



LIPEDEMA LADY CAROLA LAMMICH

Transcript of Lipedema Lady Video Episode 5



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The Relief in Knowing Lipedema Is Not My Fault

DR. RAPPRICH: Well, I did liposuction of the inner thigh one week ago. Now, it's the typical signs after one week, with some hematomas and a little bit of post-operative edema. That is normal. That will be treated by compression and manual lymphatic drainage.

CAROLA: It started when I was thirteen, fourteen. I tried to lose weight, especially in the legs. They weren't as thick as they are today, but it was always a problem, having these thick legs. So I tried several diets all my life, from low carb, to eating nothing, to eating half of all. Nearly every diet I tried, and always losing weight on the upper half of my body, but never on the legs. And exercise-wise, I'm doing a lot of training on training machines, in sports clubs, walking, Nordic walking, everything, going by bike or by foot.

It was very discouraging because all the doctors I've been to always told me, "More diet, more exercise." And nobody asked me if I do exercise, so this was quite disappointing. This lack of understanding from the doctor's side, always telling me, "You have to do more sports." And I was doing one hour a day on the cross trainer and three times a week doing exercise, and going everywhere by bike, and living on the fourth floor without an elevator on purpose, because I thought it would help my legs. And nobody asked me if I would do any sports, and if I did before. So it was very disappointing because it was always the same recipe – diet and sports, sports and diet – and I was always wondering why it doesn't work.

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And they always don't believe you when you're telling them you don't eat chocolate, you don't drink soft drinks, you don't eat fast food, you're eating a lot of vegetables, low fat, etc., etc. They don't believe you. They look at you and say, "Can't be possible. You don't do that." It's very, very disappointing.

One of the biggest problems was blaming myself for the lack of success, always thinking, "I need to do more. I need to do more, and even more, and even more." And I thought, "I can't do any more. I need to work for my living, so I can't do sports all day." But always it was a bad feeling because I thought, "It's my fault," and it was so good to find out it wasn't.

The Choice for Lymph Sparing Liposuction

First time when I met a doctor who knew about lipedema it was a lymphologist. I met him two years ago to find out why my ankles were so swollen. It was difficult to walk properly because of the fat between the legs. It wasn't possible to do sports because my knees were aching, ankles were aching. And he looked at my legs and said, "This might be lipedema," and he recommended meeting Dr. Rapprich here at the Darmstadt Clinic to make sure it was lipedema.

He looked at my legs when we first met, and asked me about what I tried before, and when it started, when the legs were growing thicker, and all that kind of information from before. And then he diagnosed lipedema.



I think the most important thing to know is being clear it's not your fault if you have lipedema.



The decision to do the liposuction was quite easy, too, and it was quite quick. Because when I met Dr. Rapprich and he told me I had lipedema, and there's something I can do about it, I instantly decided to do that.

It was four liters he took out of my legs. I thought, "Okay, this was what I was carrying around with me unnecessarily." So I was really glad to see that and said, "Wow, rid of that!"

I think the most important thing to know is being clear it's not your fault if you have lipedema, having no fear of getting the surgery done. It's really worth it, at least for your own feelings. It's just so great to know it's not your fault, and it's not because you haven't done enough, and that's what you always think. And I hope more people find out earlier, before they are in stage 3. If you find that out in stage 1 or 2, it's just easier to get the surgery, and it's easier to get in shape again. So I hope people don't have that odyssey like I had, 20, 30 years thinking, "You don't do enough, and it's your fault," and then finding out it isn't. It's such a relief, and I hope people find out earlier than I did.

About Carola Lammich

Carola Lammich lives in Germany and is a business professional. She underwent lymph sparing liposuction with Dr. Stefan Rapprich in 2013 and reports being very pleased with the results.

About Stefan Rapprich, MD

Dr. Stefan Rapprich is a dermatologic surgeon and partner at Hautmedizin Bad Soden in Germany. He was instrumental in developing lymph sparing liposuction for lipedema patients and specializes in this process. He has been training other healthcare professionals in these techniques for over fifteen years.

AMA citation

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