**Presentation title**

It's Not Their Fault: An Introduction to Lipoedema and its Surgical Management

**Presentation summary**

Lipoedema is a poorly understood but emerging lipodystrophy with significant potential physical, psychosocial and economic impacts. Its capacity to disfigure the body and lead to stigma for those who are affected is substantial. It is poorly understood or recognised and often leads to assumptions by medical professionals that the affected patient is failing to manage obesity and metabolic health.

Since the beginning of its involvement in Lipoedema, in establishing the O’Brien Institute Lipoedema Research Program in 2013, we have sought to develop a surgical method that more comprehensively ablates Lipoedema tissue, while protecting the fragile lymphatic system and removing the excess integumentary tissues generated by the lipoedema excision.

Previously, the shortcomings in our genetic and scientific understanding led to a deficit in our clinical understanding of the disease and how it should both be treated and how the treatment should be funded. This prompted the us to develop a novel surgical technique to approach the key functional aspects of lipoedema that incorporates our involving scientific understanding with a genetic and basic biology understanding of the lymphatic system and the diseased adipose tissues encountered in Lipoedema.

Here, we present an introduction to lipoedema and our approach to Lipoedema surgery. We outline the results of an extensive 8-year surgical experience in the field, as well as some of the scientific underpinnings behind it. This approach removes the stigma and shame from this disease and recognises it for the disease entity it is and offers meaningful treatment to affected patients.

**Learning outcomes**

1. Describe the pathophysiological basis to lipoedema and distinguish it from obesity and lymphoedema
2. List the clinical signs and symptoms of lipoedema
3. Outline the treatment options available to women affected by lipoedema

**How will delegates be involved throughout this presentation?**

Delegates will be involved in an interactive discussion presented around a case study of a patient presenting with lipoedema.