



**LIPEDEMA**  
**WORLD**  
**CONGRESS**  
OCTOBER 5-7, 2023 | POTSDAM/BERLIN



# PROGRAM

**LIPEDEMA WORLD CONGRESS**  
OCTOBER 5 – 7, 2023 | POTSDAM/BERLIN



[www.lipedema-world-congress.com](http://www.lipedema-world-congress.com)

## SUMMARY

Welcome	3
Congress Chair & Scientific Committee	4
Program Overview	6
Pre-Congress Symposium Live Surgery Day "Master Class Liposuction" Wednesday, October 4	10
Pre-Congress Symposium Patient Representatives Day Wednesday, October 4	16
Program   Thursday, October 5	20
Program   Friday, October 6	25
Program   Saturday, October 7	30
Poster Session	33
Social Program	37
Lunch Symposium	38
Industry Partners	40
Venue	42
Registration Fees & CME Points	43
Information for Oral Presentations	44
Information for Poster / Short Talk Presentations	45

## WELCOME

### Dear Colleagues and Friends,

We are very excited to welcome you to the first World Congress on Lipedema in Potsdam, Germany from October 5-7, 2023, and are counting on you to share your latest knowledge, experiences, and ideas. Our common goal is to benefit from first-hand, high-class education, network, and learn from world-renowned experts about the latest science and best practices in the management of lipedema.

This Lipedema World Congress is designed to bring together a broad spectrum of healthcare professionals, including lymphologists, plastic surgeons, angiologists, phlebologists, nutritionists, dermatologists, physical therapists, bariatric and metabolic specialists, and radiologists as well as representatives of patient associations from around the world to share experiences and expertise on an international high class level and to reflect on how best to incorporate these insights into education and clinical practice.

Gather with your peers from across the globe to learn the latest science and best practices in treating lipedema. Network with medical practitioners from each continent to broaden your perspective on this disease and improve your practice through an international exchange of ideas.

The program includes:

- Update on basic science on lipedema
- Modern diagnostic methods for lipedema
- Conservative treatment of lipedema
- Nutrition in lipedema
- Surgical treatment of lipedema
- Psychological aspects in lipedema
- Comorbidities of lipedema
- Miscellaneous

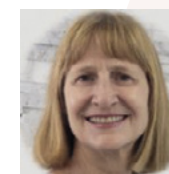
Potsdam, the city of famous architects and regents, will fascinate you with its rich culture, parks and history in a magnificent dimension – right at the gates of the German capital Berlin. The city is known worldwide especially for its historical heritage as the residence of the German emperors.

Join us for three exciting days of sharing the dynamics and engagement of the global science community and moving forward together.

We look forward to welcoming you to Potsdam in October 2023.



**Mojtaba Ghods**  
MD, PhD (Germany)



**Karen L. Herbst**  
MD, PhD (United States)

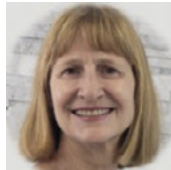


**Sandro Michelini**  
MD, PhD (Italy)

## CONGRESS CHAIRS



**Mojtaba Ghods**  
(Germany)



**Karen L. Herbst**  
(United States)



**Sandro Michelini**  
(Italy)

## CONGRESS SECRETARY



**Philipp Kruppa**  
(Germany)

## SCIENTIFIC COMMITTEE



**Alexandre Campos Moraes Amato**  
(Brazil)



**Rachelle Crescenzi**  
(United States)



**Joanna Dudek**  
(Poland)



**Laura Harmacek**  
(United States)



**Gabriele Faerber**  
(Germany)



**Isabel Forner-Cordero**  
(Spain)



**Tara Karnezis**  
(Australia)



**Joseph Rutkowski**  
(United States)



**Jose Luis Simarro**  
(Spain)



**Győző Szolnoky**  
(Hungary)



**Andrzej Szuba**  
(Poland)



**Thomas Wright**  
(United States)

## GENERAL INFORMATION

### VENUE

#### Kongresshotel Potsdam

Am Luftschiffhafen 1 | 14471 Potsdam | Germany

Phone +49 331 9070 | [www.kongresshotel-potsdam.de](http://www.kongresshotel-potsdam.de)

### DOCUMENTATION REQUIRED TO TRAVEL TO GERMANY

It is the responsibility of each person attending the Congress to obtain a visa, if required, to travel to Germany. We recommend that you apply for your visa early, if required. The Planning Committee is not responsible for arranging visas and has no influence over their issuance. However, should you need an official invitation letter for visa application purposes, you may contact Congress staff who will provide a letter for you. You must include your name and address exactly as this information appears in your passport and send an email requesting an invitation letter. No exhibit or registration fee refunds will be issued for cancellation or non-attendance due to failure to obtain a visa. The Planning Committee cannot be held responsible for any inconvenience resulting from nonobservance or non-compliance with German laws, rules and regulations related to visitor entry.

### LANGUAGE

The official language of the congress is English. No simultaneous translation will be provided.

### LETTER OF INVITATION

Upon request, Congress staff is pleased to send a personal letter of invitation to assist participants who wish to obtain supporting funds or a visa to attend the Congress. Invitation letters are not an offer of financial support and do not guarantee the issuance of a visa. The letter will be sent once the registration payment is processed.

### LIABILITY

Neither the LWC, Program Committee nor Congress staff and management assume any responsibility for damage or injuries to persons or property during the Congress. We encourage registrants to secure their own health, travel and personal property insurance.

### SMOKING

Smoking is not permitted in any Congress meeting rooms, lunch service area, or the Foyer/Exhibit area.

### WIFI ACCESS

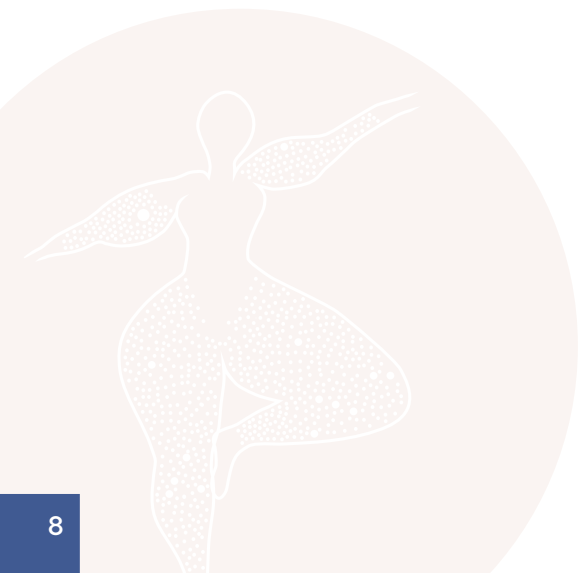
WiFi Internet access area will be available at the Congress venue.

Thursday, October 5		
	N° Session	Kongress-Saal
8:00 am		Registration
9:00 am	1	Psychological Dimensions of Lipedema
10:00 am		Opening Speech
11:00 am		Coffee Break
11:30 am	2	Conservative Treatment & Comorbidities
1:00 pm		Lunch Break & Lunch Symposium (1:15 pm)
2:30 pm	3	Basic science 1: Sequencing, Stem Cells & Genetics
4:00 pm	4	Lipedema & Pain
5:00 pm		Coffee Break
5:30 pm	5	Liposuction for Lipedema 1: Safety & Outcomes
7:00 pm		Poster Exhibition
8:00 pm		Get-together within the Industry Lounge
10:30 pm		

Friday, October 6			
	N° Session	Kongress-Saal	Fachtagungsraum 0.214
8:00 am		Meeting General Assembly Lipedema World Alliance	
9:00 am	6	Lipedema & Obesity	
10:00 am		Coffee Break	
10:45 am	7	The Future of Lipedema Care	
12:15 pm		Lunch Break & Lunch Symposium (12:45 pm)	Poster Session 1
1:45 pm	8	Nutrition in Lipedema	
3:00 pm	9	Epidemiology and Diagnostic Tools	
4:30 pm		Coffee Break	Poster Session 2
5:15 pm	10	Lipedema: Interplay with Lymphatics	
6:45 pm		Poster Exhibition	
7:30 pm		Festive Evening	

## Saturday, October 7

	N° Session	Kongress-Saal
8:30 am		Delphi Panel Discussion Lipedema World Alliance
9:30 am		Coffee Break
10:00 am	<b>11</b>	Basic Science 2: Histology & Molecular Analysis
12:00 pm		Lunch Break & Lunch Symposium (12:15 pm)
1:30 pm	<b>12</b>	Liposuction for Lipedema 2: Technical Considerations
3:30 pm		Farewell
4:00 pm		



Wednesday, October 4

## Pre-Congress Symposium – Live Surgery Day “Master Class Liposuction”

### GENERAL INFORMATION

Liposuction, a widely performed aesthetic procedure with a growing trend, has found a valuable application in addressing the symptoms of lipedema. The „Master Class Liposuction“ Live Surgery Course is meticulously crafted to showcase distinct approaches to lymph vessel-sparing liposuction, tailored specifically for lipedema symptom reduction. It sheds light on the subtleties that differentiate this procedure from traditional aesthetic liposuction.

While comprehensive studies comparing the safety and efficacy of individual surgical methods are limited, a multitude of surgical approaches exists. This course offers a unique opportunity to gain insight into a diverse array of surgical options. By doing so, it empowers healthcare professionals to develop patient-centric therapeutic strategies and ensures patient safety.

### VENUE

The event will be hosted at the Conference Center Ernst von Bergmann, situated in the Berliner Vorstadt of Potsdam. This historic villa, once residence of the renowned surgeon Ernst von Bergmann, has served as a center of education for over a century. It is fully accessible to all attendees.

Address:  
Tagungs- und Konferenzzentrum Ernst von Bergmann  
Berliner Str. 62, 14467 Potsdam

### EVENT SCHEDULE

The „Master Class Liposuction“ Live Surgery Day is scheduled from 8:00 am to 2:00 pm. It will feature alternating live surgeries from two operating rooms running concurrently, along with informative video sequences.

Each surgical case will be preceded by a brief presentation covering the patient's medical history and the unique progression of lipedema symptoms. Additionally, the surgeons will share insights into their respective areas of expertise during the preoperative preparations.

Throughout the live presentations from the operating rooms, attendees will have the opportunity to pose questions directly to the surgeons. Following the surgical procedures, comprehensive aftercare concepts will be presented.

All participating surgeons will be readily available for questions, either through remote connections or in person.

### PRESENTING SURGEONS

#### Priv.-Doz. Mojtaba Ghods, MD, PhD (Potsdam, Germany)



**Approach:** Lymph-sparing Hybrid Technique: MicroAire PAL Large-Volume Liposuction and Manual Extraction in General Anesthesia for Advanced Stages Lipedema

**Format:** Live Surgery and Discussion

Dr. Mojtaba Ghods founded the Clinic for Plastic, Aesthetic, and Reconstructive Microsurgery in Potsdam in 2008, which has since expanded to become one of Germany's leading plastic surgery departments. He is a distinguished member of the German Society of Plastic, Reconstructive, and Aesthetic Surgeons (DGPRÄC), INTERPLAST Germany, and the Professional Association of German Surgeons (BDC). In December 2021, Dr. Ghods achieved a significant milestone by completing the world's first habilitation on lipedema, titled "The Standardization of Surgical Treatment of Lipedema Patients" at the Faculty of Human Sciences of the University of Potsdam. His commitment extends further as he coordinates the "Lipedema" task force of the German Association of Plastic Surgeons (DGPRÄC) and represents it in the development of the German S2k-guideline on Lipedema. Dr. Ghods is renowned as one of the foremost plastic surgeons specializing in lipedema in Germany. He is recognized as a pioneer in liposuction techniques tailored to lipedema patients. His clinics actively conduct various studies on lipedema, including research on the potential diagnostic utility of MRI and fundamental research on potential pathophysiological factors underlying lipedema. Dr. Ghods' team is the largest among the 14 "LIPLEG" study centers appointed by the German "Joint Federal Committee" (G-BA) for the first controlled and randomized clinical trial comparing conservative therapies and surgical interventions for lipedema.

Dr. Ghods will present a live surgery demonstration showcasing his surgical approach designed for advanced-stage lipedema patients. He will highlight the application of MicroAire PAL liposuction with manual extraction in general anesthesia, coined HybridLipo, emphasizing on the nuances of perioperative surgical management to ensure patient safety. The presentation will delve into the intricacies of performing large-volume liposuction and effective strategies for preventing and addressing bleeding complications.

Questions about the procedure or postoperative care can be forwarded directly to the operating room.

## Dr. Fábio Kamamoto, MD, PhD (São Paulo, Brazil)

**Approach:** Laser Liposuction and Bodytite Morpheus 8 with simultaneous endovenous laser ablation (EVLA)

**Format:** Live Surgery and Discussion



Dr. Fábio Kamamoto has a degree in Plastic Surgery from the Hospital das Clínicas of the Faculty of Medicine of USP and is a full member of the Brazilian Society of Plastic Surgery. With a postgraduate degree and a PhD in Sciences from USP, his research contributions have been groundbreaking. He has authored numerous articles and book chapters, with a focus on wound healing, and even developed an innovative vacuum dressing that expedites wound healing and encourages blood vessel growth. Over a decade ago, Dr. Kamamoto encountered his first patient with unfamiliar symptoms – leg pain and an unusual fat texture. Recognizing the need for diagnosis and treatment in cases of lipedema, he founded the Lipedema Brasil Institute and became a pioneer in the surgical management of lipedema in Brazil.

Dr. Kamamoto's surgical approach is centered around laser liposuction. His method combines a 980nm laser with suction-assisted liposuction for optimal results. What sets his surgery apart is the integration of radiofrequency therapy, enhancing surgical outcomes. Moreover, he incorporates endovenous laser ablation (EVLA) as a minimally invasive technique for managing leg varicosities. This unique combination provides a comprehensive solution for patients seeking relief from lipedema-related challenges. Questions about the procedure or postoperative care can be forwarded directly to the operating room.

## Dr. Ziah Taufig, MD (Cologne, Germany)

**Approach:** Human Med body-jet WAL Liposuction in general anaesthesia

**Format:** Live Surgery and Discussion



Dr. Taufig stands as a true innovator in the field of liposuction, credited as the medical mind behind waterjet-assisted liposuction (WAL). In 1999, he filed a patent for this groundbreaking technique with the German Patent Office. The technical realization of his invention was expertly executed by HumanMed. The introduction of WAL marked a profound methodological advancement, causing a paradigm shift in liposuction treatment. Dr. Taufig has since successfully incorporated WAL into the treatment of lipedema, transforming the lives of countless patients. Since the year 2000, Dr. Taufig has welcomed numerous colleagues from Germany and around the world to his practice clinic in Cologne, where they've gathered to learn about his method or to master it themselves. Over the years, he has delivered informative lectures both in Germany and internationally, presenting the exceptional outcomes achieved through his liposuction technique and even performing live surgeries. Dr. Taufig will demonstrate a live surgery, showcasing his innovative approach to treating lipedema using waterjet-assisted liposuction (WAL). He will share his extensive experience, emphasizing the technique's remarkable advantages, including enhanced patient safety, reduced bleeding complications, shorter postoperative recovery times, and the preservation of crucial lymphatic vessels. Questions about the procedure or postoperative care can be forwarded directly to the operating room.

## Prof. Dr. Barbara Hersant, MD, PhD (Paris, France)

**Approach:** VASER Liposuction + Renuvion J Plasma in general anaesthesia

**Format:** Video Presentation + Interactive Remote Discussion



A distinguished plastic surgeon and PhD, Prof. Hersant holds a pivotal role in the department of plastic, reconstructive, aesthetic, and maxillofacial surgery. Her expertise extends to academia as she serves as a full professor and co-director of the DUMEG (Diplôme universitaire de médecine esthétique génitale), DUAPME (Diplôme Universitaire concernant les Agents Physiques utilisés en Médecine Esthétique), and the DUAME (Diplôme universitaire des assistant(e)s en médecine esthétique). Renowned for her groundbreaking work in treating lipedema, Prof. Hersant is also a dedicated researcher in the realm of adipose stem cells and platelet-rich plasma for skin and nerve rejuvenation. Her commitment to advancing medical knowledge culminated in her PhD in science in November 2018.

During the live session, Prof. Hersant will share a pre-recorded video presentation showcasing her innovative approach to lipedema treatment. Her method combines Vibration Amplification of Sound Energy at Resonance (VASER®) liposuction with the Renuvion/J-Plasma® device. Expect detailed insights into perioperative considerations crucial for achieving enduring results. In addition to a meticulously documented single case study, Prof. Hersant will share insights gained from treating 90 patients with upper limb lipedema between November 2021 and December 2022 at the Plastic Surgery Department of Henri Mondor Hospital.

Following the video presentation, Prof. Hersant will be available remotely to address your questions and engage in discussions.

## Dr. Thomas Wright, MD FAVLS, FACP, RVT (O'Fallon, MO, USA)

**Approach:** MicroAire PAL Liposuction in tumescent local anesthesia with manual extraction and Renuvion Helium plasma

**Format:** Video Presentation + Interactive On-Site Discussion



Dr. Thomas Wright is a leading expert in venous and lymphatic medicine, with 15+ years of experience dedicated to advancing lipedema treatment. As the medical director of Laser, Lipo, and Vein Center, he's among the first 200 US surgeons to attain diplomat status with the American Board of Venous and Lymphatic Medicine and is a Fellow of the American Venous and Lymphatic Society. His research contributions include peer-reviewed papers on lipedema and co-authoring the US Lipedema Standard of Care Guidelines. Dr. Wright's expertise covers lipedema reduction surgery, fat transfer, and minimally invasive skin tightening. Trained by Dr. Jeffrey Klein, he has performed thousands of tumescent liposuction procedures for cosmetic and lipedema patients, collaborating with institutions like Washington University and the University of Arizona to deepen our understanding of lipedema.

In his insightful presentation, Dr. Wright will delve into his meticulous approach to treating lipedema using Tumescent Local Anesthesia (TLA). He will elucidate his preoperative ultrasound mapping technique, utilizing high-frequency ultrasound to map saphenous compartments and identify lymph collecting ducts. This precision minimizes the risk of duct injury during liposuction. Dr. Wright will present on the use of Power Assisted Liposuction (PAL) for the treatment of lipedema, usually performed as a large-volume liposuction. He will demonstrate his manual extraction technique for hard fibrous nodules, that have not been adequately reduced after liposuction. Moreover, Dr. Wright employs the Renuvion Helium plasma device to achieve tissue contraction and skin tightening, enhancing the overall results of his procedures.

For a comprehensive understanding of his technique, including preoperative preparations and postoperative care, Dr. Wright will be available on-site to respond to your inquiries.



Wednesday, October 4

**Pre-Congress Symposium –  
Patient Representatives Day**

**GENERAL INFORMATION**

The Patients Representatives Day is dedicated to fostering meaningful collaborations across various stakeholders, including the industry, advocacy groups, clinicians, researchers, patients, and their caregivers. Recognizing the pivotal role of patient-centricity in shaping disease management, treatment design, clinical trials, and healthcare solutions, this day focuses on obtaining valuable insights from patients and their representatives.

The Patients Representatives Day welcomes participation from patient advocates and caregivers, health care professionals, researchers, policy makers, and representatives from healthcare organizations. It is intended to serve as an interactive conference dedicated to advancing healthcare initiatives that are informed by the whole patient experience.

**VENUE**

Our venue is the Conference Center Ernst von Bergmann, situated in the Berliner Vorstadt of Potsdam, Germany. This historic villa, once home to renowned surgeon Ernst von Bergmann, has served as a center of education for over a century. It is fully accessible to all attendees.

Address:  
Tagungs- und Konferenzzentrum Ernst von Bergmann  
Berliner Str. 62, 14467 Potsdam

**EVENT SCHEDULE**

The Patients Representatives Day program features lectures sharing experiences from diverse countries and healthcare systems. It includes „Patients Representatives Roundtables,“ where patient representatives engage with medical professionals and senior researchers to explore effective ways of involving patients in research and decision-making processes.

The event commences at 2:00 pm, following the „Master Class Liposuction“ Live Surgery Day at the same location. After a brief meet & greet and a welcome by the organizers, the Lipedema Foundation will present a significant project for the future of lipedema care: The Research Roadmap. This will be followed by presentations and discussions about care situations in selected countries. Following a short break, the Patients Representatives Roundtables will convene, with the goal of developing a Lipedema Healthcare Essentials Document for Patients. The day concludes with a feedback session and an outlook into future collaborative efforts among various patient representative organizations.

**PATIENT REPRESENTATIVES**



**Australia**  
Lipoedema Australia

**Belgium**  
Lipedema Belgium



**Brazil**  
ABRALI – Associação Brasileira de Pacientes Com Lipedema



**Canada**  
The Weight of Lipedema



**Denmark**  
DALYFO (Danish lymph and Lipedema association)

**Finnland**  
Team Dercum



**France**  
Association de la Maladie du Lipoedème France (AMLF)



Germany  
Lipödem Hilfe Deutschland e.V.



Germany  
Lymphselbsthilfe e.V.



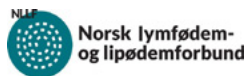
Ireland  
Lipoedema Association of Ireland



Italy  
LIO - Lipedema Italia



Netherlands  
NLNet (Dutch Lymphoedema  
Framework and Lipodema Network)



Norway  
Norwegian Lymphedema and  
Lipedema Association



Portugal  
andLINF A



Spain  
Adalipe



Sweden  
Svenska Ödemförbundet (SÖF)



UK  
Lipoedema UK



USA  
Fat Disorders Resource Society



USA  
The Lipedema Project

Thursday, October 5 | 9:00 am

**Session 1**  
**Psychological Dimensions of Lipedema**

Chair:  
Martin Südmeyer (Potsdam, Germany), Joanna Dudek (Warsaw, Poland)

9:00 am  
**Representatives Talk**  
Susanne Helmbrecht/Elin Madsen (Lymphselbsthilfe e.V./ NLLF)

9:07 am  
**Psychosocial challenges of managing Lipoedema**  
Christine Moffat (Nottingham, UK)

9:19 am  
**Self-management program “Healthy and active living with lipedema and lymphoedema” (GALLiLy)**  
Susanne Helmbrecht (Herzogenaurach, Germany)

9:31 am  
**Healthcare experiences, health-related stigma, and social support among Swedish women with lipoedema – results from a national survey**  
Johanna Falck (Jönköping, Sweden)

9:43 am  
**Effectiveness of Breathing Exercise and Pilates-Based Exercise in Patients with Lipedema; a controlled, randomized clinical trial**  
Gulistan Ece Sahin (Hatay, Turkey)

10:00 am  
**Opening Speech**

11:00 - 11:30 am  
**Coffee Break**

Thursday, October 5 | 11:30 am

**Session 2**  
**Conservative Treatment & Comorbidities**

Chair:  
Manfred Infanger (Magdeburg, Germany), Andrzej Szuba (Wroclaw, Poland), Győző Szolnoky (Szeged, Hungary)

11:30 am  
**Representatives Talk**  
Jean Louise McCarthy (Lipoedema Association of Ireland)

11:37 am  
**Guided Self-Management – What can the patient contribute to the therapy?**  
Christian Ure (Wolfsberg, Austria)

11:48 am  
**New therapeutics frontiers and approaches to lipedema**  
Marco Mattioli (Valdobbiadene, Italy)

11:59 am  
**Exploring disease interrelationships in patients with lipedema and other lymphatic disorders**  
Stanley Rockson (Stanford, California)

12:10 pm  
**The Role of GLP-1 Receptor Agonists in the Conservative Management of Lipedema**  
Aria Vazirnia (Beverly Hills, USA)

12:21 pm  
**Defocused and radial shock wave therapy, mesotherapy and kinesio taping effects in patients with lipedema: a pilot study**  
Serena Micheleni (Rome, Italy)

12:32 pm  
**Pilot study: Ultrasound cavitation (UC) and extracorporeal shock wave treatment (ESWT) as conservative treatments for lipedema SAT improves pain, decreases thigh circumference, increases QOL and improves SAT structure in women with lipedema.**  
Karen Ashforth (Lodi, USA)

12:43 pm  
**Prevalence of Joint Hypermobility in Lipedema Patients**  
Juan Vázquez-Díez (Castellón de La Plana, Spain)

1:00 - 2:30 am  
**Lunch Break**

Thursday, October 5 | 2:30 pm

**Session 3**  
**Basic science 1: Sequencing, Stem Cells & Genetics**

Chair:  
Tim J. Schulz (Nuthetal, Germany), Matthias Blüher (Leipzig, Germany),  
Bruce Bunnell (Fort Worth, USA)

2:30 pm  
**Representatives Talk**  
Emmanuelle Denfert (AMLF)

2:37 pm  
**Developing better lipedema surgery through molecular and genetic understanding: our basic science and clinical results**  
Ramin Shayan (Melbourne, Australia)

2:50 pm  
**Dissecting the Genetic Architecture of Lipedema**  
Alan Pittmann (London, UK)

3:03 pm  
**Adipose Stem Cells as Drivers of Lipedema**  
Bruce Bunnell (Fort Worth, USA)

3:16 pm  
**RNA-seq-based Identification of Pathogenic Links in Lipedema**  
Lennard Zühlke (Potsdam, Germany)

3:29 pm  
**A transcriptomic analysis of adipose tissue reveals dysregulated pathways in Lipedema**  
Pamela Nono Nankam (Leipzig, Germany)

3:42 pm  
**Morphological characterization of adipose tissue from patients affected by lipedema**  
Saverio Cinti (Ancona, Italy)

Thursday, October 5 | 4:00 pm

**Session 4**  
**Lipedema & Pain**

Chair:  
Tim Hucho (Cologne, Germany), Joseph M. Rutkowski (Bryan, USA),  
José Luis Simarro (Madrid, Spain)

4:00 pm  
**Representatives Talk**  
Kris Nootenboom & Colleagues (NL.Net)

4:07 pm  
**Indications of Peripheral Pain, Dermal Hypersensitivity, and Neurogenic Inflammation in Patients with Lipedema**  
Joseph Rutkowski (Bryan, USA)

4:19 pm  
**Non-Obese Lipedema Patients Show A Distinctly Altered Quantitative Sensory Testing (Qst) Profile With Promising Diagnostic Potential**  
Rebecca Dinnendahl (Cologne, Germany)

4:31 pm  
**A New Theory: Lipedema is caused by subclinical saphenous compartment syndrome**  
José Luis Simarro (Madrid, Spain)

4:43 pm  
**Correlation between Pregnenolone and pain in Lipedema**  
Sandro Michelini (Rome, Italy)

5:00 - 5:30 pm  
**Coffee Break**

Thursday, October 5 | 5:30 pm

**Session 5**  
**Liposuction for Lipedema 1: Safety & Outcomes**

Chair:  
Håkan Brorson (Malmö, Sweden), Thomas Wright (Missouri, USA),  
Dirk Richter (Wesseling, Germany)

5:30 pm  
**Representatives Talk**  
Crystal Ellingsen

5:37 pm  
**Perioperative Anesthetic Strategies for Large-Volume Liposuction in Lipedema: A Comprehensive Approach**  
Norina Cornelius (Bad Belzig, Germany)

5:48 pm  
**Lipedema Reduction Surgery Improves Mobility, Physical Function, and Multiple Measures of Quality of Life in Women with Lipedema**  
Thomas Wright (Missouri, USA)

5:59 pm  
**Effectiveness of liposuction in lipedema – a cross-sectional data collection of 860 lipedema patients**  
Marie-Luise Aitzetmüller-Klietz (Münster, Germany)

6:10 pm  
**Patient-reported quality of life after liposuction for lipoedema: Longitudinal study using SF-36, WHOQOL-BREF, and lipoedema symptom surveys**  
Vasu Karri (East Riding of Yorkshire, UK)

6:21 pm  
**Thigh lifts after liposuction in lipedema**  
Dirk Richter (Cologne, Germany)

6:32 pm  
**Surgical treatment of lipohyperplasia dolorosa (lipedema) using the tumescent technique – what infiltration volumes and suction volumes can be considered safe?**  
David Christel (Cologne, Germany)

6:43 pm  
**Complications after Liposuction for Lipedema**  
Stefan Emmes (Nesttun (Bergen), Norway)

Friday, October 6 | 8:00 am

8:00 - 9:00 am  
**Meeting General Assembly**  
Lipedema World Alliance

Friday, October 6 | 9:00 am

**Session 6**  
**Lipedema & Obesity**

Chair:  
Alexandre Campos Amato (São Paulo, Brazil), Vincenza Cifarelli (St. Louis, USA),  
Christian Ure (Wolfsberg, Germany)

9:00 am  
**Representatives Talk**  
Mona Wise (Lipoedema Association of Ireland)

9:07 am  
**Lipedema Progresses In Only One Third Of The Patients, Probably Related To Fat Gain**  
Isabel Forner-Cordero (Valencia, Spain)

9:19 am  
**Lipedema and Obesity – interdisciplinary therapy for successful treatment**  
Anja M. Boos (Aachen, Germany)

9:31 am  
**Persistence of Lipedema Phenotype and Symptoms after Bariatric Surgery: A Case Series**  
Jeremias Schmidt (Potsdam, Germany)

9:43 am  
**Results of a Delphi Questionnaire: Diagnosis and Treatment of lipedema and concomitant obesity**  
Sjaak Pouwels (Tilburg, Netherlands)

10:00 - 10:45 am  
**Coffee Break**

Friday, October 6 | 10:45 am

**Session 7**  
**The Future of Lipedema Care**

Chair:  
Sandro Michelini (Rome, Italy), Karen Herbst (Beverly Hills, California),  
Jonathan Kartt (New York, USA)

10:45 am  
**Representatives Talk**  
Danielle Makowsky (SÖF Svenska Ödemförbundet)

10:52 am  
**Lipedema World Alliance – Working together we can make a change**  
Sandro Michelini (Rome, Italy)

11:03 am  
**Advancing a Lipedema Research Roadmap: A Collaborative Approach to a Complex Disease**  
Jonathan Kartt (Greenwich, USA)

11:14 am  
**Myths and challenges in management of lipedema – Indian perspective**  
Srinagesh Vadrevu (Hyderabad, India)

11:25 am  
**Standard of Care for Lipedema in the United States: The Current Perspective**  
Karen Herbst (Beverly Hills, California)

11:36 am  
**Insights from the Revision and Update of the German Guidelines for Lipedema**  
Gabriele Faerber (Hamburg, Germany)

11:47 am  
**Liposuction for Lipedema: The Swedish Perspective**  
Anders Liss (Uppsala, Sweden)

11:58 am  
**Proposed Framework for Research Case Definitions of Lipedema**  
Matthew Carmody (Somerville, USA)

12:15 - 1:45 pm  
**Lunch Break**

Friday, October 6 | 1:45 pm

**Session 8**  
**Nutrition in Lipedema**

Chair:  
Gabriele Faerber (Hamburg, Germany), Isabel Forner-Cordero (Valencia, Spain),  
Stefan Kabisch (Berlin, Germany)

1:45 pm  
**Representatives Talk**  
Sharie Fetzer (Lipoedema UK)

1:52 pm  
**The effect of diet on improving lipoedema symptoms**  
Yannan Jin (Leicester, UK)

2:05 pm  
**Lipedema and Nutrition: high fat chetogenic diet as treatment of choice**  
Giovanna Pitotti (Roma, Italy)

2:18 pm  
**A ketogenic low-energy diet is superior to a control non-ketogenic diet in reducing calf subcutaneous adipose tissue in females with lipedema**  
Julianne Lundanes (Trondheim, Norway)

2:31 pm  
**Benefits of a low-carbohydrate high-fat (LCHF) diet in body weight, leg's volume and adipose tissue pain reduction in patients with lipedema in comparison to overweight/obese women**  
Matgorzata Jeziorek (Wroclaw, Poland)

2:44 pm  
**Randomized Nutritional Study with 3D-Scan Measurements of the Lower Extremities for Weight and Circumference Reduction in Lipedema Patients**  
Michaela Ehrh (Rohrbach, Germany)

Friday, October 6 | 3:00 pm

**Session 9  
Epidemiology and Diagnostic Tools**

Chair:  
Rachelle Crescenzi (Nashville, USA), Stanley Rockson (Stanford, USA),  
Tobias Hirsch (Münster, Germany)

3:00 pm  
**Representatives Talk**  
Polly Armour (FDRS)

3:07 pm  
**Lymphoscintigraphic alterations in lower limbs in women with lipedema in comparison to women with overweight/obesity**  
Angelika Chachaj (Wroclaw, Poland)

3:20 pm  
**A comparison study of potential translational screening tools for lipedema**  
Rachelle Crescenzi (Nashville, USA)

3:33 pm  
**Lipedema -epidemiological data with reference to the current care situation in Germany based on a collective of 8.7 million insured people**  
Marie-Luise Aitzetmüller-Klietz (Münster, Germany)

3:46 pm  
**Comparison Of Dual-Energy X-Ray Absorptiometry And Bioimpedance Data On Regional Distribution Of Fat And Lean Mass In Lipedema Patients**  
Paula Frederichi de Souza (São Paulo, Brazil)

3:59 pm  
**Lipedema: thickness of the superficial subcutaneous adipose tissue in the lower medial third of the leg and correlations with anthropometric, clinical and laboratory parameters**  
Lorenzo Ricolfi (Siena, Italy)

4:12 pm  
**A Comparative Analysis to Dissect the Histological and Molecular Differences among Lipedema, Lipohypertrophy and Secondary Lymphedema**  
Epameinondas Gousopoulos (Zurich, Switzerland)

4:30 - 5:15 pm  
**Coffee Break**

Friday, October 6 | 5:15 pm

**Session 10  
Lipedema: Interplay with Lymphatics**

Chair:  
Marcus Lehnhardt (Bochum, Germany), Jean-Paul Belgrado (Brussels, Belgium),  
Dhruv Singhal (Boston, USA)

5:15 pm  
**Representatives Talk**  
Kate Forster/Manuela Lourenço Marques (Lipoedema UK & andLINFA)

5:22 pm  
**Surgical Approaches for Managing Lymphedema**  
Dhruv Singhal (Boston, USA)

5:35 pm  
**Platelet Factor 4 Identifies Lipedema as a Lymphatic Disorder**  
Stanley Rockson (Stanford, California)

5:48 pm  
**Anatomy and Physiology of the lymphatic system which transversalities with lipoedema**  
Jean-Paul Belgrado (Brussels, Belgium)

6:01 pm  
**Lymphoscintigraphic patterns in patients with lipedema**  
Alberto Onorato (Udine, Italy)

6:14 pm  
**Does tumescent liposuction diminish the lymphatic function in the legs of lipoedema patients?**  
Robert Boonen (Rotterdam, Netherlands)

6:27 pm  
**Lipedema – My Experience as a Lymphologist**  
Hakan Brorson (Malmo, Sweden)

Saturday, October 7 | 08:30 am

8:30 - 9:30 am

**LWA Delphi Pannel Discussion**

9:30 - 10:00 am **Coffee Break**

Saturday, October 7 | 10:00 am

**Session 11**

**Basic science 2: Histology & Molecular Analysis**

Chair:

Anja M. Boos (Aachen, Germany), Tara Karnezis (Fitzroy, Australia), René Hägerling (Berlin, Germany)

10:00 am

**Representatives Talk**

Paula Frederichi (ABRALI)

10:08 am

**Multiple Symmetric Lipomatosis: Insights into Pathogenesis**

Lukas Prantl (Regensburg, Germany)

10:21 am

**Morphological characterization of adipose tissue from patients affected by lipedema**

Roberto Cannataro (Rende (CS), Italy)

10:34 am

**Hystological analysis of subcutaneous tissue of patients with lipedema and evaluation of inflammatory infiltrate**

Micaela Bortolon (Valdobbiadene, Italy)

10:47 am

**Lipedema stage affects adipocyte hypertrophy, subcutaneous adipose tissue inflammation and interstitial fibrosis**

Sabrina Gohlke (Nuthetal, Germany)

11:00 am

**Deep-Phenotyping of Lipedematous Tissue Samples using 3D-Histology**

René Hägerling (Berlin, Germany)

11:13 am

**Adipose tissue biology and effect of weight loss in women with lipedema**

Vincenza Cifarelli (St. Louis, USA)

11:26 am

**Comparison of gene and protein expression in lipedema and non-lipedema adipocytic cultures**

Anna Maria Ernst (Salzburg, Austria)

12:00 - 1:30 pm

**Lunch Break**

Saturday, October 7 | 1:30 pm

**Session 12**

**Liposuction for Lipedema 2: Technical Considerations**

Chair:

Christoph Hirche (Frankfurt, Germany), Corrado Cesare Campisi (Genoa, Italy), Fabio Kamamoto (São Paulo, Brazil)

1:30 pm

**Representatives Talk**

Valeria Giordano (LIO Lipedema Italia)

1:37 pm

**LIPLEG: Update on a Multicenter Randomized Controlled Trial Comparing CDT Alone and Liposuction for Lipedema**

Maximilian Kovacs (Darmstadt, Germany)

1:48 pm

**Lymph Vessel Sparing Ultrasound Assisted Liposuction for Lymphedema and Lipedema Surgical Treatment**

Corrado Cesare Campisi (Genoa, Italy)

1:59 pm

**Liposuction Techniques for Achieving Better Cosmetic and Lipedema Symptom Improvement**

Thomas Su (Tampa, USA)

2:10 pm

**Initial stages: the forgotten patients. Tricks and tips for diagnosis and surgery**

Enrique Burgos (Madrid, Spain)



2:21 pm

**To WAL or not to WAL – Surgical treatment of lipedema:  
A single center retrospective data analysis**

Ashwin Reddy (Porsgrunn, Norway)

2:32 pm

**Lipedema Surgery, Combining Multiple Technologies: When And  
Where?**

Agostino Bruno (Rome, Italy)

2:43 pm

**A Comprehensive Analysis of Liposuction with Tumescent Anesthesia  
– Results and Lessons Learned**

Uwe Wollina (Dresden, Germany)

2:54 pm

**Use of the ONE STEP laser in the Lipedema surgical treatment  
protocol**

Patricia Henriques Lyra Frasson (Vitória, Brazil)

3:05 pm

**Thermoguided technique of lipolysis and skin retraction with diode  
laser on lipedema patients**

Fabio Kamamoto (São Paulo, Brazil)

3:16 pm

**Operation Lipedema – Critical experience report of a lipedema clinic  
with > 1000 operations per year. Where do we stand surgically?**

Frank Labschies (Berlin, Germany)

3:30 pm

**Farewell & Award of the „Best Poster“ prize**

## Poster Sessions

Friday, October 6

### Poster Sessions

12:15 pm – 1:30 pm | Fachtagungsraum 0.214

**Poster Review 1**

Short Lectures

4:30 pm – 5:15 pm | Fachtagungsraum 0.214

**Poster Review 2**

Short Lectures

**2. Motor function alterations in lipedema**

Elettra Fiengo (Pomezia, Italy)

**3. Lipoedema in a male patient– a case study**

Catarina Hadamitzky (Hannover, Germany)

**4. Lipedema the untold story – an Interdisciplinary approach**

Linda-Anne Kahn (San Diego, USA)

**5. Lipoedema: Devising specialist training and specific clinical  
assessment tool**

Jane Wigg (New Beacon Building, Weston Road, Stafford, UK)

**6. An innovative moisturiser for lymphoedema care**

Margaret Holloway (Lower Hutt, New Zealand)

**7. Deep Oscillation**

Rolf Prischtscheptschuk (Steinebergkirche, Germany)

**8. Observational study on a large italian population of women  
suffering from lipedema of the lower limbs**

Lorenzo Ricolfi (Siena, Italy)

**9. Lipedema: comparison between patients with involvement of the  
upper limbs as well vs only the lower limbs**

Lorenzo Ricolfi (Siena, Italy)

**10. Microbiota, dysbiosis and lipedema: observational study.**

Micaela Bortolon (Valdobbiadene, Italy)

**11. Translation and Validation of the Lymphoedema Quality of Life Questionnaire (LYMQOL) in German Patients diagnosed with Lipoedema**

Johanna Mahler (Hannover, Germany)

**13. Lipedema: affects any area of SAT?**

Dominik von Lukowicz (Munich, Germany)

**14. New working model in lipedema clinics**

Noemi González (Barcelona, Spain)

**15. Presentation of a digital AI-supported solution for diagnosis, documentation and therapy support for lipedema**

Stefan Rapprich (Bad Soden, Germany)

**16. Nutritional Intervention In Lipedema: A Clinical Case.**

Eraci Drehmer Rieger (Alboraya – Valencia, Spain)

**18. Health and Wellness Coaching: An Important and Powerful Component of Lipedema Care**

Marti Klein (Dana Point, California, USA)

**19. Identifying patient behaviours associated with dissatisfaction following lipoedema liposuction**

Vasu Karri (East Riding of Yorkshire, UK)

**20. Surgical treatment of lipedema in Brazil: epidemiology, description of the technique and results in 467 operated patients**

Renan Diego Américo Ribeiro (São Paulo, Brazil)

**21. Circulatory reaction after Water-Jet Assisted Liposuction WAL in Lipedema - Evaluation of 1,000 Surgeries**

Falk-Christian Heck (Mülheim an der Ruhr, Germany)

**22. Body-jet Liposuction – the Effective Surgical Treatment of Lipoedema**

Hana Klosová (Prostějov, Czech Republic)

**23. Improvement in Hand Strength and other Surprising Functional Improvements from Liposuction in Lipedema**

Thomas Su (Tampa, USA)

**24. Surgical treatment of lipedema in patients with brain damage**

Anette Görg (Cologne, Germany)

**25. Analyse Operationsdaten 2018-2022**

Anette Görg (Cologne, Germany)

**26. The use of lymphascial kinesiology taping to reduce pain, oedema, ecchymosis and the risk of skin necrosis in post-liposuction lipoedema patients**

Clare Anvar (Tonbridge, UK)

**28. Liposuction for Upper limbs Lipedema**

Ana Carolina De Nadai (São Paulo, Brazil)

**29. Water jet-assisted Liposuction for Treatment of Lipedema**

Daniel Münch (Wiedlisbach/Berne, Switzerland)

**30. Lymphatics Preservation During Lipedema Surgery**

Nadiv Shapira (Wilmington, USA)

**31. Clinical case: DXA study before and after lipedema surgery**

Marina Ferreira (Sao Paulo, Brazil)

**32. Differential diagnosis of lipoedema – implications in surgical results**

Catarina Hadamitzky (Hannover, Germany)

**33. Optimising outcomes in lipoedema liposuction**

Vasu Karri (East Riding of Yorkshire, UK)

**34. Surgical treatment of trochanteric lipodystrophy in a patient with grade III lipedema**

Patricia Henriques Lyra Frasson (Vitória, Brazil)

**35. The Ultimate Guide To Plastic Surgery**

Kristin Osborn (Kotara South, Australia)

**36. Avulsion brachioplasty - separation of skin flaps using water liposuction**

Jiřina Šilhánková (Prostějov, Czech Republic)

**37. liposuctions and Murphy's law**

Michael Offermann (Essen, Germany)

**38. Believe it or not - Liposuctions in another way**

Michael Offermann (Essen, Germany)

**39.**

Michael Offermann (Essen, Germany)

**40. What are the issues that adults with Lipoedema want support with, and how do they want support to be provided?**

Diana Harcourt (Bristol, UK)

**41. Lymphatic Improvement in Lipedema Patient After Suction-Assisted Lipectomy, a Case Report**

Renan Diego (São Paulo, Brazil)

## Social Program

Thursday, October 5 | 10:00 - 11:00 am

### Opening Speech

Moderation: Stephanie Süß

Thursday, October 5 | 8:00 - 10:30 pm

### Get Together in the Industrial Exhibition

We would like to invite you to the Get-Together on October 5, within the industrial exhibition. The first congress evening is dedicated to networking, good conversations and a good time together.

Friday, October 6 | 7:30 pm

### Gala Dinner at the Zeppelin Restaurant



We are delighted to invite you to the Gala dinner at the Zeppelin Restaurant in the Kongresshotel Potsdam at 7:30 pm on Friday, October 6.

Join us for a wonderful evening of celebration with your friends and colleagues from around the world, where you will enjoy a sumptuous three course meal, followed by music and evening drinks.

A fantastic socializing opportunity not to be missed!

Dress code: Casual Chic

**Registration is necessary and tickets are limited**

## Lunchsymposium

Thursday, October 5



### Möller medical

1:15 pm – 2:15 pm | Kongress-Saal  
**Power-assisted Liposuction for Lipedema – Best practice from 30 years experience**  
 Dr. Stefan Rapprich & Dr. Hans Bayer



### Journal of Wound Care and British Journal of Community Nursing (BJCN)

1:15 pm – 2:15 pm | Fachtagungsraum 0.214  
**Writing for publication: how to publish high-quality clinical content and create an impact.**  
 Shruti Kamath

Buffet Lunch provided before Symposium

## Lunchsymposium

Friday, October 6



### HumanMed

12:45 pm – 1:45 pm | Kongress-Saal  
**Lipedema Surgery Using WAL – Sharing International Experiences**

With Lectures from Norway, Germany, Spain & Romania

**Lecture 1:**  
**The National Surgical Treatment of Lipedema Study in Norway; background of the study and „Why We Chose to Use WAL“**  
 Dr. Hildur Skuladottir

**Lecture 2:**  
**Overview of a.) the International Training Centre for Lipedema Surgery Using WAL and b.) the (potential) Reimbursement Situation in Germany**  
 Dr. Michael Offermann

**Lecture 3:**  
**Complete Approach of Lipedema Treatment in Spain/Romania Using the WAL Technique**  
 Dr. Crenguta Coman

Saturday, October 7



### Vaser

12:15 pm – 1:15 pm | Kongress-Saal  
**Lymph Vessel Sparing Liposuction for Lymphedema and Lipedema Treatment**  
 Dr. Corrado Campisi

Buffet Lunch provided before Symposium

## INDUSTRY PARTNERS



### EXHIBITORS



## INDUSTRY PARTNERS

### EXHIBITORS



### MEDIA PARTNER



Journal of Wound Care  
A Medline-listed, impact factor journal



Dr. R. Kaden Verlag GmbH & Co. KG  
Plastische Chirurgie – Mitteilungen der DGPRÄC und der VDÄPC



mdm-MedienDiensteMedizin- Verlagsgesellschaft mbH  
DISKURS Dermatologie



Oemus Media AG  
face & body



Informations- und Vermarktungsgesellschaft  
Ästhetik und Gesundheit Deutschland mbH  
MaBelle & myBody

Status at printing - September 28, 2023

## THE VENUE

### Kongresshotel Potsdam

Am Luftschiffhafen 1 | 14471 Potsdam | Germany  
Phone +49 331 9070 | [www.kongresshotel-potsdam.de](http://www.kongresshotel-potsdam.de)



## VENUE PRE-CONGRESS SYMPOSIUM

### Tagungs- und Konferenzzentrum Ernst von Bergmann

Berliner Str. 62 | 14467 Potsdam

## AIRPORT TRANSFER

By car it takes about 45 minutes from Berlin Brandenburg Airport to the Kongresshotel Potsdam.

## TAXI-SHUTTLE-SERVICE

The hotel is happy to arrange you a taxi service to the train stations and airport for a fee. Please leave your pick-up requests up to 48h before arrival.

## ON-SITE | REGISTRATION FEES

### Pre-Congress Fee | October 4, 2023

Pre-Congress Fee	350 €
------------------	-------

### Congress Fee | October 5-7, 2023

Participant	650 €
Medical Student	330 €
Practice Manager/ Non-MD Team Member	330 €

### Social Program | October 6, 2023

Gala Dinner at the Zeppelin Restaurant	150 €
---	-------

## CONTINUING MEDICAL EDUCATION (CME)

The Lipedema World Congress has been accredited by the Landesärztekammer Brandenburg for a maximum of **15 CME credits**. The certificates of attendance will be sent by Email after the congress.

## INFORMATION FOR ORAL PRESENTATIONS

---

Please note that all lectures and poster presentations will be recorded and subsequently made available to health professionals and patients.

The official language for the congress and presentations is English.

### FORMATTING INSTRUCTIONS

For your presentation, please prepare a PowerPoint presentation in 16:9 format. Please be aware that the use of personal laptops is not foreseen, and if necessary, should be arranged in advance. Your presentation should be submitted on a USB stick no later than 60 minutes before the start of the session for media check and testing. IBM-compatible PCs with PowerPoint will be available and can be used to share your presentation.

Deletion of the file after the presentation is guaranteed.

### SPEAKING TIME

We kindly ask that you adhere to the indicated length of your presentation to ensure fairness to all presenters.

### DISCUSSION

The discussion after each presentation is an open forum for all attendees to speak and ask questions. Every participant will be requested to introduce themselves with their name and nationality. Microphones will be located in the aisles for this purpose.

### SPEAKER READY ROOM / MEDIA CHECK

The Speaker Ready Room is in the Fachtagungsraum 0.217.

## INFORMATION FOR POSTER/ SHORT TALK PRESENTATIONS

---

We kindly request that you prepare an eye-catching poster in A0 format (841 x 1189 mm) with the poster ID placed in the upper right corner. Additionally, please submit a digital version of your prepared poster in either PDF or PPTX format in advance. On Thursday morning, printed posters can be displayed on the designated bulletin boards in the exhibition area. The respective spaces will be clearly marked with their IDs.

The presentation of the posters will take place during the lunch break and afternoon coffee break on Friday in Meeting Room 0.214. Each speaker will have a 3-minute speaking slot, and we kindly ask that you adhere to this timeframe to ensure fairness to all presenters.

A review committee will evaluate all contributions and ultimately award a "best poster" prize. The prize will be presented during the Farewell Session on Saturday. The winner of the "best poster" prize will have the opportunity to present their talk once again during this session.







**LIPEDEMA  
WORLD  
CONGRESS**  
OCTOBER 5-7, 2023 | POTSDAM/BERLIN

# LIPEDEMA WORLD CONGRESS

OCTOBER 5 – 7, 2023 | POTSDAM/BERLIN



[www.lipedema-world-congress.com](http://www.lipedema-world-congress.com)