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Lipoedema: The role of liposuction**Tanja Planinsek Rucigaj***University Medical Centre Ljubljana, Slovenia*

Lipoedema is predominantly a chronic adipose tissue disorder. Is underdiagnosed and almost exclusively affects women. Hormonal and genetic factors are likely to contribute to the adipose tissue enlargement characteristic of lipoedema. It typically affects bilateral and symmetrical the thighs, buttocks and lower legs, and sometimes the arms. The tissue enlargement stops abruptly at the ankles or wrists so that there is a 'step' before the feet or hands which are usually unaffected. Bruising may occur anywhere in areas affected by lipoedema, often with no known cause. In the literature we can find the data about bidirectional association between lipoedema and depression and obesity. A multidisciplinary approach to the management of lipoedema is needed. The main components of lipoedema management are: psychosocial support and education, healthy eating, weight management, physical activity, skin care, compression therapy and management of pain. What about liposuction? There is no evidence that liposuction cures lipoedema, but it may reduce limb bulk and so improve functioning and mobility. Patients should be advised to try at least 6-12 months' non-surgical treatment before liposuction. Some studies show that after liposuction patients have less pains, bruising and better quality of life because there is no more restriction of the movement and cosmetic impairment. So after liposuction social and emotional functioning of those patients is better- mental wellbeing, physical and mental health.

Biography

Tanja Planinsek Rucigaj is dermatovenerologist from 2001. In 2003, she was elected for the assistant to the subject of dermatovenerology on Medical Faculty in Ljubljana. Since 2009, she is a lecturer at the College of Health Care Jesenice, now faculty of Health Angela Boskin. In 2015, she was finished two years study of lymphology at European e-Lymph school. Since April 2009, she is a head of Dermatovenerology Clinic, University Medical Centre Ljubljana. She completed her PhD in October 2018. From 2006-2014, she was the president of the Association of Slovenian Dermatovenerologists. Since 2008, she is a vice president of Balkan Venous Forum. Between 2011-2015, she was a president of Wound Management Association Slovenia, then as a vice-president till Jan 2017. From 2016, she is a president of Slovenian Association of Phlebology and Lymphology. She has more than 600 entries in Co-operative Online Bibliographic System/Servis and her publications have been cited over 140 times.