Thriving with Lipedema

What Just One Woman Does to Manage her Lipedema

By Susan O'Hara, based on Instagram Stories

from Kasi Smith Grosvenor

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You are not alone! With millions of people in the world having lipedema and lymphedema, it’s time to receive the care and products we need to live our best lives.

This book is available at a special discount when purchased in bulk for sales promotions, premiums, fund-raising, or educational use. For details, contact Susan O’Hara, LegsLikeMine@gmail.com with the subject: Bulk Sales.

Photography by Kasi Grosvenor.

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DEDICATION

To all the ladies with lipedema out there, wondering how on earth they're going to do 'all the things' to avoid lipedema progression. This one's for you.

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ACKNOWLEDGMENTS

The author would like to graciously acknowledge Kasi Grosvenor for sharing her very personal story in hopes that it might benefit just one woman who is dealing with lipedema. It took a ton of courage for her to feel worthy enough to share what she does, and for that I am so grateful.

1 MEET KASI

This is Kasi.

Kasi is a woman full of life and adventure. She has a chronic, progressive condition called lipedema, where abnormal deposits of fat affect her legs, arms, abdomen and torso. She doesn't let it stop her and has figured out ways to thrive while managing her lipedema. This book is about how she lives her life, fits in up to two hours of conservative therapies every day to maintain her health, and thrives with the rarely correctly diagnosed condition called lipedema.

Kasi is extremely brave in sharing her personal story. She manages to share and inspire other ladies with lipedema using her social media and blog. You can find Kasi on Instagram @ThrivingWithLipedema.

By looking at her you might think she's fine – she looks, "normal," in fact! Her lipedema doesn't look like MY lipedema! But guess what, she had it, bad, for more than two decades before she finally found a diagnosis and learned how to manage it. And she figured out ways to manage it using self-care first and forever, and then she had surgery to help slow down the disease progression.

"Lipedema is not one-size-fits-all! Each of us presents differently, but the bottom line is that each of us play a huge role in managing this diagnosis and our own bodies from the day we learn that we have this condition. I am not a medical professional, but I am an expert in my own body and accountable for taking steps to make it function as best as it can every day. The recommendations shared are just examples of one patient's determination to take control of living with Lipedema and thriving while doing it."

Kasi, recovering from her fourth Lipedema Removal Surgery, a brachioplasty to remove the heavy lipedema tissue on her arms.

This is what Kasi looked like in May of 2019, at the largest size of her life. Despite multiple attempts at losing weight over nearly thirty years, her weight continued to fluctuate up. This was before she was diagnosed with Stage 2/3 lipedema in the spring of 2021. It's taken her 2.5 years of daily, consistent management of conservative therapies, and now several surgeries to help remove diseased and painful fat from her body. She got herself in the best shape before surgery and is committed to a lifetime of daily self-care to stay the healthiest she can forever.

What you can't see in this picture is how Kasi felt! Her legs, arms and abdomen were heavy and painful. Her arms and legs were frequently numb and ice cold to the touch. Her mobility was limited. And she knew something was wrong.

Kasi’s symptoms began even as a young teenager, where she noticed that her legs were shaped very differently from most girls’ legs, and even the skin tone on her limbs was different than other areas of her body. Despite being relatively thin with a small waist and rib cage, her legs were proportionally large and often covered with bruises. Middle and high school physical education courses became a source of torture, and she had no stamina for activities like running or holding her arms in place for any length of time.

As she experienced other hormonal changes throughout her twenties, her legs, and then her arms, continued to change dramatically and frequently experienced pain, numbness, temperature variations, and sensitivity.

Over several decades, Kasi tried many diets, supplements, exercise regimens, even enlisting a personal trainer to help optimize workouts. No matter how much she exercised, her legs and arms did not get smaller even as her face and trunk lost weight. At one point, Kasi lost 80 pounds following Weight Watchers, and her legs barely shrunk by one dress size despite the sizeable loss.

By her late thirties, activity like climbing the steps in her home or walking around a theme park was becoming increasingly difficult, and despite committing maniacally to caloric restrictions and exercise routines, and even taking weight loss medications, it was clear something else was going on.

Finally, a chance encounter with a pamphlet from the Lipedema Foundation found at an unrelated medical conference attended by her sisters showed photographs of women whose legs looked just like those in many women in Kasi’s family. After her sister’s diagnosis with Lipedema, Kasi was in denial and tried to ignore what was very obviously happening in her body. But at age 40, Kasi finally booked an appointment with a Certified Lymphatic Therapist (CLT) at the local hospital, a visit which changed her life with the definitive diagnosis of Stage 2/3 Lipedema affecting her legs, arms, buttocks, and abdomen.

Since that day, Kasi has been on a relentless mission to take control of Lipedema and her body, and seeks every day to raise awareness, build advocacy, and commit to thriving every day with Lipedema.

2 SHE STICKS TO A DAILY ROUTINE

Kasi spends up to two hours a day managing her lipedema using conservative therapies. She has it down to an art and it's as integrated into a regular active life as it can be! She knows consistency is key and believes that 90% of Lipedema care can be self- managed.

These are some of the therapies Kasi does every day. Every. Single. Day.

- She eats right for lipedema, most of the time, and uses a Registered Dietician to help optimize her nutrition.
- She very consistently wears compression.
- She takes supplements to support her lymphatics.
- She uses a pneumatic compression device.
- She sees a certified lymphedema therapist for manual lymphatic drainage and other lymphatic support therapies.
- She stays active and enjoys hobbies.
- She uses tools like red LED therapy, a vibration plate, a massage gun, dry brushing, skin care, and a rebounder trampoline to complement other therapies.
- She lives her life- everything in moderation but allowing flexibility to have a little fun too.
- She provides and receives support in several lipedema communities. And she seeks mental health support when it's all too much!
- She finds incredibly cute ways to dress with lipedema and present herself as she wants to look while remaining compliant to compression therapy.
- She takes the most active role in managing her own condition.

Yes, Kasi has also chosen to have surgeries to remove her lipedema tissue and slow progression. Sadly, she and all the other surgical patients of lipedema will always have lipedema. She understands that conservative therapy is a lifetime commitment to keep the condition at bay.

So even if you aren't considering surgery, the things Kasi does could help you too. Talk to your doctor about conservative measures and refer to the Standard of Care for Lipedema in the US for more information.

It's really important to know that the work Kasi has put in has been based on her and her medical team being familiar with and following the Standard of Care for Lipedema in the United States, which can be found here:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8652358/.

Here is a QR code that will link you to the Standard of Care. You should always seek advice from a medical practitioner before beginning any new therapies or supplements.

SCAN ME

And just look at how much Kasi has managed to change her body by learning and applying all the things she does to manage her lipedema! Well done!

3 SHE EATS PROPERLY FOR LIPEDEMA

There's an intentional reason why this is the first chapter on what Kasi does. No matter what people tell you, nutrition management is key to achieving the best results with lipedema. There are all kinds of diets out there, and this is what works for Kasi, lower carb and minimal added with a heavy dose of real life. Hopefully you will find the way of eating that makes your body thrive, too!

When Kasi was first diagnosed, the first book she found was **Lymphedema and Lipedema Nutrition Guide** (Ehrlich, Iker, Herbst, Kahn, 2015), which she read cover-to-cover. The next thing Kasi did was set up an appointment with a Registered Dietician at her doctor's office.

Kasi's general philosophy on eating focuses on filling her body with vegetables, fruits, protein and fiber. She aims to minimize simple carbohydrates, focusing on getting any carbohydrates from plant-based sources and minimizing processed foods. She cuts out added sugar wherever she can and has found that higher fat diets like traditional Keto aren't the best option for her body. Sodas have never been part of her diet, and Kasi loves drinking water, and of course begins every day with coffee.

While those living with Lipedema very often have food sensitivities, there are no foods that cause a marked difference in Kasi's lipedema symptoms. This is not always the case for all women with lipedema. She recommends that women work with a Registered Dietitian to discover what foods cause inflammation in their bodies and eliminate any foods that are triggering sensitivity.

Kasi's favorite way of tracking her food intake is photographing it- and she regularly posts beautiful photos of food she prepares in hopes of helping other people see how they can seriously live their best life, eat delicious food and enjoy eating to live- not living to eat. She has figured out some amazing meals that don't overwhelm her body with carbs. She saves the goodies for an occasional treat, and not as every single meal or even every day.

Here are just a few meals she's shared over the last couple of years.

Steamed snow crab legs and shrimp are a family favorite.

"Dedication to a zero added sugar low-carb diet takes commitment, determination, and effort but the results are so worthwhile. I allowed myself a few very small breaks over the holidays but very quickly moved back to my regular meals after Christmas."

This lovely plate features eggs, avocado, fresh berries, and a bit of sausage.

Look at this gorgeous meal filled with fresh veggies and color, with boiled eggs, pepperoni, berries, avocados and cheese.

More fresh veggies from her garden, and lean protein. See what's missing here though –bread and sweets are not included with most meals.

This take on a chili pie didn't leave Kasi feeling deprived. She filled the bowl with the meaty goodness first, and then added just a few Fritos on top for crunch and flavor.

Another day-to-day plate featuring protein, fresh veggies, cheese, and even a little blue cheese dip. Still, not seeing all that bread though…

A delicious protein packed seafood bisque, topped with fresh tarragon. What don't we see here? A whole bag of crackers or a bunch of baguettes to add wasted carbs. Still filling, warm and lovely for a cold day!

When Kasi goes out, she gets fantastic plates with meat and veggies and enjoys all the flavors! Sashimi is an easy win for a low-carb diet.

She picks options at restaurants that focus on meat and lower carb veggies. This grilled calamari is a perfect protein source with tons of flavor. There is no reason to feel deprived when you can fill up on wholesome food and stay away from unnecessary carbs.

"Been awhile since I've shared some foodie inspiration- still following a sugar-free, low-carb diet and enjoying delicious food every day."

"Ordered Thai tonight and it's hard NOT to miss the Pad Thai and noodles and rice and fried appetizers. Instead- I got the chicken skewers off the appetizer menu and ordered a side of steamed broccoli with basil and it was all incredibly tasty! Not a bad swap, at all."

Most of Kasi's meals focus on quality protein paired with veggies or fruits. `

"Attempted a small batch of my no sugar added Grand Marnier cranberry sauce using monk fruit (and far less than the recipe called for). The texture is perfect, and I can't wait for it to chill so I can taste it and see if that's a good swap"

"Healthy eating takes commitment and focus!"

When Kasi wanted a sandwich and chips, she opted for low carb bread and pork rinds to round out her meal filled with fresh fruits and veggies.

Kasi keeps easy-to-grab fresh ingredients that can make a quick meal without compromising on her goals and loves "snacking plates".

She knows what to order when she goes out. Grilled fish, steamed veggies, fresh fruit at Cracker Barrel.

Even at festivals or outdoor events, Kasi picks foods that feel festive, but aren't just loaded with sugar. Street Corn and grilled meats are fantastic choices and don't leave her feeling left out of the fun!

A hearty salad containing fresh veggies, with cheese and meat for added protein is a good daily choice readily available from takeout restaurants.

Look at how gorgeous this salmon plate is with the beautiful beet sauce, shaved brussels sprouts, toasted walnuts and fresh herbs. What a delight for all the senses!

Kasi loves fresh seafood and enjoys these low- carb treats with horseradish and cocktail sauce.

Another staple: a lean filet mignon steak, grilled brussels sprouts, fresh garden tomatoes and berries. She's super consistent in eating low carb!

Bunless burgers give all the flavor without the carbs and can even make a McDonald's meal doable in a pinch.

\

A lovely grilled chicken cobb salad with boiled eggs, lots of good color in the greens, some avocado and a touch of corn for a solid filling meal out.

When she visits a salad bar, she focuses on the veggies and protein and doesn't even look at the puddings and crackers.

On Mexican night, she has all the goods on the plate and keeps the regular carb flour tortillas away. But she enjoys all the beans, cheese, fajita meat and fresh veggies!

Kasi has mastered not being deprived by finding low-carb tortillas and chips at stores like Aldi for an occasional treat.

On holidays she enjoys a hot dog without a bun (or brings low carb buns) and enjoys all the bountiful flavors of summer fruits and veggies.

"*Healthy yummy*

stuff…food appreciation as always!"

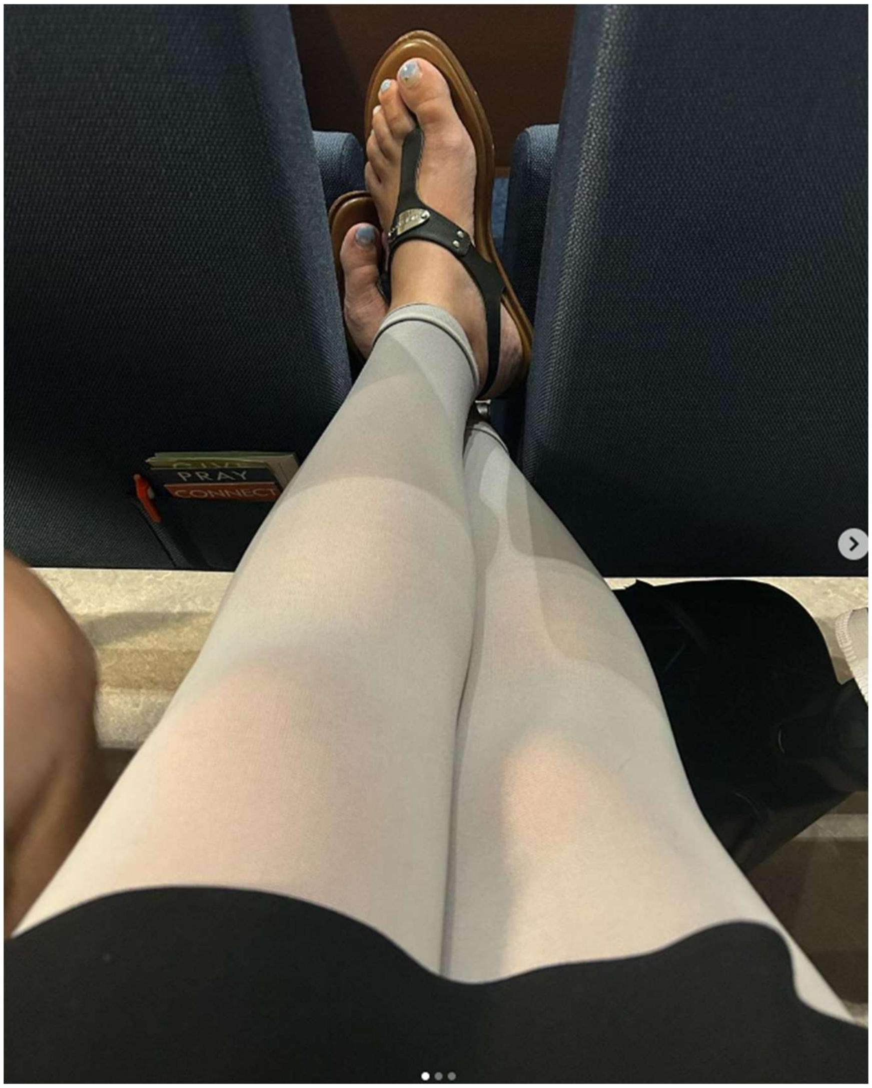
As you can see, Kasi doesn't miss out on flavor or variety. She feeds herself well but doesn't add extra carbs when it's just not needed. She's made fantastic swaps for lower carb options, and she watches her portion sizes but still makes sure her body is getting enough nutrition to support healthy function. Her philosophy is eating to live, and not living to eat. She enjoys her food and helps her body be healthy! Kasi has lost nearly 100 pounds over the past several years, and attributes much of that success to changing the way that she eats to less inflammatory food choices.

4 SHE CONSISTENTLY COMPLIES WITH COMPRESSION

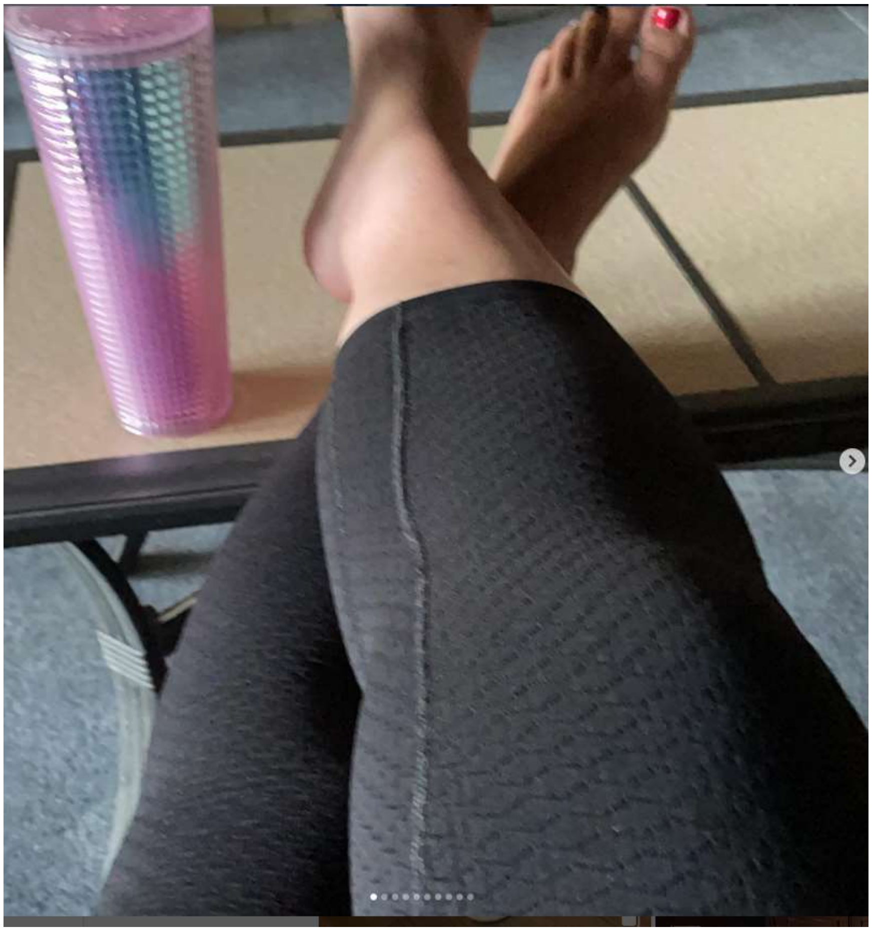
Kasi knows that compression therapy is extremely important for keeping lipedema swelling and pain under control. She doesn't mess around with it and take it off on some days or put it on when she feels like it. She wears it consistently; from the time she gets up in the morning until she goes to bed at night. And as her size has changed, she's been sure to keep her compression sized to where it fits her body now.

Kasi has a wide range of compression options that complement different outfits and styles and loves to add pops of color and prints, especially with her favorite animal print compression leggings.

Kasi doesn't whine about it and makes deals with the devil. She knows it makes her body feel better, and she wears it compression consistently.



"Never doubt my commitment to elevating those legs every chance I get! Was just peeking through pics from the week and I sense a theme…leggings pictures in first frame are @juzocompressoin soft leggings in Moonstone."



5 SHE SUPPLEMENTS TO SUPPORT LIPEDEMA

There are so many supplements listed as being helpful for lipedema. Here are a few of the supplements that Kasi takes, and she's found a cocktail that works for her body in partnership with her medical team.

<u>For your own body, check with the Standard of Care for Lipedema in the US for the latest recommendations, and be sure to visit your doctor and do your own research before beginning any new supplement.</u>

Lymphatic Formula is designed to help promote normal lymphatic function in those suffering from Lymphedema, Lipedema, Dercum's Disease, and edema. This supplement, formulated by a board-certified surgeon, contains Micronized flavonoid, Selenium, and Vitamin D3 for optimal support.

Berberine helps maintain a healthy gut bacteria.

This is a natural nitric oxide supplement and butchers broom capsule with L arginine to help strengthen artery walls. This is helpful for patients living with varicose veins, a common comorbidity of Lipedema.

Iron helps with anemia and especially in preparing for and recovering from surgery to be sure the blood counts are at their best.

Also sold under the brand name Mucinex, guaifenesin reduces lipedema swelling and inflammation by thinning the lymphatic fluid for easier flow.

Serrapeptase acts as fibrinolytics and may be useful in reducing fibrosis in lipedema tissue so it can be then be amendable to loss after diet or exercise.

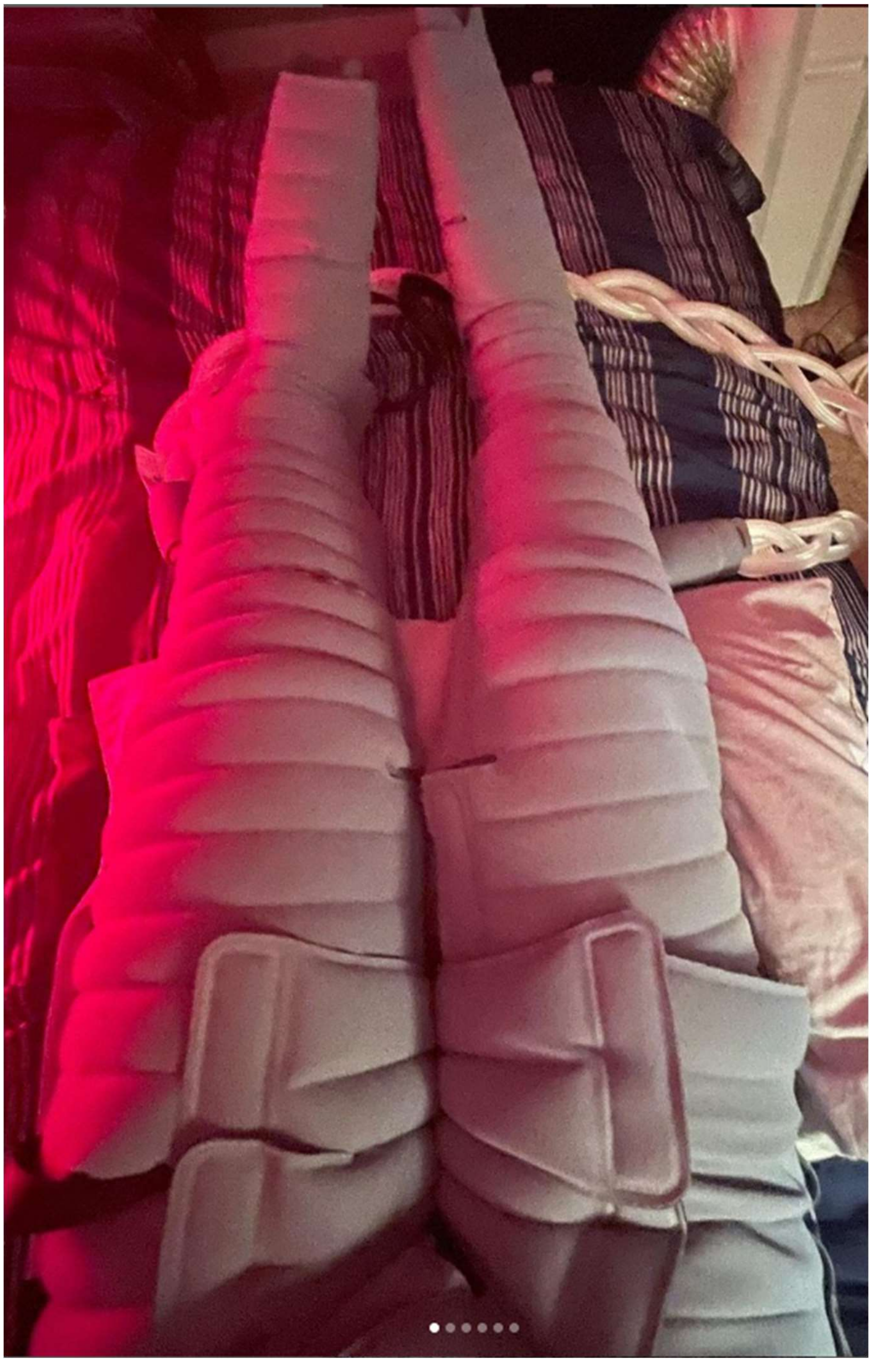
Milk thistle is is anti-inflammatory and shown to decrease formation of fat cells

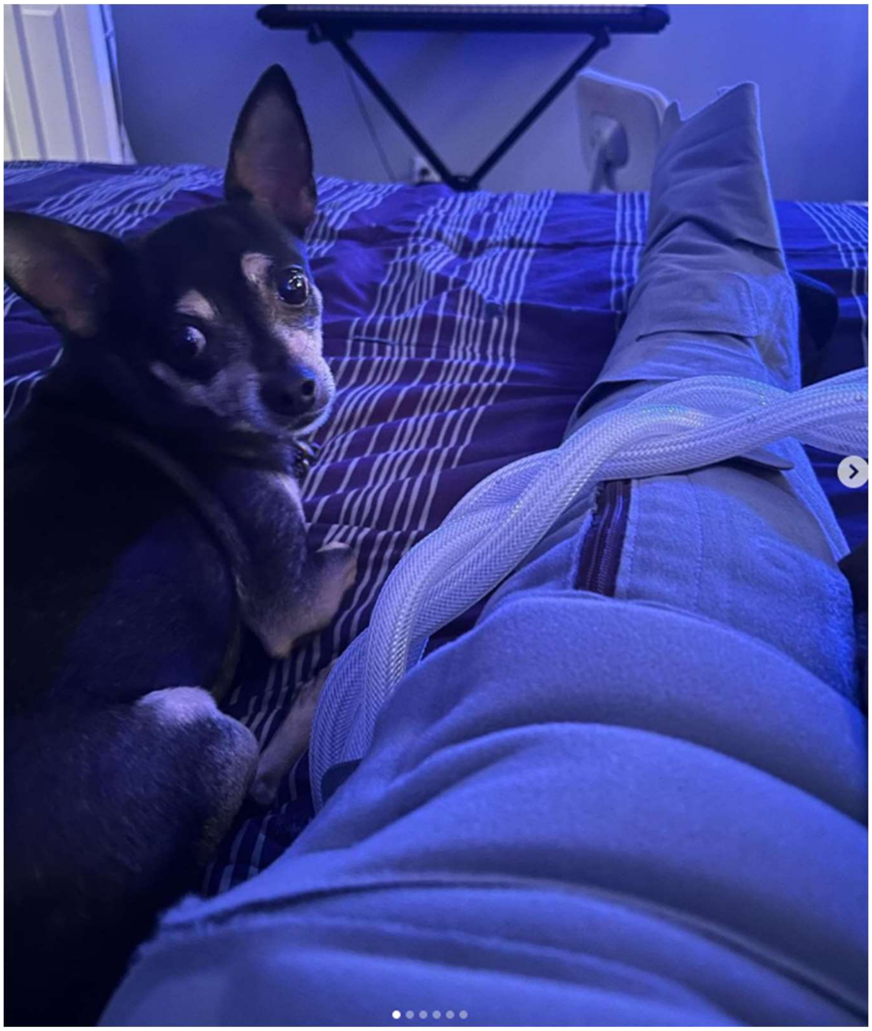
6 SHE USES PNEUMATIC COMPRESSION THERAPY

Almost immediately after her diagnosis, Kasi's lymphatic therapist recommended using a pneumatic compression pump to help reduce the swelling and volume of her legs and arms. Kasi worked with her doctor and therapist to get a prescription for a pneumatic compression device. She uses her pump daily for one to two hours to stimulate lymphatic flow as an easy and relaxing way to provide pain reduction and control swelling. Using a pump can also reduce the risk of deep venous thromboembolism following her surgeries.

Compression pumps can also replace or reduce the need to have Manual Lymphatic Drainage (MLD) in a doctor's office, which allows the patient to achieve daily therapy without having to miss work or pay for therapy visits. Kasi has seen dramatic changes in the size of her limbs with consistent use of her therapy pump and is often joined by her dogs as she completes her therapy sessions. Using the pump is not painful and provides a relaxing break each day to take a nap, catch up on email, or binge a favorite TV show.

And as her legs have gotten smaller with conservative therapies and surgeries, she had to tighten the wraps on the device, and ultimately had to move down to a smaller sized leg portion of the device. Partnership with a good Certified Lymphatic Therapist is a must to make sure each patient's therapy routine is appropriate for their specific situation. The pump Kasi uses is the Tactile Medical Flexitouch Plus, but there are several companies offering prescription grade pneumatic compression devices, such as Tactile Medical and LymphaPress.



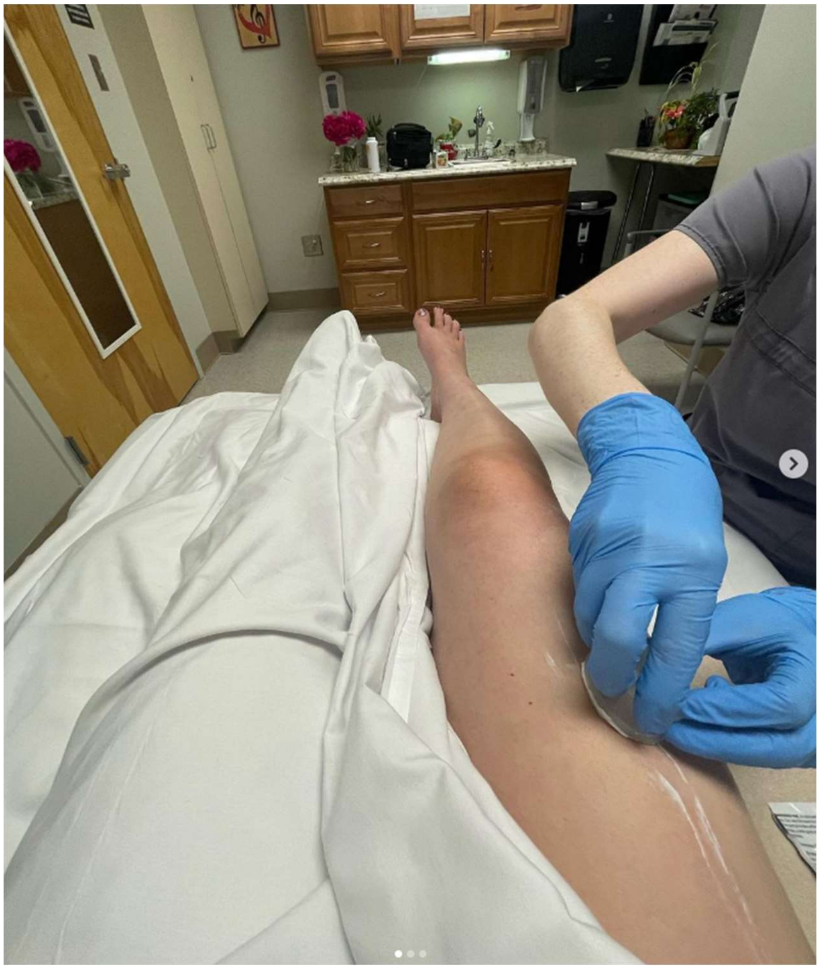


7 SHE USES A CARE TEAM

Finding a Certified Lymphatic Therapist (CLT) is probably one of the most critical steps in establishing a good care team for managing Lipedema. The right therapist can provide recommendations for compression garments, a pneumatic compression pump, wrapping, and other Complete Decongestive Therapy (CDT) options that will differ from patient to patient depending on the stage and whether the patient also has Lymphedema. Therapists also regularly measure and record limb size and volume, which is important for quickly identifying any abnormal growth, and also for measuring the effectiveness of treatments.

Kasi sees a Certified Lymphatic Therapist (CLT) for manual lymphatic drainage therapy regularly. She also visits the therapist before surgeries to make sure her adipose tissues are decongested from as much inflammation as possible, and so that they are softened and ready for the liposuction cannula to come and get them out!

Having a trained therapist experienced with lipedema is so important. They will tailor your treatment to your needs based on your current situation and can help you find the best compression and recommend exercise and other therapies to help you manage not only your lipedema, but long-term health and wellbeing.



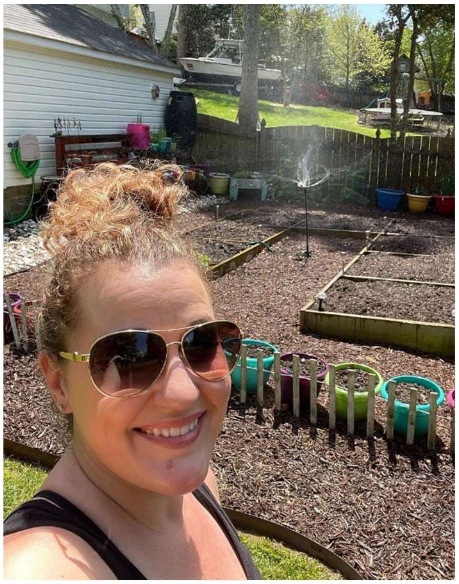
"Can't say enough about the improvement in my scarring and pain and sensitivity since getting regular manual lymphatic drainage therapy and the surgical scarring treatment protocol with the Hivamat. Between these therapies, daily use of the pneumatic compression pump, vibration plate, compression garments, Thera Gun, and controlling sugar and carb

intake, I am slowly returning to normal nearly 11 weeks after surgery number 2.

8 SHE STAYS ACTIVE AND ENGAGED

Kasi regularly enjoys many forms of exercise like walking, swimming, and rebounding, but one of her favorite ways to exercise is working in her gardens and yard. She loves gardening so much that she has an entire basement which keeps plants going year-round. One thing she does not do is let herself stay down. Every single day, she's up and moving, and she tries every day to hit 10K steps, taking even a few minute break from a meeting to hop on the trampoline that sits beside her desk. She knows that motion and movement help reduce swelling and keeps joints lubricated and healthy.

Kasi has the added benefit of growing quality food to add to her plate so she can enjoy her nutritious eating even more, knowing that she grew a lot of her food! Her favorite vegetables are tomatoes, peppers, and cucumbers and she grows many fresh herbs to complement her meals.



Kasi using a rebounder to aid with lymphatic flow.

Kasi is up and walking as soon as she can be, even immediately after surgery, and she stays moving!

9 SHE BUILT A CONSERVATIVE THERAPY ROUTINE

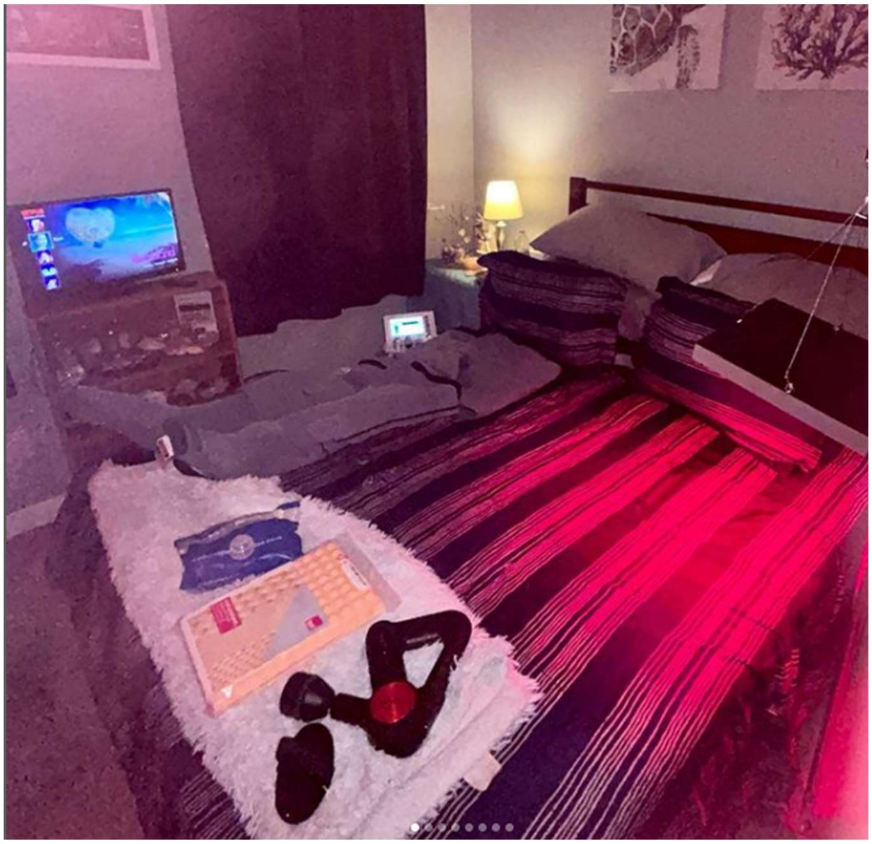
Kasi uses red light therapy, dry brushing, self-MLD massage, and a Theragun massage gun to help soften fibrotic lipedema tissue and keep lymphatic fluid moving. Not everyone uses these tools, but they help her and are worth checking out! Kasi completes many of these activities under the red light to save time and double up on the impact.

Some reports say that red light therapy can increase circulation, lower inflammation and provide energy to cells as they do their metabolic work. It can bring some relief to the pain and stiffness that comes with lipedema.

"I've heard many of us that managing Lipedema is a full-time job. We aren't wrong- we have dozens of options at our fingertips to conservatively manage this, but they all take time! I've heard not one but two amazing ways to hack therapy to make it doubly efficient, so I

tried both for the first time tonight.
1) Combine red light therapy with dry brushing, Thera gun, (or…cupping…light massage…gua sha…etc.). This might seem obvious to everyone else, but I've always just laid under mine while scrolling my phone and it never occurred to me to double up other treatments while doing the red light! Time saver!
2) Use therapy pads (for example, Medi lymph pads) under your pump garment on fibrotic areas to amplify the effectiveness of the pumping. This tip came from Karen Ashforth on the monthly Lipedema Patient Roundtable hosted by LymphaPress. I've only ever worn the pads under compression and had never considered using them in the pump! I always wear a pair of loose fitting leggings when I pump to keep my pump clean and provide a barrier between my skin and the pump, so it was super easy to place the pads on my most fibrotic spots (backs of legs where I just had surgery and my stomach which still has fibrosis from my surgery last year), then slide into the pump and run my cycle. My therapy gun is the Thera Gun Pro and it comes with a soft foam head and that is the only one my lipedema areas tolerate. Doing this consistently takes time and effort, but I'm convinced that it will make a difference as I've seen so many others so successfully incorporating the therapy gun to mobilize the fascia."

Massage guns work by applying rapid percussive therapy to the lipedema tissue. They can be used to help break up adhesions within fascia, promote blood flow and help reduce pain. A lot of lipedema patients use massage guns to help soften the fibrotic tissue.



"My therapy room is coming along nicely. It is so much easier to commit to doing all of the conservative therapies when they are easy to access and in a peaceful space. I used to keep my pump in my bedroom in a Rubbermaid tub, but it's been so much easier to use now that it's always set up. Tools I have in this room so far include my pneumatic compression pump (this one is the Tactile Medical FlexiTouch+), red light (hung from an IV pole for easy moving around), cupping set, dry brush, lymph pads, and Thera Gun pro. Also have the room set for comfort with adjustable LED lighting, a TV, book, and of course water! I

also have a downstairs zone in my office that includes my vibration plate and rebounder, not shown in these photos, and all of my compression lives in my closet. There are SO many options available to help us move our lymph, control fibrosis, and manage our condition conservatively."

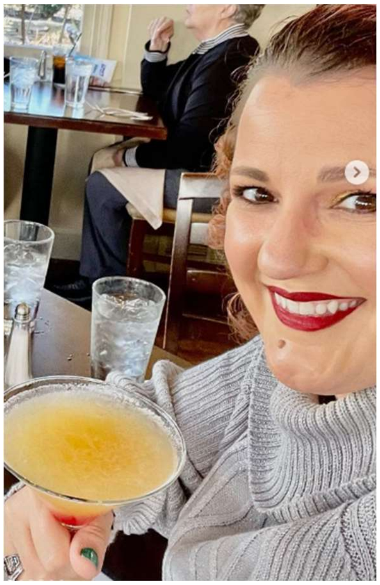
"I have continued to be inspired by Lipedema patient and therapist Karen Windsor's (@kaztalks) results in changing the shape and physical appearance/texture of her legs and have been very consistently spending about 30 minutes every morning doing a routine under my red light where I do full body dry brushing followed by my Thera gun for about 2 weeks. I think it's too early to tell how things are going but I can say with certainty it is not hurting anything. I still have so, so much loose skin from my October 2022 and May 2023 surgeries and know that a thigh lift is going to be necessary as all this extra skin

is just hanging, rubbing, and trapping lymphatic fluids, but in the meantime, I'm working really hard to build muscle underneath and care for the fascia."

10 SHE LIVES LIFE…IN MODERATION

Kasi is all about living her best life and that also means not missing out! She drinks alcoholic beverages occasionally and uses lighter bases for her drinks and chooses lower carb options such as hard seltzers. She has sweet snacks occasionally too and has lower carb options on hand to help her through those 'gotta have something sweet' times. But when there's something she really wants? She eats it and moves on and doesn't allow one bad meal to become a week of bad choices.

Kasi knows that life is for living and if she's too restrictive, she might totally lose control or feel deprived of life's good things, so she enjoys treats some of the time and complies with her plan, MOST of the time!



Life is for living, people!


Kasi

11 SHE SUPPORTS HER MENTAL HEALTH

Kasi recognizes that caring for her mental health is a big component of managing her Lipedema. Finding support in the Lipedema community has been hugely beneficial, as women living with this shared experience have so much empathy for what each other is experiencing.

Kasi shares her story openly on her Thriving with Lipedema Instagram page and her personal blog has helped numerous others by sharing her experiences. She also has spoken about her experience as a Lipedema patient at several events, been one of the subjects of Jeans on a Beach Day: A book for the beautiful woman hiding her legs and participated in the Lipedema Foundation's research events. Kasi volunteers countless hours to causes related to Lipedema and is deeply passionate about building advocacy and awareness for this disorder.

She has found a wealth of support in the Lipedema community, engaging regularly in the Lipedema Roundtables hosted monthly by LymphaPress, attending Lipedema conferences such as the annual Fat Disorders Resource Society (FDRS) conference, engaging with organizations like the Lipedema Foundation, and the NIH, and actively participating on multiple online communities.

Kasi openly shares when she's struggling and shares a very real and unfiltered view of living with Lipedema on a daily basis, and she always has an ear to lend when someone else needs her. She's not afraid to face her feelings and share them for the benefit of others. This is such a healthy way of dealing with the emotions that come with managing such a big condition as lipedema!

12 SHE DRESSES FOR LIPEDEMA

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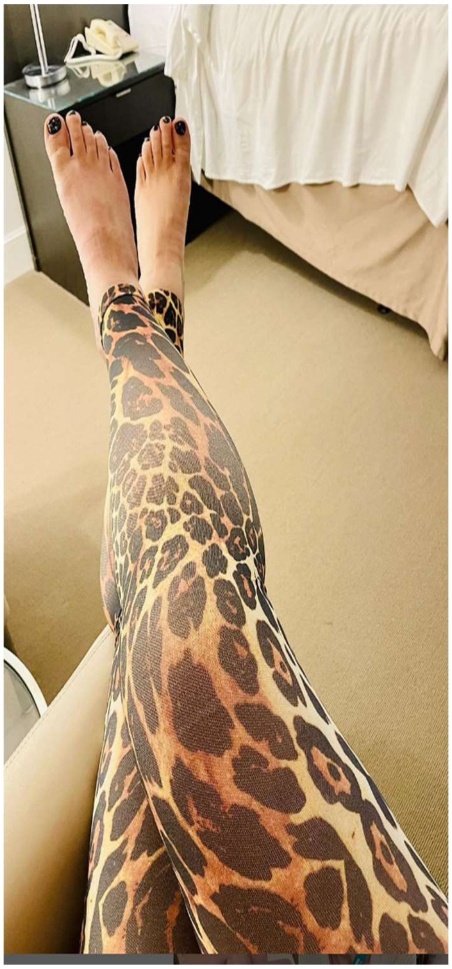
Look at how much personality Kasi has been able to put out there by shopping with her own styles in mind. Her clothes are the best and scream FUN! She does not let having lipedema, wearing compression, or constant self-care get her down. In fact, she's absolutely thriving!

Kasi incorporates compression into her sweater dress outfit. It's cute and looks like a normal and natural Fall or Winter outfit!



Fun compression tights can make boring outfits stand out! Leggings by Juzo USA. And a special note to medical compression companies- please bring us more trendy prints and colors- we are all so very tired of Black and Beige (signed, every Lipedema and Lymphedema patient worldwide)

You’d never guess there’s compression under this royal dress!

Another adorable sweater outfit, with that fun Kasi touch of green hair!

This is such a cute outfit and showcases some really interesting footwear. You'd never dream this is compression! Leggings by Juzo USA.

Kasi uses the string theme on top and bottom to make a really put together look with this floral dress. Leggings by Juzo USA.

A touch of pink to make a summer tank dress is so much fun! Leggings by Juzo USA.

Here are those fun animal print compression leggings in full action. Love them! Leggings by Juzo USA.

13 SHE EMBRACES ACCOUNTABILITY

While medical professionals are necessary to facilitate a formal diagnosis, help measure and obtain proper compression, and complete some types of therapy, the majority of self-care for Lipedema is on the patient. Kasi's mission is to help every Lipedema patient know that they hold a lot of control over the trajectory of Lipedema in their bodies and can do so much on their own! Even without a formal diagnosis or access to a medical team, so many of the conservative therapies are accessible for patients to complete at home.

Look at how far Kasi has come by managing her condition and fighting to not only get surgery, but to maintain the results by maintaining good nutrition, wearing compression, and doing all the other things she does daily to manage her lipedema! One thing you can see here is that she's not sitting around waiting for someone else to save her. She puts in the work and has made such a tremendous difference in the way her body feels, moves, and even looks.

I hope her story has been inspirational to you!

ABOUT THE AUTHOR

Susan O'Hara is a lipedema patient and author, who runs LegsLikeMine.com and is a member of the Lipedema Education Group.

MORE IMPORTANTLY…ABOUT KASI

Kasi Grosvenor is a lipedema patient and advocate, who shares inspiration and motivation to lipedema patients worldwide. She's the most organized person I've ever met. Her sole purpose in sharing her information is to help others find their own way in managing and thriving with an amazing life, with lipedema management as a part of it.

Kasi’s blog can be found at https://thrivingwithlipedema.wordpress.com/

SCAN ME

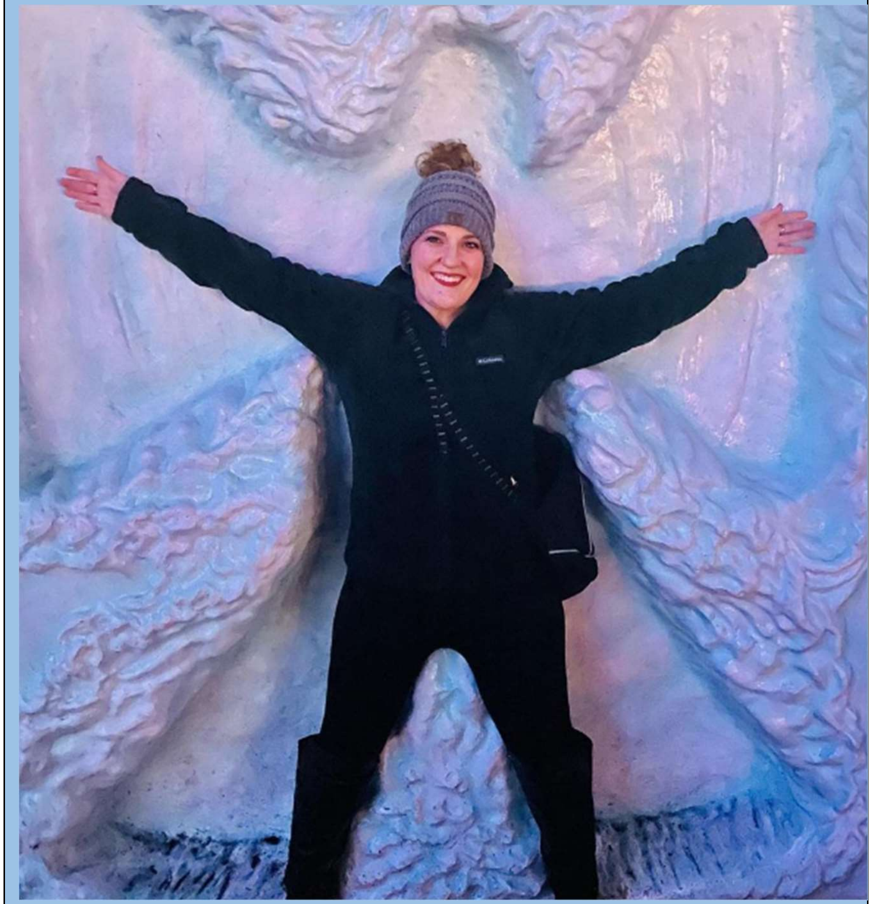
Kasi’s Instagram can be found at:

(https://www.instagram.com/thrivingwithlipedema/)

THRIVING
WITH LIPEDEMA

Kasi’s LinkedIn can be found at:

https://www.linkedin.com/in/kasi-grosvenor/



Absolutely THRIVING!