



The International Lipoedema Association (ILA) was founded in 2021 by a team of passionate healthcare professionals from 22 countries worldwide, who are dedicated to improving the quality of life of people with lipoedema, by offering evidence based holistic treatment according to their individual needs.

This includes generating evidence-based information for those affected and for healthcare professionals (HCP's) alike, improving and increasing a better understanding of lipoedema and its holistic management and creating and/or contributing to the development of education.

Recognising this will not happen overnight, the ILA also hopes to support those with lipoedema by providing useful resources they can explore alone, or with their HCP's, to try and address some of the distressing symptoms they may experience.

**PAIN** is a symptom that all who have lipoedema and despite best efforts, it is often not well managed by drugs or therapeutical intervention. Pain (whatever the cause) is debilitating and contributes significantly to a reduced quality of life. Compression garments can help reduce pain for many (though accessing good fitting garments can often take time to achieve), so trying to address this aspect of your condition can be hugely beneficial.

Understanding the different types of pain and why we experience it can really help in the first place. And once we understand it, we can often help manage it better.

The ILA is putting together a list of useful resources on the website that may help, but to start this process, we would like to suggest you refer to the website: <https://www.retrainpain.org/english>, which is a very structured, useful and easy to understand approach that can be used alone – or with your therapist.

Please do check it out if you can - as well as the other information listed in the 'patient' area of the resources section on the website: <https://theila.net/ressources/for-patients>

We will be in touch again soon but do feel free to contact us too. Working together collaboratively through research and/or education is definitely the way forward.

With very best wishes to you all,

Kind regards,

On behalf of the International Lipoedema Association Board

Denise Hardy  
Patient Liaison