

Lipedema & Pregnancy checklist

Medical

- Endocrine: Thyroid, Diabetes
- Gastrointestinal: IBS (EDS associated)
- Musculoskeletal: joint instability, EDS
- Sleep disorder
- Venous Disease
- Lymphedema
- Neuromuscular (EDS associated)
- Pelvic pain (EDS associated)
- BMI >30 related disorders
- Pain control

Emotional Support

- Eating Disorder
- Body Dysmorphic Disorder
- Depression
- Loneliness
- Are there any support groups that you can join?

Important:

This list needs to be tailored by your doctor to suit your needs and is only acting as a guide.

Nutrition

- Anti-Inflammatory Diet
- Selenium level
- Folic Acid, Iron, B12, Vitamin D - not necessarily known to be affected by Lipedema, but good to be reviewed with PCP
- Do you need a nutritionist?
- Are your current supplements (i.e., dose and type) safe during pregnancy?

Exercise

- Joint Disorder Assessment, esp. for hyper mobility
- Physical Therapy Assessment
- Certified Lymphedema Assessment
- Establish a routine exercise plan based on each stage of pregnancy

Compression

- Venous Disease? 20 mm Hg compression
- Lipedema? 10-20mm compression
- Lymphedema? Recommendation varies
- Peripheral Arterial Disease? Use compression with caution

Notes:
