

Meet Brittney

When Brittney was an adolescent, she noticed something wasn't quite right. "My top half was a different size than my bottom half. And my legs became very heavy, very tree-trunk like."

Her condition seemed to worsen over time, especially as she went through hormonal changes. "With each child, it began to get worse. ... I would sit down on the floor to play with my kids, my legs were so tender that if my children pushed on them or leaned on them, it hurt."

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If I did not have my Flexitouch machine at all, I would feel completely lost and alone in this disease.

BRITTNEY C.,
FLEXITOUCH USER, LIPEDEMA



EXERCISE AND DIET DIDN'T HELP

Brittney, a kindergarten teacher, tried many diets, but continued to gain weight, including in her upper arms. Exercise didn't make much of a difference, either. "I could work out three to four times a week, really hard workouts, and not one change would happen in my body. And so psychologically too, it was really damaging. I just was beside myself."

"Brittney was always so petite in her upper body, but her thighs, calves and hips were just so much bigger than you would expect," says her husband, Brian. Knowing how distressed his wife was about her appearance, he started doing research. He says he kept coming across lymphedema, but the description didn't quite match. Then he found lipedema and knew immediately this was what Brittney had. Lipedema is a condition where excess fat accumulates, usually in the lower half of the body and occurs almost exclusively in women.

SEEKING RELIEF

"Not many people have heard of this disease," says Brittney. "A lot of doctors have never heard of this disease. And I felt like I was having to advocate for myself to try to find the right doctor, to try to figure out what this was." Finally, she found a primary care doctor who, even though she had never heard of lipedema, listened to her, ultimately recommending Brittney see a therapist for manual lymphatic drainage (MLD) massage.

The day after her first massage session, she woke up and noticed she could see her ankles. Excited, she ran round the house yelling, "I have ankles! I have ankles!" But her insurance would only cover 12 sessions.

CONTINUES ON REVERSE

ONGOING THERAPY AT HOME

“Those visits timed out with insurance, and from there, I was able to get a Flexitouch machine that simulates the MLD therapy,” says Brittney. “That was a turning point for me because having that machine allowed me to do my own therapy in my own home.”

In her work, Brittney spends a lot of time moving around, and squatting, which is painful and make her feet throb. She uses her Flexitouch system five days a week. “I need to do that for myself; it helps relieve my symptoms,” she says.

“I feel like every woman who has lipedema should have the Flexitouch, it’s going to help them. It’s going to give them some control. It’s going to allow them to do something to help themselves,” says Brittney.



Brittney and husband Brian with Roxy



Brittney using her Flexitouch Plus system



Watch Brittney's Story

To watch Brittney's full story, scan the QR code with your smart phone or visit tactilemedical.com/understanding-lipedema

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