

# LIPEDEMA WORLD CONGRESS

Rome, 5-6-7-8 November 2025

## Wednesday 5 November 2025

Aula Magna San Giovanni Battista Hospital

### 10.00 – 12.30 Live and recorded Surgery

- 10.00 Ghods Mojtaba: *The Potsdam experience*
- 10.20 Hersant Barbara: *French experience*
- 10.40 Bruno Agostino: *PAL experience*
- 11.00 Vaia Nicola: *WAL experience*
- 11.20 Wright Thomas: *US experience*
- 11.40 *Other surgical solutions*
- 12.00 Panel Discussion

### 13.00 – 14.00 Break

### 14.00 17.30

Patient associations in comparison: how to share experiences in the common interest

#### Panel Discussion:

Patient associations from all over the world will share their experiences with healthcare professionals

## Thursday 6 November 2025

Fiera di Roma – Pavilion 10

### 07.00-08.00 Registration

*Presentation of sessions and speakers by Stephanie Süß*

### 8.00 Key Lecture

*LWA on the road to share its experiences and mission*

*Sandro Michelini*

### 8.15-11.00 Session 1

#### Basic Sciences

**Chairs:** Karen Luise Herbst, Saverio Cinti, Tim Schulz

### 08.15 Lipedema UK

The difficult, but pleasant relationship between patient and health worker

**Kate Forster (UK)**

**08.25 Saverio Cinti**, Sandro Michelini, Stefania Greco, Nicola Vaia, Valeria Puleo, Pamela Pellegrino, Antonio Giordano, Serena Michelini, Herbst Karen, Gaia Goteri, Sergio Castorina, Pasquapina Ciarmela (Italy)

***Endothelial cell alterations in capillaries of adipose tissue from patients affected by lipedema***

**08.37 Matteo Bertelli**, Sandro Michelini, Paolo Maltese, Serena Michelini (Italy)

***Genetics in Lipedema***

**08.49 Meyer P.**

***Genetic Analysis of Adipose Tissue from Patients with Lipedema***

**09.01 Karen Herbst**

***Mast Cell Activation Syndrome (MCAS) and Lipedema***

**09.13 Sabrina Gohlke**, Philipp Kruppa, Robin Upmeyer, Francisco Garcia, Mojtaba Ghods, Tim J. Schulz

***Disease-Specific Alterations of Adipocyte Function in Lipedema***

**09.25 Erika Cione**, Sandro Michelini, Nicola Vaia, Serena Michelini, Roberto Cannataro

***Exploring lipedema tissue microRNAs***

**09.37 Katharina Morawitz**

***Extracellular Vesicles in Plasma and Lipoaspirates of Lipedema Patients and Healthy Control Individuals***

**09.49 Tara Karnezis**, Nadeeka Bandara, Trung Nguyen, Matt Rittchie, Darren Creek, Karen Herbst, Ryan Lister, Marc G. Achen, and Ramin Shayan

***Epigenetic Switch Controls in Lipedema Adipogenesis***

**10.01 Leon Straub (Germany)**

***Diagnostics through Multi-Omics Approaches and Serum-Based Predictive Modeling***

**10.13 Pamela Arielle Nono Nankam**

***Origin and development of lipedema: pathogenic mechanisms.***

**10.25 Marianne Steiner**, Christian Schoefer, Elisabeth Russe, Anna Theresa Lipp, Hannel Bauer

***Structural evidence for abnormal neoadipogenesis in lipedema adipose tissue***

**10.37 Jiqui Wang**, Yi Arial Zeng

***Compound heterozygous PROC mutations cause lipedema in humans***

**10.49 Discussion**

**11.01-11.20 Coffee break**

**11.20 Key Lecture:**

***Eating disorders, hypothalamic inflammation and the satiety center in Lipedema***

**José Luis Simarro**

## 11.35-13.00 Session 2

### Epidemiology Clinical and instrumental Diagnosis

Chairs: Gyozo Szolnoki, Giovanni Scapagnini, Evangelos Dimakakos

#### 11.35 AndLympha (M. Marquez)

How to defend ourselves against fake news

#### 11.45 Kate Eddens, Kelli Ryckman, Chelsie Parker, Erin Ables

***Descriptive Epidemiology of Women with Lipedema SNOMED codes in a Nationally Representative United States Sample of Truveta Electronic Health Records Data***

#### 11.55 Győző Szolnoky, Jetta Szabó, Orsolya Ágnes Péter, Attila Nemes, Erika Griechisch, Zoltán Ruzsa

***Assessment of resting microcirculation in lipedema using laser doppler flowmetry***

#### 12.05 Roberto Cannataro

***Local bioimpedance on the leg: a possible tool for diagnosis and differentiation of stages***

#### 12.15 Cestari M

***Lipoedema, Lipohypertrophy and no-Lipedema Obesity: usefulness of three-dimensional tissue ultrasound diagnostics***

#### 12.25 Andrade Mauro (BRA), st Paula Frederichi, Gustavo Patriani, Juliano Nadai, Ana Nadai, Diego Torrico.

***Comparison of dual-energy x-ray absorptiometry and bioimpedance data on regional distribution of fat and lean mass in lipedema patients***

#### 12.35 Francesco Boccardo

***Role of the Lymphatic System in Lipedema: Comparing Lymphoscintigraphy with Lymphangio-MR***

#### 12.45 Jean Paul Belgrado; V. Stoichkova; C. De Matos; V. Fuchs-Hecht-Ritter, M.Gyladi, H. Mandhui, M. Brandebourg, J. Malloizel (BE)

***Lymphatic function in lipedema vs control group, ICG protocol and observations***

#### 12.55 Ramin Shayan

***Not the root cause, but not to be forgotten: A pilot gene study, functional analysis and surgical proof-of-principle study of the lymphatic system in lipedema.***

## 13.05-14.00 Lunch

## 14.00 Opening Ceremony

#### 14.30 Key Lecture

***Large-Volume Hybrid Liposuction for the Treatment of Lipedema – The Potsdam Concept***  
Mojtaba Ghods

## **14.50 – 17.05 Session 3 Surgical options: When, What and Why**

**Chairs:** Ramin Shayan , Marcus Lehnhardt, David Amron

**14.50 Abrali (Frederichi de Souza Paula)**

To be or not to be: conservative treatment or surgery?

**15.05 Erriquez Burgos de la Obra**

***1,000 Lipedema Surgeries a Year. Scaling Excellence: Clinical Insights and Lessons Learned from a High-Volume Specialized Surgical Team***

**15.17 Agostino Bruno**

***From Limbs to Abdomen: Rethinking the Spectrum of Lipedema***

**15.29 Barbra Hersant**

***Vaser in Lipedema surgical treatment***

**15.41 David Amron**

***Vital Perioperative Protocols in Lipedema Reduction Surgery***

**15.53 Ramin Sayan, Corrado Campisi, Charlotte Bendon, Aoife Herle, Nayan Bhindi, Zoe Campisi, Tara Karnezis**

***Not the root cause, but not to be forgotten: A pilot gene study, functional analysis and surgical proof-of-principle study of the lymphatic system in lipedema.***

**16.09 Jeremias Schmidt**

***Persistent lipedema after bariatric surgery – An interdisciplinary approach***

**16.21 Stefano Gentileschi**

***Plastic surgery on lipedema after bariatric surgery***

**16.33 Discussion**

**17.00 Keynote Lecture**

***Lipo-Lymphoedema: indications and role of minimally-invasive surgery***

**Corrado Cesare Campisi**

**17.15-17.40 Coffee Break**

**17.40 Keynote Lecture**

***30 years of experience on diagnostics and therapy for lipedema***

**Manuel Cornely (VIDEO)**

## **18.00 – 19.20 Session 4 Lipedema and comorbidities**

**Chair:** Andrej Szuba, Antonio Mander, Gurusamy Manokaran

**18.00 LIO Lipedema Italia Onlus**

**Marilù Soro**

**18.10 Filippo Camerota, Claudia Celletti**

***Correlation between adipose tissue disorders and hypermobile Ehlers-Danlos syndrome***

**18.20 Nadai Juliano, (BRA)**, st Paula Frederichi, Gustavo Patriani, Camila Pacheco, Ana Nadai, Diego Torrico, Camila Beltrame.

***Thyroid Function in Women with Lipedema: Laboratory Analysis and Frequency of Alterations***

**18.30 Manuela Sciuscio**

***Lipedema and Leake Gut Syndrome***

**18.40 Elettra Fiengo, Andrea Sbarbati**

***Lipedema and Hypermobility Spectrum Disorders: Clinical Implications of a Shared Pathophysiology***

**18.50 Vincenza Cifarelli<sup>1</sup>Silvia**, Gonzalez-Nienves, Jennifer Newman, Michelle Brennan· Thomas Wright, Sandeep Dinsdha: ***Metabolic Regulation of Adipose Tissue Remodeling in Women with Lipedema***

**19.00: Valentino Valeria**

***Polycystic Ovarian Syndrome and Lipedema: Two Faces of Female Metabolic Imbalance***

**19.10Elena Vaquevo Ramaro**

***Prevalence of comorbidities associated with lipedema in Spanish women a comparative study with the general population***

**19.20 Discussion**

**Friday 7 November 2025**

**Fiera di Roma Pavilion 10**

**Presentation of sessions and speakers by Stephanie Süß**

**08.30 Keynote Lecture 1:**

***Pros and cons of GLP-1 agonists***

**Nicholas Pennings**

**08.50 Keynote Lecture 2**

**Mapping the effectiveness and risks of GLP-1 receptor agonist**

**Ziyad Al-Aly (Waiting answer)**

**09.10 – 10.40 Session 5 - Panel Discussion on GLP-1**

**Chairs: Sandro Michelini, Nicholas Pennings, Thomas Wright**

**Expert panel:**

**Introduction by Thomas Wright**

***GLP-1 Agonist as a possible pharmacologic treatment for Lipedema***

**Gabriele Faerber**

**Roberto Cannataro**

**José Luis Simarro**

**Leopold Cobos Salinas**

***Impact of semaglutide on lipedema patient quality of life measures***

**Virginia Ziulu**

**Paula Frederichi de Souza (BRA)**

***Evaluation of the Effects of Tirzepatide on Body Composition in Women with Lipedema***

**Jesse Cochrane**

***Quality of life and symptomatic improvement for people with lipedema using GLP1 medication: a survey of over 2500 participants***

## **10.40 – 11.00 Coffee break**

**11.00 Keynote Lecture**

***LWA position paper about Lipedema: Results of a Delphi method study***

**Philipp Kruppa**

## **11.20 – 13.00 Session 6: Guidelines and position paper**

**Chairs: Gabriele Faerber, Rachelle Crescenzi, Philipp Kruppa**

**11.20 American Lipedema Association (Susan O'Hara)**

***Role of patient associations in drafting consent documents***

**11.30 Gabriele Faerber**

***German Guidelines and welfare results***

**11.42 Karen Herbs**

***The USA Standards of care***

**11.54 Philipp Kruppa**

***Which are still the main points of contention today***

**12.06 Isabel Forner Cordero: Consensus documents compared**

**12.18 Discussion**

**12.40 Keynote Lecture**

***Diagnostic and therapeutical global approach to Lipedema patient***

**Karen Louise Herbst**

## **13.00 – 14.00 Lunch**

**14.00 Keynote Lecture**

***Fascia modulation in Lipedema after MLD/pump treatment***

**Emily Iker**

## **14.15 – 16.00 Session 7: Physical treatment**

**Chairs: Isabel Forner Cordero, Emily Iker, Chistine Moffat**

**14.15 Lipoedema Support Network Ireland (Mona Wise)**

*My experience with lipedema, the current lipedema care in my country and what has changed since the Potsdam Congress?*

**14.25 Miria Sobrinho**

*Ozone Therapy in Lipedema: Beyond Aesthetics and Toward Effective Pain Management*

**14.35 Isabel Forner Cordero**

*Safety and efficacy of compression garments in the treatment of lipedema. A systematic review*

**14.45 Paula Frederichi De Souza**

*Impact of Flat-Knit Compression Stockings on Pain Perception in Patients with Type III Lipedema: A Prospective Analysis of 507 Cases*

**14.55 Antonio Mander**

*Lipedema: ultrasound evaluation and clinical and therapeutic correlations*

**15.05 Ledda Perez**

*Conservative therapy in lipedema: anatomical and symptomatic changes at 10 sessions*

**15.15 Nicola Vaia, Sandro Michelini, Leonardo Caputi, Serena Michelini**

*Relative Lower Limb Strength Bef and After Decompression Surgery in Lipedema: Preliminary Evidence from a Functional Assessment Protocol*

**15.25 Serena Michelini**

*The role of instrumental physical therapy in patients with lipedema: clinical benefits of the Original Tecartherapy*

**15.35 Lecture: The importance of the autonomic nervous system in patients with lipedema**

**Raquel Medina**

**15.45 Lecture: REAC Technology for Upstream Intervention in Lipedema: a paradigm shift in pathophysiological modulation**

**Rinaldo Rinaldi**

## **16.00 – 16.30 Coffee Break**

**16.30 Keynote Lecture: The most appropriate physical activity in Lipedema**

**Baukje De Jong (NL) Video and live discussion**

## **16.50 – 18.00 Session 8: Physical exercise in Lipedema and other behaviour**

**Chairs: Julie Caroline Saether, Eugenio Luigi Iorio, Paula Frederichi de Souza**

**16.50 Patients Association – LIO – Lipedema Italia Onlus – Giordano Valeria**

**16.58 Serena Michelini**

***Lipedema Inflammation and physical activity: state of the art and future direction***

**17.06 Antonio Milano**

***The role of training in managing lipedema: personalisation, monitoring and an integrated approach***

**17.14 Jane Wigg**

***A retrospective educational Survey of student experience following Specialist Lipoedema Training***

**17.22 Scampini Silvia**

***Physical Activity in Lipedema Management: A Narrative Review of Fascial Mechanisms and Consequences on Lymphatic Drainage***

**17.30 Julie Caroline Saether (Norway)**

***Effects of high-intensity interval training in the treatment of women with lipedema: a randomized controlled crossover trial (The LipidEx study)***

**17.38 Galeno**

***Biomechanics of Movement in Women with Lipedema Risks and Strategies in Resistance Training***

**17.46 Discussion**

**18.00 – 19.00 General Assembly LWA**

## **Saturday 8 November 2025**

**Fiera di Roma – Pavilion 10**

**Presentation of sessions and speakers by Stephanie Süß**

**08.30 Keynote Lecture: *Nutrition recommendations in the S2k guideline*  
Gabriele Faerber**

### **08.50 – 10.30 Session 9 – Nutritional and new pharmacological approach**

**Chairs: Vincenza Cifarelli, José Luis Simarro, Roberto Cannataro**

**08.50 Patient's Association – Lipedema Canada – Emma Clooney - Angel Anderson**

**09.00 Roberto Cannataro**

***Unraveling the role of nutrition in lipedema: shedding light on intolerances, low carb diet and nutritional supplements***

**09.10 Isabel Munoz Forner**

***Effect of an anti-inflammatory diet in disordered eating symptoms in patients with lipedema: EAT-26 results from LipeDiet study.***

**09.20 Juliane Lundanes**

***Changes in glucose and insulin metabolism following low-energy diets: low-carbohydrate vs low-fat diets in females with lipedema***

**09.30 Malgorzata Lezik**

***Advantages and safety of anti-inflammatory ketogenic diet in the reduction of body weight and fat, leg volume, adipose tissue pain, and laboratory parameters in women with lipedema***

**09.40 Gustavo Périco Patriani**

***Effect of a Qualitative Anti-Inflammatory Diet on Body Composition in Women with Lipedema***

**09.50 Isabel Forner Cordero**

***Effect of an anti-inflammatory diet in the volume of patients with lipedema: firsts results from LipeDiet study***

**10.00 Luigi Barrea, Giuseppe Annunziata**

***Role of Medical Nutrition Therapy and Physical Activity in Lipedema Management***

**10.10 Sabrina Basciani, Elisa Adragna**

***Impact of a Plant-Based Very Low Energy Ketogenic Therapy on Gut Microbiota and Clinical Outcomes in Women with Lipedema***

**10.20 Giordano B. Zonzini**

***Lipedema and nutrition: low-carb and ketogenic approaches between effectiveness and common mistakes***

**10.30 – 11.00 Coffee break**

**11.00 Keynote Lecture**

***Biobanks, Standardized Data & 3,000 Parameters: Fast-Tracking Discovery***

**Jonathan Kartt**

**11.20 Lecture:**

**Sjaak Pouwels, Jeremias Schmidt**

***Treatment of Lipedema and Concomitant Obesity: A Modified Delphi Consensus Statement***

**11.35 Lecture**

**Jeremias Schmidt**

***Skin removal surgeries after multistep lipedema liposuction***

**11.50 – 12.50 Session 10 – Panel Discussion:**

***Therapeutic approach: when conservative and when surgical***

**Chairs: Mojtaba Ghods, Stanley Rockson, Agostino Bruno**

**Expert panel**

**José Luis Simarro**

**Karen Herbst**

**Mojtaba Ghods**

**David Amron**

**Thomas Wright**

**Ramin Shayan**

**Pinar Borman**

**Sandro Michelini**

**Gabriele Faerber**

**12.50 Keynote Lecture:**

***The German LipLeg Study, the worlds first government funded RCT comparing conservative to surgical therapy***

**Giw Mostofizadeh, Mojtaba Ghods**

**13.10 – 14.15 Lunch**

**14.15 Keynote Lecture**

***Lipedema diagnosis by objective PPT assessment***

**Rebecca Dinnendhal, Natalie Jansing, Heike Abdalla, Moritz Daßen, Eric Breuer, Simon Buehnen, Emilia Noell, Manuel Cornely, Claus Pieper, Tim Hucho**

**14.30 -15.40 Session 11: Lipedema and Pain**

**Chairs: Alberto Onorato, Tim Hucho, Pinar Borman**

**14.30 Nihan Herdinc Gunduz (TUR), Izel Topaloğlu, Ebru Şahin, Nihan Erdiñç Gündüz, Banu Dilek, Hülya Ellidokuz, Elif Akalın**

***Is the pain in Lipedema a neuropathic pain?***

**14.40 Paula Frederichi De Souza (BRA)**, st Gustavo Patriani, Camila Pacheco, Ana Carolina Toledo e Mauro Andrade: ***Modulation of Inflammatory Pain in Lipedema with Sustained-Release Trans-Resveratrol (Resvitech)***

**14.48 Vitor Gornati (BRA)**, Fanilda Barros, Karen Utsunomia, Isabela Tavares, Fabio Kamamoto: ***Lipedema Pain Beyond Venous Disease: A Cross-Sectional Study on CEAP Limitations***

**14-56 Pavez Pusic (CHI)**, Jubiza Pusic: ***Characterization of Pain and Its Functional Impact in Patients with Lipedema: A Descriptive Study***

**15.04 Jubiza Pusic (CHI)**: ***Analysis of the relationship between pain, bmi, and clinical stage in patients with lipedema***

**15.12 Sandro Michelini**, Nicola Vaia, Leonardo Caputi, Lnzo Rosi, Fabio Romaldini, Daniela Vaglio, Serena Michelini: ***Correlation between pain and Pregnenolone in Lipedema patient***

**15.20: Pinar Borman**

***The incidence of neuropathic pain and its impact on quality of life in patients with lipedema***

**15.28 Discussion**

## **15.40 – 17.00 Session 12: Panel Discussion on Future Research**

**Chairs:** Jonathan Kartt, Pasquapina Ciarmela, Tara Karnezis

**Expert Panel**

**Philipp Kruppa**

**Rachelle Crescenzi**

**Jesse Cochrane**

***Investigating Molecular Signatures of Lipedema using Proteomics***

**Isabel Forner Cordero**

## **17.00 Closure of Congress**

## Oral Communication and Poster

Thursday, 6<sup>th</sup> November

### ROOM IUSTINA

#### 14.30 – 16.00 Session 1 - Surgery and related fields 1

Chairs: Alexo Caballeira (E), Agostino Bruno (ITA), Fabio Kamamoto (BRA)

- 1) Rodolfo Afiune, Fabio Kamamoto (BRA)  
*LipeCodes: Surgical Systematization Protocol for LIPEDEMA surgery based on body densitometry (DEXA)*
- 2) Renan Diego Amerigo Ribeiro, Gustavo Mira Clivatti (BRA); Marilia Emi Sato ito; Fabio Kamamoto  
*Individualized Surgical Approach for Early-Stage Lipedema in a Young Male Patient: A Case Report*
- 3) Hans Bayer, Dimitra Kiritsi (GER)  
*Expanding Surgical Horizons in Lipedema Therapy: Safe Integration of Cool-Plasma Tissue Tightening*
- 4) Patricia Henriques Lyra Frasson, Larissa Musso de Magalhães, Lusanere Cruz, Thamires Favato (BRA)  
*Lipedema Reduction Surgery: Advances in Safety, Efficiency, and Recovery with Closed Incisions Using ONE S.T.E.P.™ Technology*
- 5) Agostino Bruno (ITA)  
*The Use of Tranexamic Acid in Liposuction for Lipedema: A Retrospective Comparative Study*
- 6) Joana De Carvalho, Sérgio Sampaio, Carolina Andresen, Marianna Lou (POR)  
*Water-Jet Assisted Liposuction (WAL) in Lipedema: Outcomes and Benefits from a Single Center Experience*
- 7) Georgios Xydias, Tim Kurpanek (GER)  
*Dual-Surgeon Lipedema Surgery: Key Considerations and Impact on Patient Outcomes*
- 8) Rachel Sarah Jansen (NED)  
*Beyond Surgery: Empowering Lipedema Patients with Holistic, Evidence-Inspired Tools for Reversing Progression*
- 9) David Krochmal (USA)  
*Megaliposuction: a protocol for performing >20 L of liposuction safely*
- 10) Katrin Lossagk, Dina Telegina, Rahmin Schams (GER)  
*Interdisciplinary Treatment Approaches in Lipedema Patients with Obesity: Surgical Intervention as an Integral Component of Sustainable Therapy Concepts*
- 11) Fabio Kamamoto (BRA)  
*Dermolipectomy in Advanced Lipedema: Functional and Aesthetic Outcomes in 40 Patients Treated at Instituto Lipedema Brazil*
- 12) Agostino Bruno (ITA)  
*A dynamic four level approach: new algorithm in Lipedema Surgery*
- 13) Patricia Enriques Lyra Frasson, Felipe Barbosa Moscon, Larissa Musso Magalhães (BRA)  
*Volume-Reducing Surgery for Advanced Lipedema: Large-Scale Resections in a Two-Stage Approach for Improved Outcomes and Reduced Morbidity*

**14) Marilia Ito**, Fabio Kamamoto, David Alves Mognato, Vitor Cervantes Gornati, Renan Diego Americo Ribeiro, Gustavo Mira Clivatti (BRA)

***Surgical Complications of Lipedema Reduction Surgery***

**15) Alexo Carballeira Brana (E)**

***Arm Lipedema: Integrating Advanced Surgical Techniques with Comprehensive Care for Optimal Patient Outcomes***

**16) Faerber Gabriele**

***Lipedema and Lymphatics: Lymph Vessels Sparing Liposuction and the Role of Supramicrosurgical Lymphatico-Venular Anastomosis (sLVA) in treating Lymphatics Complications – Ungaro – Gabriele***

**17) Bolero**

***The Role of Power-Assisted Liposuction in the Treatment of Lipedema – bolero***

## **17.30-18.30 Session 2 - GLP1 and other medical therapies**

**Chairs: Denise Monteiro (BRA), Virginia Ziulu (Irl), Laura Patton (ITA)**

**1) Virginia Ziulu**, Codruta Pandalache (IRL)

***The role of GLP-1 agonists and GIP/GLP-1 in the management and treatment of Lipedema pain and inflammation.Clinical insights.***

**2) Paula Frederichi de Souza**, Gustavo Périco Patriani, Juliano Nadai, Diego Torrico, Mauro Andrade (BRA)

***Evaluation of the Effects of Tirzepatide on Body Composition in Women with Lipedema***

**3) Deise Monteiro**, Leinig Monique Quintas Caroline Lemos Marcos (BRA)

***Tirzepatide and methenolone: case report in the control of lipedema in menopause***

**4) Jasmine Murta**, Juliana Bicca (E)

***Low dose Tirzepatide for the treatment of patients with Lipedema - case report***

**5) Laura Patton**, Lnzo Ricolfi, Micaela Bortolon, Valeria Reverdito, Alessandra Bellucci, Macrelli Annalisa (ITA)

***GLP-1: first results on lipedema.***

**6) Paula Frederichi de Souza**, Gustavo Périco Patriani, Camila Pacheco, Diego Torrico (BRA)

***Lipedema and Estrogen-Dependent Gynecological Disorders: Evaluation of the Efficacy of Subcutaneous Gestrinone Implants as Adjunct Therapy***

**7) Alceu Paolino Rezende Neto (BRA)**

***The use of specific injectable nutritional therapy in the treatment of lipedema, through systematic evaluation with ultrasound.***

**Friday, 7<sup>th</sup> November**

**ROOM IUSTINA**

**09.00-11.00 Session 3 - Diagnosis 1**

**Chairs: Jean Paul Belgrado (BE), Manon Chevennement (FR), Alberto Onorato (ITA)**

- 1) **Ana de Nadal**, Karen Herbst , Juliano De Nadai, Paula Frederichi, Gustavo Perico Patriani (BRA)  
***A Morphological Classification System for Upper Limb Lipedema in Women: A Clinical and Anatomical Framework***
- 2) **JP Belgrado**; V. Stoichkova; C. De Matos; V. Fuchs-Hecht-Ritter, M.Gyladi, H. Mandhui, M. (BE)  
***Qualifying tortuosity of the superficial venous network in lipedema vs control***
- 3) **Helen Eason**, Sharon L. Kilbreath,, Kieron Roone, Elizabeth S. Dylke (AUS)  
***Lipoedema assessment and diagnosis review***
- 4) **Diego Torrico (BRA), Paula Frederichi da Souza**  
***Hormonal Dysfunctions in Women with Lipedema: Analysis of Testosterone and Estradiol***
- 5) **Nerina Fabbro**, Valentina Bassi, Alberto Onorato (ITA)  
***A Study on the Psychological Condition of Italian Women with Lipedema***
- 6) **Johanna Flack**, Jan Mårtensson, Lise-Lotte Jonasson, Joanna Dudek, Annette Nygårdh (SE)  
***Sexual health and intimate relationships - experiences in women with lipedema***
- 7) **Vitor Gornati**, Antonio Luís Pimentel Neto, Karen Utsunomia, Isabela Tavares, Alessandra Peres de Melo, Fabio Kamamoto (E)  
***Ultrasound-Based Stratification in Lipedema: Integrating B-Mode, Doppler, and Tissue Compressibility for Phenotypic Profiling***
- 8) **Fabio Kamamoto (BRA)**  
***AI Supporting Lipedema Diagnosis: a big data analysis validated by Clinical Evaluation***
- 9) **Vasu Karry (UK)**  
***The Lipedema Screening Algorithm (LiSA): Transforming Quality of Life Data into Early Diagnosis***
- 10) **Antonio Mander (ITA)**  
***Lipedema: ultrasound evaluation and clinical and therapeutic correlations***
- 11) **Manon Chevennement**, Lebeau Jean-Pierre (FR)  
***What is the clinical pathway of women with lipedema ? A mixt study among French patients***
- 12) **Paula Frederichi de Souza (BRA), st Ynaia Piedade**  
***Application of Photobiomodulation with a Multi-Wavelength (Velaryan) Device in Lipedema Treatment: A Randomized Clinical Trial (change to poster)***

## 11.00-12.30 - Session 4 - Surgery and related fields 2

Chairs: Alys Mc Donald (USA), Nicola Vaia (ITA), Ana De Nadal (BRA)

- 1) **Vitoria Hibraim Ruiz**, Renan Diego Américo Ribeiro<sup>1</sup>, Vitória Ybrahim Ruiz<sup>2</sup>, Henrique Miranda Macaúbas<sup>3</sup>, Camilla Paes del Papa<sup>4</sup>, Sarah Mire Mofati<sup>5</sup>, Fabio Kamamoto<sup>6</sup>, Gustavo Mira Clivatti (BRA)  
***Impact of Tumescant Liposuction on Quality of Life in Patients with Lipedema: A Prospective Cohort Study***
- 2) **Davie Smart**, Yasmine Mohseni, Aria Vazirnia, David Amron (USA)  
***Safety and Symptom Improvement After High-Volume Liposuction for Lipedema in Women With BMI >40***
- 3) **Juliana Tenorio**, Stefan Rapprich; Samanta Fioravante Saraiva De Almeida (BRA)  
***Lipedema Definition Technique - The Future of Lipedema Surgery***
- 4) **Alys Mc Donald (USA)**  
***Establishing Standard Nomenclature for Lipedema Reduction Surgery: A Strategic Imperative for Legitimacy, Safety, and System Alignment***
- 5) **Boris Volshteyn (USA)**  
***High-Volume Liposuction in Patients with Elevated BMI: Unique Complications, Preoperative Optimization, and the Role of Metabolic Modulation***
- 6) **Tiziana Vigliano**, Agostino Bruno (ITA)  
***Early Moves Matter: Fast Track Recovery protocol After Abdominoplasty In Lipedema Surgery***
- 7) **Nicola Vaia**, Sandro Michelini, Leonardo caputi, Serena Michelini (ITA)  
***Relative Lower Limb Strength Bef and After Decompression Surgery in Lipedema: Preliminary Evidence from a Functional Assessment Protocol***
- 8) **Karen Utsunomia**, Vitor Cervantes Gornati, Isabela Rodrigues Tavares, Fabio Kamamoto (BRA)  
***Simultaneous Varicose Vein and Lipedema Surgery: Feasibility and Safety Analysis***
- 9) **Gustavo Mira Civatti**, Renan Diego Américo Ribeiro, Marília Emi Sato Ito, Fábio Kamamoto (BRA)  
***Morphological Patterns of Distal Lipedema: Clinical Classification and Impact on Liposuction***
- 10) **Maarten Letsch (NED)**  
***Case study: successful liposuction surgery in a slender physique patient with typical disabling lipedema symptoms.***
- 11) **Chris Lectch (AUS)**  
***Lipoedema and the Venous System: Clinical Relevance of Patent Foramen Ovale (PFO) in the Context of Fat Embolism Risk, Venous Insufficiency and Lipedema Extraction Surgery.***
- 12) **Vasu Karry (UK)**  
***Achieving High Patient Satisfaction and Low Complication Rates in Lipedema Abdominoplasty: The TULUA Method***
- 13) **Patricia Enriques Lyra Frasson**, Larissa Musso de Magalhaes, Lusanere Cruz, Thamires Favato (BRA)  
***Surgical Treatment of Lipedema: Risk Mitigation and Management of Complications in Lymph-Sparing Liposuction***

**14) Paulo Caruso (BRA)**

***Surgical Management of Lipedema: A Prospective Cohort of 45 Women Treated with Liposuction Over 3 Years.***

**15) Ana de Nadal, Karen Herbst, Paula Friderichi, Juliano De Nadal (BRA-USA)**

***Arm lipedema from the diagnosis to the surgical conclusion***

**16) Foued Hamza (UK)**

***Sculpting Beyond Volume: The Role of Aesthetic Contour in Fat Grafting***

**14.30-16.00 - Session 5 Physical Treatment and related fields**

**Chairs: Serena Michelini (ITA), Priscilla Neves (BRA), Kereolus Estfaunus (Egy)**

**1) Nadia Aprea, Patricia Fross Meyer, Capasso Chiara (ITA)**

***Effects of Therapeutic Ultrasound on Lipedema Adipose Tissue***

**2) Priscilla Neves, Kamamoto Fabio, Neves Priscila, Reis Juliana, Leporace Gustavo (BRA)**

***Biokinetic Profile in Lipedema***

**3) Leonardo Caputi, Nicola Vaia, Sandro Michelini, Serena Michelini (ITA)**

***Relative Muscle Strength in Patients with Lipedema: A Comparative Study with Matched***

**4) Kereolus Estfaunus (Egy)**

***Controls Rehabilitation post liposuction for lipedema patients***

**5) Leonardo Meco, Bruno Agostino (ITA)**

***Post-Operative Therapy and Unconventional Compression in Lower Limb Lipedema Surgery***

**6) Patricia Meyer, Christiane Rodrigues Tófoli Palauro, Heloise Dall'Ago Manfrim, Eneida de Moraes Carreiro, Curro Millan, Ciro Dantas Soares (BRA)**

***Cryolipolysis in the treatment of lipedema***

**7) Leonardo Meco (ITA)**

***Lipedema Physiotherapy – The Crucial Role of Therapeutic Education***

**8) Curro Millan Martinez, Patricia Froes Meyer, Felice Picariello, Fabio Kamamoto (E):**

***Effects of Low-Mechanical-Index Multifocal Ultrasound on Lipedema Adipose Tissue: Histological and Immunohistochemical Analysis***

**9) Serena Michelini, Leonardo Caputi, Nicola Vaia, Sandro Michelini (ITA)**

***Lower Limb Strength evaluation after the application of the Original Tecartherapy in Lipedema patients: a pilot study.***

**10) Valquiria Monteiro (BRA)**

***Correlation Between Knee Valgus and Postural Dysfunctions in Women with Lipedema: Case Report of Two Patients Emphasizing Hip Fat Accumulation and the Response to Clinical Pilates***

**11) Larissa Mussi de Magalhaes, Lusanere Cruz; Patrícia Henrique Lyra (BRA)**

***Resistance activity to control inflammation in Lipedema using the Pilates method.***

**12) Felice Picariello, Patricia Froes Meyer, Curro Millan, Eneida Carreiro, Silvia Marques, Carlos Daniel Nava Vergara, Angel Uriel Rangel Ramos, Ana Velia Navarro Mar, Flor Elin Juarez Bobadilla, Karen Janett Duran Romero, Teresa Itzamal Manjarrez Ladezma, Yaya Oliveira Silva (ITA)**

***Immediate analysis of laser application in lipedema***

**13) Ana Carolina Pucci de Mattos, DAO Modena, IIH Wu, IS Bezerra, NV Schwan, ACP de Mattos CMR Pacheco, E C O Guirro (BRA)**

***Effects of Cryofrequency Combined with Endermology in the Conservative Treatment of Lipedema: A Pilot Clinical Study***

**14) Simona Simone**, Pietro Antonuzzo, Maria Patruno (ITA)

***Clinical experience in conservative treatment of Lipedema***

**15) Gomes**

Effects of Physical Exercise in Patients with Lipedema: A Systematic Review and Update of the Evidence -

**16) Sampaolesi Vanessa**

***Lipedema and Pelvic Health: The Importance of Pelvic Floor Muscle Assessment in an Integrated Therapeutic Approach***

**16.30 – 18.00 - Session 6 Diagnosis 2**

**Chairs: Isabel Forner Cordero (E), Leon Straub (GER), Nadiv Shapira (USA)**

**1) Alyssa Mc Donald (USA)**

***A Value-Based Continuum of Care for Lipedema: Early Detection, Coordinated Intervention, and Defined Provider Roles***

**2) Alberto Onorato**, Alberto Macciò, Michele Povolato (ITA)

***Lymphoscintigraphic study of lower limbs in lipedema patients: our experience.***

**3) Rahmin Schams**, Rima Nuwayhid, Josiane K. Siemund, Matthias Blüher, Pamela Nono Nankam (GER)

***Staging Lipedema: Distinct Body Composition, Symptom patterns and metabolic profiling across Disease progression Enhancing Lipedema***

**4) Tim J. Schulz**, Robin Upmeyer, Sabrina Gohlke, Philipp Kruppa, Francisco Garcia, Mojtaba Ghods

***Enhancing Lipedema Diagnostics through Multi-Omics Approaches and Serum-Based Predictive Modeling***

**5) Marianne Steiner**, Hannel Bauer (AUSTRIA)

***Comparison of gene and protein expression in lipedema and non-lipedema adipocytic cultures.***

**6) Fanilda Souto Barros**, Patricia Henriques Lyra, Larissa Musso Magalhães, Robson Jarske (BRA)

***Correlation Between Imaging Studies and Histological Analysis in the Assessment of Microvascularization in Lipedema***

**7) JP Belgrado**; V. Stoichkova; C. De Matos; V. Fuchs-Hecht-Ritter, M.Gyladi, H. Mandhui, J. (BE)

***Quantifying frail dermal microcirculation in lipedema***

**8) Ana Carolina Pucci de Mattos**, Pacheco, Paula FredericF de Souza, DAO Modena, RRJ Guirro, ECO Guirro (BRA)

***Inflammatory Profile as a Support Tool for Lipedema Diagnosis***

**9) Stacy Pugh**, Jane Wigg (UK)

***Achieving a diagnosis of lipoedema when classic signs are missing; a clinical diagnostic challenge***

**10) Ana Carolina Pucci de Mattos**, ACP de Mattos, CMR Pacheco, DAO Modena, RRJ Guirro, ECO Guirro (BRA)

***Lipedema Biomechanics: Correlation between Foot Pronation and Disease Progression***

- 11) Nadiv Shapira, Joseph M. Rutkowski (USA)  
***Nodular Adipose Tissue is Quantitatively More Sensitive than Nearby Adipose in Lipedema Patients***
- 12) Fatima Sirvent Saez, Isabel Forner-Cordero, Daniel Alejandro Céspedes-Gómez, Juan Vázquez-Díez (E)  
***Exploring the Prevalence of Comorbidities in Lipedema Patients: A Prospective Cohort Study***
- 13) Caterina Fede, Claudia Clair, Carmelo Pirri, Lucia Petrelli, Cesare Tiengo, Carla Stecco (ITA)  
***Superficial Fascia alterations in lipedema***

**Saturday, 8<sup>th</sup> November**

## **ROOM IUSTINA**

### **09.00-10.30 Session 7 - Lipedema and quality of life – Patient Advocacy**

**Chairs: Lucia Mazzolai (CH), Jane Wigg (UK), Iakovos Georgiou (CYP)**

- 1) Roxani Aikaterini, Xena Luta, Lucia Mazzolai (CH):  
***Quality of Life in Lipedema Patients: findings from the RAVAD registry***
- 2) Laura Alves (BRA):  
***Integrative protocol for lipedema and fibromyalgia pain using non-invasive technologies: case report***
- 3) Jamile Barbosa Pereira, Caroline Setsuko Yamanaka; Renan Diego Américo Ribeiro; Gustavo Mira Clivatti; Fabio Kamamoto (BRA)  
***Multimodal Perioperative Analgesia in Lipedema Surgery: Prevention of Neuropathic Pain and Chronic Postoperative Pain***
- 4) Seynhaeve Bastien, Jean-Paul Belgrado; Jennifer Foucart (BE)  
***Exploring the Relationship Between Physical and Psychological Symptoms in Lipedema Patients***
- 5) Manon Chevennement (FR)  
***What is the clinical pathway of women with lipedema ? A mixt study among French patients***
- 6) Jasmine Murta, Juliana Bicca (E)  
***Association Between Lipedema and Dense Breasts in Postmenopausal Patients***
- 7) Carina Johannessen (USA)  
***Advocacy, Awareness, and Access: The Vital Role of the American Lipedema Association***
- 8) Paula Frederihi de Souza, Ana Carolina, Gustavo Périco Patriani, Bibiana Sevegnani, Ligia Nersissian, Diego Torrico, Cintia de Andrade, Ana Nadai, Juliano Nadai (BRA)  
***Brazilian association of lipedema patients (abrali): a milestone in lipedema awareness and empowerment***
- 9) Iakovos Georgiou (CYP)  
***Looking Back to Move Forward: Retrospective Insights from the First Years of an International Lipedema Center in Cyprus***

**10) Hiba Hamati (USA)**

***The Hidden Burden of Navigation: Patient-Led Care Coordination and the Risks of Fragmented Lipedema Treatment***

**11) ElHadidy – Ricolfi (pres)**

***Validation Study of the Progressive Pain Check Method for Lipedema Assessment: Preliminary Results from an Italian Population –***

**11.00 – 12.30 - Session 8 Nutrition and medical therapy**

**Chairs: Gabriele Faerber (GER), Beatrice Fedre (ITA), Paula Frederichi de Souza (BRA)**

**1) Ameera Al Mukharreq (BHR)**

***Integrating Evidence and Experience: Nutritional Strategies for Lipedema Management.***

**2) Lucia Auletta, Mario Bellisi (ITA)**

***Synergistic Approach Diet and Serratiopeptidase in the Integrated Management of Lipedema – Preliminary Results***

**3) Agostino Bruno (ITA)**

***Does Preoperative Semaglutide Use Affect Surgical Outcomes in Lipedema Liposuction? A Matched Cohort Study***

**4) Lusanere Cruz, Larissa Musso de Magalhães (BRA)**

***Patrícia Henrique Lyra Change in inflammatory pattern in patients with lipedema using GLP1 analogue***

**5) Sonia Dahmann, Masih Kameh Khosh, Mirkka Hiort, Lena Busch, Alexander Dermietzel, Tobias Hirsch (GER)**

***Direct effects of GLP-1 Agonists on lipedema tissue – in depth review and cohort study***

**6) Noemi de Gonzales, Nuno Gonzalez Muñoz, A. Martinez Tlli (E)**

***Cultural and Nutritional Approaches to Lipedema Treatment: A Cross-Sectional Cohort Study***

**7) Beatrice Fedre, Sara Dessalvi, Francesco Boccardo (ITA)**

***Nutritional aspects in patients suffering from lipedema with comorbidity***

**8) Giulia Garaffo, Beatrice Carlini, Martina Onida, Andrea Mana, Marzia Guerzoni, Valeria Reverdito, Enzo Ricolfi, Laura Patton (ITA)**

***Lipedema, Disordered Eating and Lifestyle: An Observational Study on Nutritional and Psychosocial Correlates***

**9) Gustavo Périco Patriani, Paula Frederichi, Camila Beltrame, Camila Pacheco, Ana Carolina Mattos, Diego Torrico (BRA)**

***Implementation of the Ketogenic Diet in Patients with Lipedema: Evaluation of Adherence and Limiting Factors***

**Poster Session 1**

**Chairs: Thomas Wright (USA), Pinar Borman (TUR)**

**1) Laura Alves (BRA):**

***Integrative approach to physiotherapy in the conservative treatment of grade 3 type 3 and 4 lipedema: clinical case report***

- 2) **Hans Bayer**, Dimitra Kiriksi (GER)  
*Lipedema will never manifest on the feet. Or does it ?*
- 3) **Maria Elsa Calderon Gonzales**, Leeda Perz, Joel Castellano (CHI)  
*Lipedema in Chile: description and analysis of 281 patients attended in a referral center*
- 4) **Arianna Cappiello**, Lucia Palmieri, Miriam Poriello (ITA)  
*The impact of lipedema on well-being and sexuality*
- 5) **Giovanna Bergamaschi**, Renan Diego Américo Ribeiro, Gustavo Mira Clivatti, Fabio Kamamoto, Ana Luiza Pires Pivoto, Beatriz Rufca, Aline Melo, Gabriela Antunes (BRA):  
*Knowledge and Misconceptions About Lipedema: A Survey of Diverse Population Groups*
- 6) **Costance Bayer (USA)**  
*USA's fractured healthcare system drives patient-directed lipedema advocacy*
- 7) **Lusanere Cruz**, Larrisa de Magalhaes Musso, Patricia Lyra Frasson, Maria Laura Cruz Clemente, Marcelo Henrique Amorim Tancredo (BRA)  
*Profile of Patients with Lipedema in Espírito Santo – Brazil*
- 8) **Stefano Marwan Mangini**, Giovanni Prinzi, Yasmine Tiziana Naat (ITA)  
*Lipedema and Hypermobility: What We Don't See*
- 9) **Paulo Caruso**, Juliana Jaeger, Karina Garcia, Pedro Borges, Rita Cherutti, Victoria Deluca (BRA)  
*Multidisciplinary Approach in the Management of Advanced Lipedema in a 68-Year-Old Patient: A Case Report*
- 10) **Cintia De Andrade**, Patricia Froes Meter (BRA)  
*Action of Macrofocused Ultrasound in Lipedema: A Pilot Study*
- 11) **Helen Eason**, Sharon L. Kilbreath,, Kieron Roone, Elizabeth S. Dylke (AUS):  
*Assessment Tools to Quantify the Physical Aspects of Lipedema: A Systematic Review.*
- 12) **Piero Eleuteri**, Katia Proti (ITA)  
*Interdisciplinary approach in teenager patients with Lipoema*
- 13) **Piero Eleuteri**, Katia Proti (ITA)  
*Lipoedema: case report of swollen LEGS*
- 14) **Elettra Fiengo**, Andrea Sbarbati (ITA)  
*Lipedema and Hypermobility Spectrum Disorders: Clinical Implications of a Shared Pathophysiology*

## Poster Session 2

**Chairs:** Philip Kruppa (GER); Ramin Shayn (AU)

- 15) **Nihan Erinc Zundung**, Banu Dilek, Mustafa Mahmut Barış, Raif Can Yarol, Ebru Şahin, Tevfik Demir, Pembe Keskinoglu, Elif Akalın (TUR): ***Does Quantitative Ultrasonographic Analysis Performed with Artificial Intelligence Methods Contribute to the Diagnosis of Lipedema? A Pilot Preliminary Study***
- 16) **Paula Frederichi de Souza**, Gustavo Patriani, Arlete Midori, Eliane Rolim (BRA): ***Case Report: Conservative Management of Lipedema in a Male Patient***
- 17) **Stefano Marwan Mangini**, Giovanni Prinzi, Yasmine Tiziana Naat (ITA): ***A Cross-Sectional Study Exploring Associations Between Oxidative Stress, Intestinal Dysbiosis, and Permeability Markers in Lipedema Patients***

- 18) **Vitor Gornati**, Karen Utsunomia, Isabela Tavares, Nayara Cáceres, Fabio Kamamoto (BRA): ***Superior Clinical Response to Transdermal Laser and Foam Sclerotherapy in Patients with Lipedema Compared to Pure Venous Insufficiency: A Prospective Cohort Study***Vitor
- 19) **Stefano Marwan Mangini**, Yasmine Tiziana Naat, Vanessa Sampaolesi, Ambra Russo (ITA): ***Gynaecological Symptoms in Lipedema: An Underrecognized Inflammatory Link***
- 20) **Alyssa Mc Donald (USA)**: ***Rooted in Connective Tissue Science: A Call for Lipedema Definition Paradigm Shift***
- 21) **Valquiria Monteros (BRA)**: ***Use of Thermography in Monitoring the Evolution of Conservative Treatment in an Elderly Patient with Stage 4 Lipedema (Lipo-lymphedema): Case Report***
- 22) **Naiara Piedrafita-Gibanel**; Isabel Muñoz-Forner; Isabel Forner-Cordero; Eraci Drehmer; María de los Ángeles Morales-Orúe; Jose Muñoz-Langa; Cristina Medina-Trillo (E): ***Effect of nutritional intervention on body composition and clinical outcomes in women with lipedema: a systematic review.***
- 23) **Rahmin Schams**, Katrin Lossagk, Dominik von Lukowicz (GER): ***Gynecology as a Gateway to Lipedema Diagnosis – Missed Chance or Hidden Opportunity?***
- 24) **Valquiria Angelica Montero Santos (BRA)**: ***Beyond the Centers: The Role of Support Groups and Regional Associations in Empowering Women with Lipedema in Brazil***
- 25) **Jubiza Pusic (CHI)**: ***Relationship Between Subjective Pain (VAS) and Objective Pain (Algometry) in Patients with Lipedema***
- 26) **Beatriz Rufca**, Luisa Luisi Fernandes Pinto, Marina Lao, Sofia Mno Nunes Sigifroi, Renan Diego Américo Ribeiro, Gustavo Mira Clivatti, Fabio Kamamoto (BRA): ***Diets in the treatment of lipedema***
- 27) **Rahmin Schams**, Katrin Lossagk, Dominik von Lukowicz (GER): ***Beyond Limbs: Clinical Presentation of Lipedema in Truncal Areas – A Retrospective Evaluation of 100 Patients***
- 28) **Fanilda Souto Barros**, Patricia Henriques Lyra Frasson, Isabela Rodrigues Tavares, Ana Carolina carvalho De Nadai (BRA): ***Ultrasound Assessment of Tissue Changes in the Arms of Patients with Lipedema: A Proposed Diagnostic Protocol***
- 29) **Pusic Pavez (CHI)**: ***Characterization of Pain and Its Functional Impact in Patients with Lipedema: A Descriptive Study***
- 30) **Paula Frederichi de Souza**, Ynaia Piedade, Camila Pacheco, Diego Torrico, Ana Nadai ***Application of Photobiomodulation with a Multi-Wavelength (Velaryan) Device in Lipedema Treatment: A Randomized Clinical Trial***