

ABSTRACT ILF 2021

Title: lipedema and pain

Author: R.J. Damstra, MD PhD

Pain is one of the mandatory symptoms in lipedema. Studies show that there is no relation between the severity of pain and the extent of lipedema. The question raises what is the cause of the pain, what are patho-physiological concepts and how to influence this major complain.

The origin of pain is divided in three types of origin: Noceptive – neurophatic – central sensitization. These three types are highlighted. In lipedema central sensitization plays a causative role in the pain perception of patients. To diagnose this further, a dedicated questionnaire is available as the Central Sensitization Inventory (CSI).

Therefore, in a multidisciplinary approach to diagnose and treat lipedema based on the bio-psycho-social model (ICF) we advise to include a dedicated pain program in the diagnostic and finally the treatment phase as well.