



Royal College of  
General Practitioners

## Lipoedema - An Adipose Tissue Disorder

The Royal College of General Practitioners (RCGP) has launched an elearning course on Lipoedema, describing the presentation, pathophysiology, diagnosis and management of lipoedema in primary care.

**The course takes half an hour and earns 1 CPD hour.**

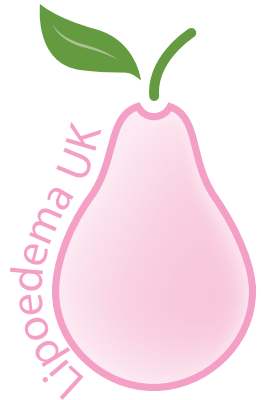
Lipoedema is a progressive, inherited condition characterised by abnormal fat deposition of the lower limbs. It affects women from puberty onwards and can be extremely distressing and debilitating.

As very few doctors (1) or health care professionals are trained to recognise lipoedema, it is rarely recognised in primary care and hence under diagnosed. Misdiagnosis is common and patients are labeled as obese or having lymphoedema. This can result in decades of unnecessary dieting and significant psychological damage.

To access the course: [www.elearning.rcgp.org.uk/lipoedema](http://www.elearning.rcgp.org.uk/lipoedema)

This course was developed in partnership with Lipoedema UK and has been endorsed by the Royal College of Nursing. **For more information: [www.lipoedema.co.uk](http://www.lipoedema.co.uk)**

(1) Lipoedema UK Big Survey 2014 only 5% of GP's diagnose lipoedema



[www.lipoedema.co.uk](http://www.lipoedema.co.uk)

Registered Charity No 1157716



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## GP comment after completing RCGP elearning course

*“Truly eye opening. We all have misdiagnosed this condition and it is important to educate the health professionals about lipoedema. The course is an excellent resource to understand the condition”*

Quotes from Lipoedema UK's Big Survey from women after they had received a diagnosis.

*“To be spoken to as a patient with an illness made a huge difference. To be helped to manage the condition made me look at my own body in a different way for the first time in possibly 45 years.”*

*“When I realised I had Lipoedema, I was immensely relieved having spent my whole life wondering why my legs were the way they were.”*

*“Having a diagnosis gives me a starting point to move forward and get the right support instead of feeling helpless.”*

