Comparing: lipedema (lipoedema), lymphedema, obesity, lipo-lymphedema & venous problems

LIPEDEMA (LIPOEDEMA)*	LYMPHEDEMA*	OBESITY*	LIPO-LYMPHEDEMA*	VENOUS PROBLEMS*
Fat deposits / swelling in legs and/or arms NOT hands/feet	**Fat deposits / swelling in one limb including hands/feet**	**Fat deposits widespread**	**Fat deposits / swelling widespread in legs / arms / torso**	**Swelling near ankles; brownish discoloration of the legs. Minimal swelling possible.**
F	F/M	F/M	F	F/M
Around hormonal shifts (puberty, pregnancy, menopause)	After surgery that affects lymphatic system, or birth	Any age	Around hormonal shifts	Around onset of obesity, diabetes, pregnancy, hypertension
Restricting calories ineffective	Restricting calories ineffective	Diets and weight loss strategies often effective	Restricting calories ineffective	No relation to caloric intake
Non-pitting edema	Pitting edema	No edema	Lots of edema; some pitting; some fibrosis	Often edema, but can also occur without edema in earlier stages
Stemmer's Sign negative	Stemmer's Sign positive	Stemmer's Sign negative	Stemmer's positive or negative	
Pain in affected areas likely	**No pain initially**	**No pain**	**Pain in affected areas**	**Pain is possible**
Best estimate is 11% adult women (study done in Germany)	Low	>=30% of US adults	Unknown; best guestimate is a few percent adult women.	>30% of US adults
No history of cellulitis	Maybe history of cellulitis		Likely history of cellulitis	Often itching +/- discoloration mistaken for cellulitis
Family history likely	Family history not likely unless primary lymphedema	Family history likely	Family history of lipedema likely	Very likely family history