



www.nutrition-network.org

LIPEDEMA

Supporting A Patient with Lipedema: A Comprehensive Metabolic Approach to Diagnosis and Treatment

WHY YOU SHOULD DO THIS TRAINING

Lipedema is a widely misunderstood and underdiagnosed condition affecting millions of women worldwide. Despite its prevalence, many patients spend years seeking answers, often misdiagnosed or dismissed.

This training equips healthcare professionals, coaches, and practitioners with **evidence-based knowledge and practical tools** to better understand, identify, and support individuals living with lipedema. By bridging the gap between emerging research and clinical practice, this course empowers you to make a meaningful impact on patient outcomes and quality of life.



TRAINING OVERVIEW:

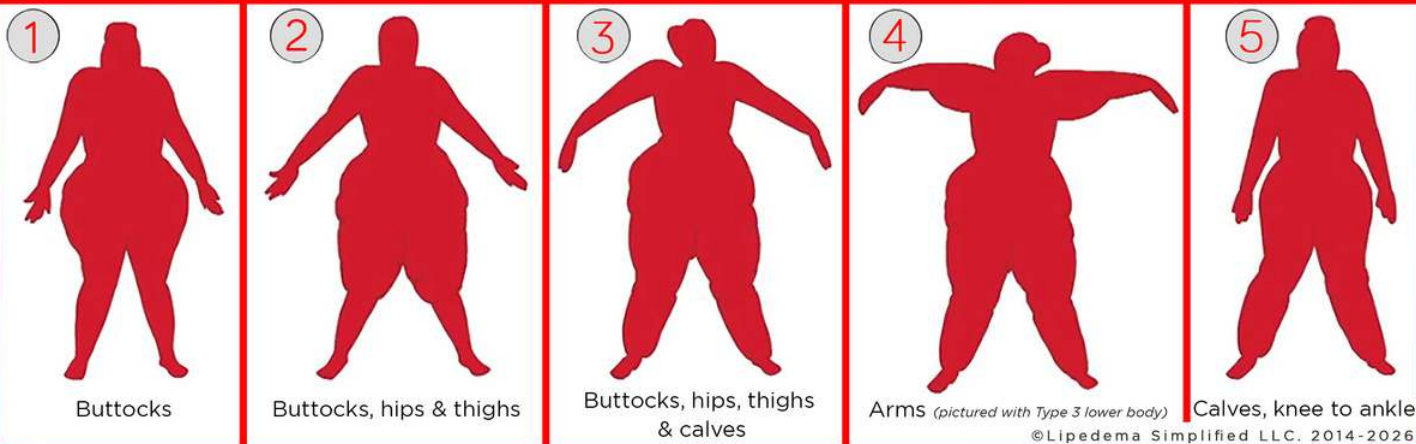
This comprehensive training provides an evidence-based exploration of lipedema, including its causes, clinical presentation, and treatment approaches. It integrates current scientific understanding with real-world clinical insights, covering both conventional and emerging therapies.

Participants will gain a structured roadmap - from recognition and diagnosis through to long-term management, with a strong emphasis on holistic, patient-centered care.

ENROLMENT

Register for the course by [clicking here](#)

5 Types of Lipedema



ABOUT THE TRAINING

→ EACH MODULE INCLUDES:

- Topic outline, learning objectives, and study overview
- Expert speaker presentation/lecture
- Downloadable references for relevant journal articles and literature

→ CERTIFICATES

On completion of the training, participants will be issued a Certificate of Completion. This module contributes towards certification as a Nutrition Network Practitioner.



ONLINE, SELF-PACED STUDY



Accreditation

This module's accreditation with The CPD Standards Office is currently pending. We do however expect to receive full international CPD accreditation. Once accredited, we have been assured that the accreditation is recognized and respected internationally. Formal CPD Standards certificates are issued and accepted in a multitude of countries.

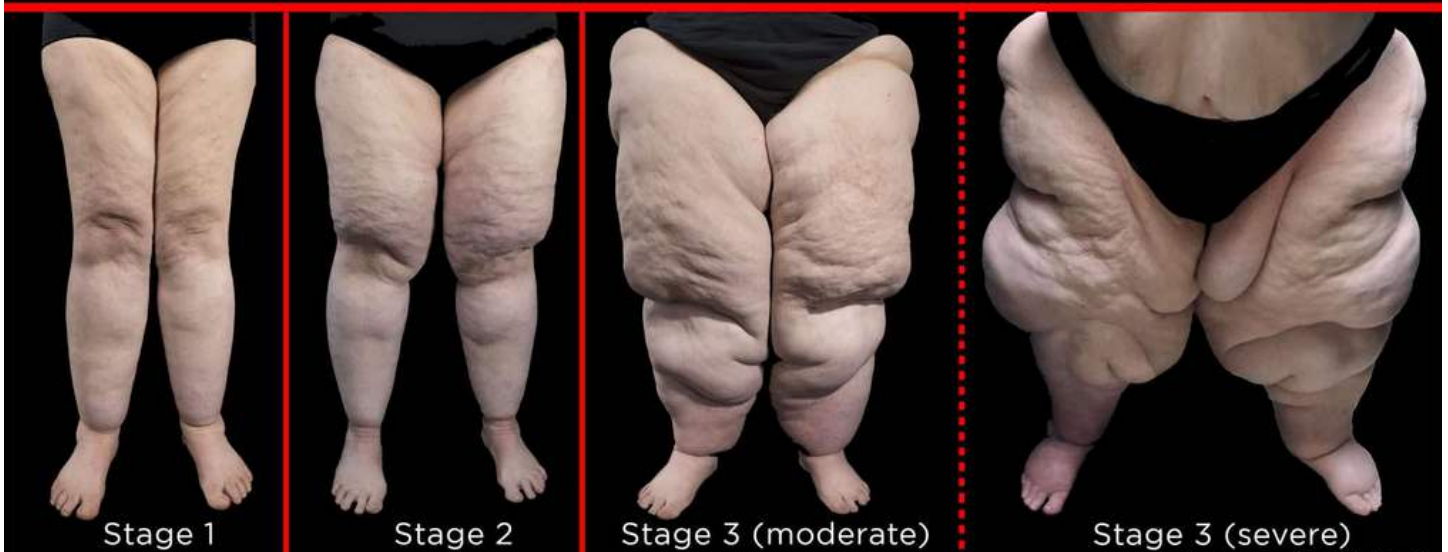
IMPORTANCE

Lipedema is often mistaken for obesity, yet it is a distinct adipose tissue, lymphatic, vascular, and metabolic disorder with unique characteristics and challenges.

- It affects millions of women globally
- It is frequently underdiagnosed or misdiagnosed
- It significantly impacts physical, emotional, and social wellbeing
- Research is rapidly evolving, but clinical awareness remains limited

Understanding lipedema is essential for improving **early detection**, **reducing stigma**, and providing more effective and compassionate care.

3 Stages of Lipedema



LIPEDEMA IS MORE COMMON THAN YOU THINK.

Estimates of the incidence of lipedema vary widely, ranging as high as 11% of the post-puberty female population. That would mean close to **17 million women in the United States** alone, and as many as **350 million women worldwide**.

MEET THE LECTURERS

The content of this training has been reviewed by the Nutrition Network Medical Advisory Board



**DR. MATTHEW
CARMODY, MD**

Dr. Matthew Carmody is a Board-certified internist and Assistant Professor of Medicine at Harvard Medical School. With over four decades of experience in primary care, he is known for his person-centered approach to chronic and underdiagnosed diseases, particularly lipedema and obesity. He serves as a key medical collaborator with Lipedema Simplified, a global initiative dedicated to advancing education, research, and clinical care for lipedema.

A Diplomate of the American Board of Obesity Medicine, his work emphasizes the integration of metabolic, inflammatory, and lymphatic health into mainstream clinical practice.



MEGAN RAMOS

Megan Ramos is a Canadian clinical educator. She joined nephrologist Dr. Jason Fung and his colleagues as a research student with a keen interest in preventative medicine when she was just 15 years old.

Currently an expert on therapeutic fasting and low-carbohydrate diets, Megan has guided more than 14,000 people worldwide. She is the co-author of the New York Times Bestseller *Life in the Fasting Lane* and leads The Fasting Method podcast with co-host Dr. Nadia Pateguana.



SIOBHAN HUGGINS

Siobhan Huggins is a Metabolic health researcher and advocate, specializing in cholesterol metabolism, inflammation, and lipedema. She serves as a Research Specialist with The Lipedema Project and sits on the board of the Citizen Science Foundation. After losing 80 pounds through a ketogenic diet and being diagnosed with lipedema in 2021, Siobhan shifted her focus to understanding the disease and its dietary interventions.

She presents at conferences and contributes to research on lipedema and metabolic health. Additionally, she is a co-founder of Own Your Labs, a platform that promotes self-directed health data and citizen science.

MEET THE LECTURERS

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RAMIN SHAYAN, MD, PHD, FRACS (PLASTICS)

Dr. Ramin Shayan, is a leading Australian plastic and reconstructive surgeon and Associate Professor at the University of Melbourne.

He directs the O'Brien Institute at St Vincent's Institute for Medical Research and is internationally recognized for his work in lymphatic surgery and reconstructive microsurgery. With over 70 publications and a PhD in cancer metastasis and lymphedema, Dr. Shayan's research bridges the fields of molecular biology and surgical innovation.



STANLEY G. ROCKSON, MD, FACP, FACC

Dr. Stanley Rockson is the Allan and Tina Neill Professor of Lymphatic Research and Medicine at Stanford University, where he serves as Chief of Consultative Cardiology. With over 40 years of research and 200+ peer-reviewed publications, he is a global leader in lymphatic and cardiovascular medicine. Dr. Rockson is the founding Chair of LE&RN and Editor-in-Chief of Lymphatic Research and Biology, dedicated to translating clinical research into life-changing therapies.



CATHERINE SEO, PHD

Dr. Catherine Seo is a researcher, educator, and advocate recognized internationally for her leadership in the field of lipedema. She is the founder and CEO of Lipedema Simplified and The Lipedema Project, initiatives dedicated to advancing awareness, diagnosis, and treatment of lipedema. Her research in media psychology centers on the psychosocial impact of body image. Dr. Seo directed the documentary film, *The Disease They Call FAT*, co-authored the book "*Lipedema: The Disease They Call FAT-An Overview for Clinicians*," and co-edited the medical textbook, "*Lipedema: Principles and Practice of Diagnosis and Treatment*."

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**CARRIE REEDY, BHSC
(NUT MED), FNLFP**

Carrie Reedy holds a Bachelor of Health Science in Nutritional Medicine, with additional training in Functional Nutrition and Lifestyle Medicine. She specializes in metabolic health, gut health, and genetic interpretation to provide personalized dietary recommendations. For the past 5 years, Carrie has been supporting the lipedema community, helping women navigate the complex relationship between metabolic dysfunction, inflammation, and lipedema progression. Her expertise focuses on the interconnection between gut health and metabolic health—two critical foundations for managing lipedema effectively.



JOANNA DUDEK, PHD

Dr. Joanna Dudek is a Psychologist, psychotherapist, and assistant professor at the SWPS University in Warsaw (Poland). In her clinical practice and research, she focuses on evidence-based treatments, including Motivational Interviewing, Cognitive Behavioral Therapy, and Acceptance and Commitment Therapy. She has dedicated her academic career to investigating the quality of life and psychological functioning of women with lipedema. She has conducted pioneering research and co-authored a number of articles about lipedema.



**LESLYN KEITH, OTD,
CLT**

Dr. Leslyn Keith is a leading expert in lymphatic and fat diseases, with over 25 years of clinical experience. She is internationally recognized for her groundbreaking research on ketogenic nutrition for managing lipedema, lymphedema, and obesity. Dr. Keith serves as a consultant for Lipedema Simplified and teaches for Klose Training. An accomplished author, she has written *The Lymphatic Code* and *The Ketogenic Solution for Lymphatic Disorders*, and leads the Lymphatic Lifestyle Solutions program. Her work integrates holistic care with cutting-edge science to empower patients and improve outcomes.

LECTURE OUTLINE

Module 1 - Lipedema Overview Symptoms, characteristics, stages and types

Stanley Rockson,
Catherine Seo
Matthew Carmody

Module 2 - Roadmap to Diagnosis The patient's story: clinical assessment and medical history, differential diagnosis & common co-morbidities

Matthew Carmody

Module 3 - Impact of Lipedema on Patient Quality of Life

Joanna Dudek

Module 4 - The Lymphatic System & Lipedema Anatomy and physiology of the lymphatic system Lymphatic system dysfunction in lipedema Nutritional impacts on lymphatics and metabolism

Leslyn Keith

Module 5 - A Holistic Approach to the Five Domains of Care Overview and application to lipedema - Catherine Seo Physical - Matt Carmody Mental/Psychological - Leslyn Keith Emotional - Carrie Reedy Spiritual - Catherine Seo Social - Siobhan Huggins

All Lecturers

Module 6 - Conservative Care & Complementary Therapies Complete Decongestive Therapy Complementary Therapies

Leslyn Keith

LECTURE OUTLINE

Module 7 - Innovative Therapies & Self-care Strategies

Opportunities for Citizen Science
Self-care strategies

Siobhan Huggins

Module 8 - Surgical Options for Lipedema

Ramin Shayan

Module 9 - Basics of Carbohydrate Reduction for Lipedema

Fasting and lipedema, goals for lipedema symptom management

Leslyn Keith
Megan Ramos

Module 10 - Nutrition and Lipedema Overview

Mechanisms of action on lipedema symptoms
Metabolism and lipedema
Realistic expectations for symptom management

Siobhan Huggins

Module 11 - Individualized Nutritional Care

Holistic, patient-centered approach
Kind and gentle adaptations for lipedema

Carrie Reedy
Siobhan Huggins

Module 12 - Role of Supplements and Food Additives in Lipedema

Carrie Reedy

LECTURE OUTLINE

Module 13 - Long-term Monitoring of Nutritional Care

Monitoring symptoms and adjusting nutritional care
Self-diagnosis/monitoring
Putting it all together in your practice (Nutritionist)

Carrie Reedy
Siobhan Huggins

Module 14 - A Multidisciplinary Approach

Resources and Referrals
Putting it all together in your practice (Primary Care)
Future directions for lipedema care

Catherine Seo
Leslyn Keith
Matthew Carmody
Stanley Rockson

Lipedema was first named in 1940 by **Allen & Hines at the Mayo Clinic.**

DID YOU KNOW?

But for decades after, it remained largely invisible, with only few studies published between the 1950s and 1970s.



TRAINING OUTCOMES:

By the end of this training, participants will be able to:

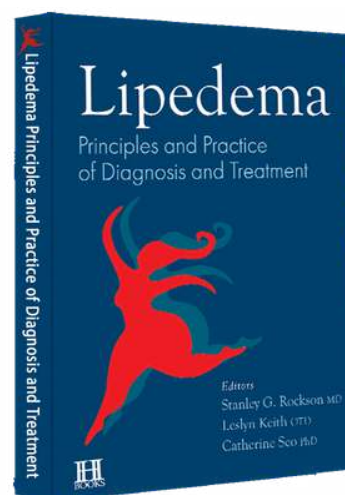
- Identify the **key signs, symptoms, and stages** of lipedema
- Differentiate lipedema from other conditions such as obesity and lymphedema
- Understand the **underlying physiology and metabolic factors**
- Apply a **holistic, multidisciplinary approach** to care
- Implement **nutrition and lifestyle strategies** to support symptom management
- Recognize appropriate **referral pathways and treatment options**
- Support patients with **long-term monitoring and individualized care plans**

ADDITIONAL RESOURCES

Available For Purchase

Principles and Practice of Diagnosis and Treatment

Comprehensive Clinical Resource
In-Depth Coverage of Lipedema
Diagnostic Guidance
Treatment Strategies



WHO IS THIS TRAINING FOR?

- Medical doctors
- Allied healthcare practitioners
- Nutritionists & dietitians
- Health coaches
- Anyone seeking to expand their knowledge and clinical competence in lipedema

MORE ABOUT US:

Together, the organisations aim to shift the paradigm from reactive to data-driven, preventative, and personalised care.

Nutrition Network:

The Nutrition Network is an education platform founded by The Noakes Foundation, providing professional training in therapeutic carbohydrate restriction and metabolic health. With a growing global community, the organization aims to transform healthcare through evidence-based nutrition education.

*For more information or further enquires
please feel free to reach out to us*

Best regards,
Nutrition Network Team!



support@nutrition-network.org



<https://nutrition-network.org/>