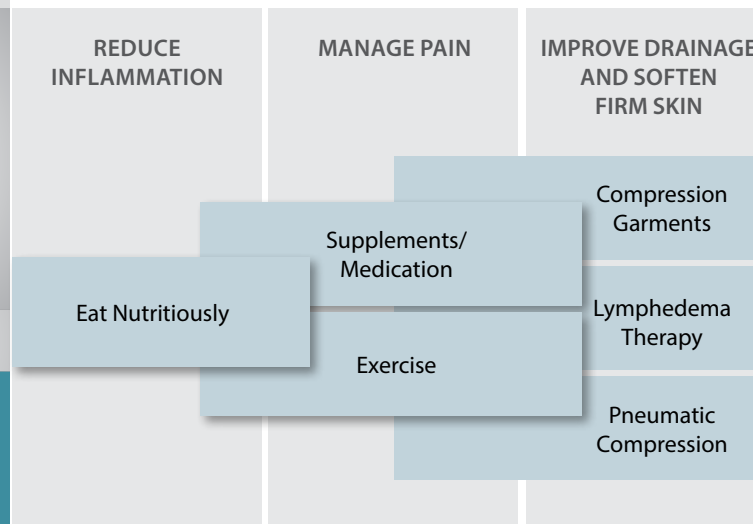


Figure 1

## How Flexitouch® Plus Helps Lipedema Patients

The Flexitouch Plus system can give people with lipedema a comfortable and convenient way to self-manage lipedema from home. The system:

- Applies a gentle, wave-like massaging motion, which may be ideal for individuals with sensitive limbs
- Directs fluid away from impaired areas to enable drainage
- Provides symptom relief in approximately one hour
- Clinically proven to reduce swelling and enhance quality of life<sup>1,4,5</sup>

### ASK YOUR PHYSICIAN ABOUT THE FLEXITOUCH PLUS SYSTEM



## FLUID BUILDUP CAN MAKE LIPEDEMA WORSE

An at-home pneumatic compression device may help reduce swelling and improve symptoms.

### What 143 Lipedema Patients Say About Flexitouch<sup>®3</sup>

Lipedema patients using Flexitouch have shown high levels of satisfaction, symptom relief and improvements in daily living.

Among the 143 patients surveyed, **91% reported using Flexitouch three or more times per week** and **84% were satisfied or very satisfied** using Flexitouch.

Patients reported these improvements:

↑ **82%**

Improved Symptoms/  
Daily Living

↓ **57%**

Less Heaviness

↓ **47%**

Less Pain

↓ **69%**

Reduced Leg Swelling



"That was a turning point for me. Having Flexitouch allowed me to do my own therapy, in my own home."

*Brittney, Flexitouch user*

To watch Brittney's full story, scan the QR code.



# SEE HOW WE'RE BRINGING THE FUTURE OF HEALING HOME AT TACTILEMEDICAL.COM

For more than 25 years, Tactile Medical has improved the wellbeing of individuals with chronic swelling. Our clinically proven at-home treatment solutions are designed for superior comfort and easy daily use, so patients can achieve their therapy goals and live their lives to the fullest.

Talk to your healthcare provider to see if Flexitouch® Plus is right for you.



*Aim smart  
phone here*

**CALL US TODAY AT 833.382.2845 (833.3TACTILE)**

**Individual results may vary.**

**Indications/contraindications:** Indications, contraindications, warnings, and instructions for use can be found in the product labeling supplied with each device.

**Caution:** Federal (U.S.) law restricts this device to sale by or on the order of a licensed healthcare practitioner.

**References:**

1. Buck DW, 2nd, Herbst KL. Lipedema: A Relatively Common Disease with Extremely Common Misconceptions. *Plast Reconstr Surg Glob Open*. 2016;4(9):e1043.
2. Lipedema Foundation. Treating Lipedema. <https://www.lipedema.org/treating-lipedema>. Accessed April 7, 2021.
3. Tactile data on file.
4. Adams KE, Rasmussen JC, Darne C, et al. Direct evidence of lymphatic function improvement after advanced pneumatic compression device treatment of lymphedema. *Biomed Opt Express*. 2010;1(1):114–125.
5. Blumberg SN, Berland T, Rockman C, et al. Pneumatic compression improves quality of life in patients with lower-extremity lymphedema. *Ann Vasc Surg*. 2016;30:40–4.

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