

Active lipoedema patient committed to improve her condition with an innovative flat-knit garment

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Introduction: This case report describes a very fit and active 34-year-old woman with mild lipoedema comprising the usual shape disproportion with a narrow waist and larger hips. Typically, her tissues are painful. Her lipoedema was diagnosed at the Kendal Lymphology Centre in 2021. Knowing that the condition could potentially worsen, she is committed to improve it. For this, she follows the holistic elements of care: eating healthy, exercising and wearing compression garments. Furthermore, she has joined support groups and keeps herself informed. The patient had started compression therapy 4 months previously, but as the garments were incorrectly dispensed by the pharmacy, she had not yet had great experience with them. She was frustrated that she could not wear them all day to optimally manage her lipoedema. Although the previous compression garments were not a good fit and not comfortable overall, she felt that they alleviated the pain somewhat.

Aims: The aim was to obtain a garment that she wears during waking hours, reduces her pain, and supports her legs to improve activities of daily living.

Method: The patient was prescribed a made-to-measure compression class 1 JOBST® Confidence panty designed with a unique Contour-Fit Technology. The observation period was 3 weeks. Parameters assessed included wearing time, waist-to-hip ratio, body mass index (BMI), pain, quality of life (QoL), and psychological aspects. Several patients' self-reported perceptions of JOBST® Confidence were assessed: management of lipoedema, fit, wearing comfort, ability to remain in place, allowance to take part in exercises, breathability, ease of donning, and satisfaction.

Results: The patient's adherence to the panty was very good (wearing time: over 12 hours daily for 3 weeks). At the end of the observation period, the waist-to-hip ratio remained unchanged, but her BMI slightly reduced because her activity increased while wearing the panty. The pain had greatly reduced at the end. The patient's QoL, including psychological aspects, remained unchanged, except her self-confidence, which has improved. The rating of the patients' perceptions of JOBST® Confidence was as follows: management of lipoedema 'good', fit 'very satisfied', wearing comfort 'very comfortable', ability to remain in place 'very good', allowance to take part in exercises 'very good', breathability 'good', ease of donning 'very easy', and satisfaction 'very satisfied'.

Conclusion: The treatment aim was achieved and especially the pain was much better. This shows that innovative product developments matching the needs of lipoedema patients can improve their symptoms and support an active lifestyle.