# New ICD-10 Codes for Lipedema

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# Sponsor of New ICD-10 Lipedema Codes

- The American Vein and Lymphatic Society (AVLS) in association with a team of lipedema experts, submitted lipedema codes to The National Center for Health Statistics / Center for Disease Control (NCHS/CDC) on June 12, 2020.
- Specific lipedema codes are needed for clinical care and research.

# Lipedema

- First described at the Mayo clinic in 1940
- Loose connective tissue (adipose) disease
  - Fibrosis
  - Edema

→ Pain

- Affects women >>> men
  - On arms and lower body
  - Hands, feet, trunk **un**affected
- Risk for obesity
- Risk for lipolymphedema

Modified from: Herbst KL. In: Purnell J, Perreault L, eds. *Endotext.* Massachusetts: MDText.com; 2019

# Fibrosis may be a main reason why lipedema loose connective tissue is highly resistant to loss of fat by diet, exercise or bariatric surgery


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- Pouwels S, Huisman S, Smelt HJM, Said M, Smulders JF. Clin Obes 2018; 8:147-150.
- Pouwels S, Smelt HJ, Said M, Smulders JF, Hoogbergen MM. Cureus 2019; 11:e5388.
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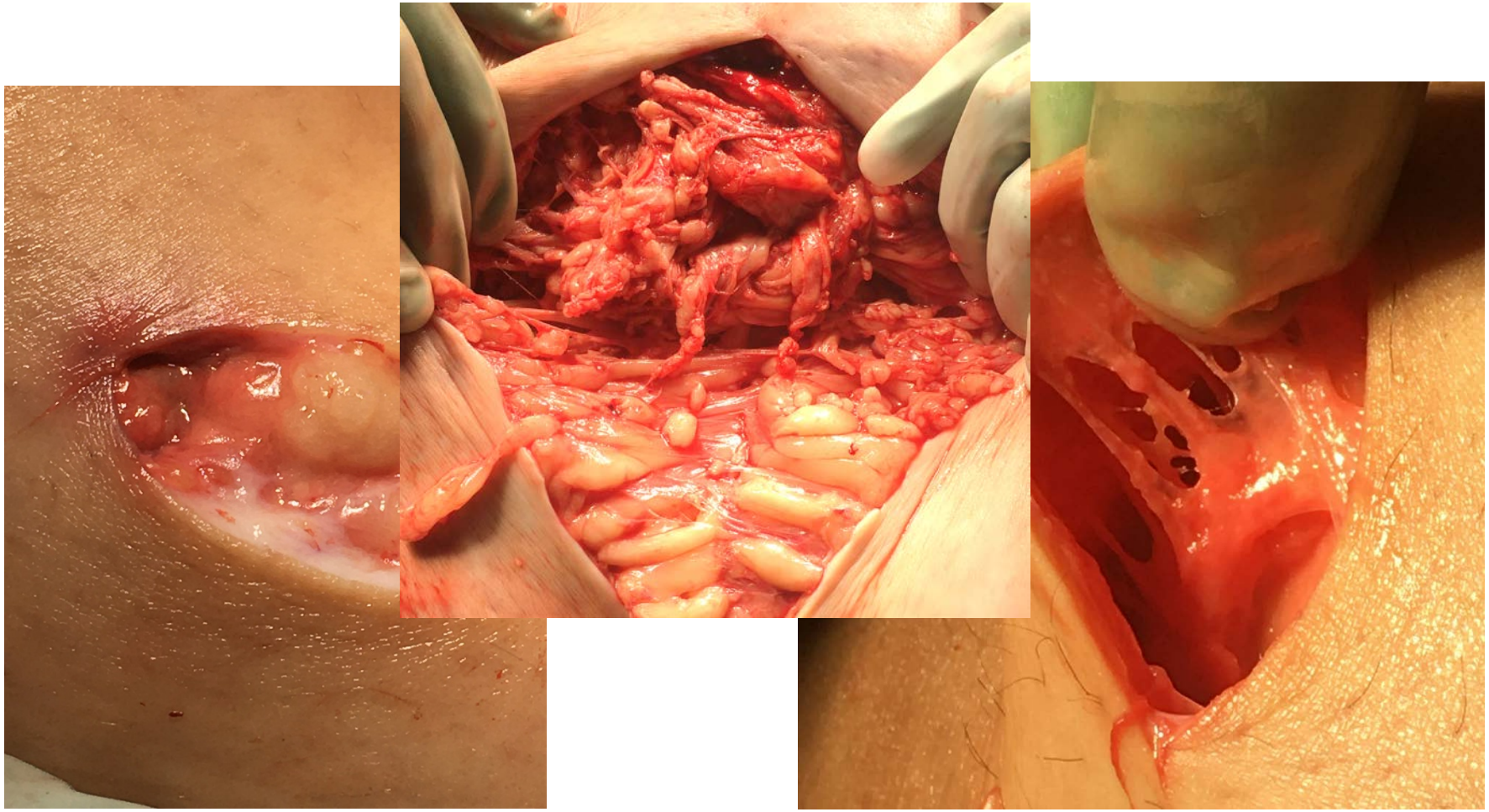
# Fibrosis in Lipedema Tissue



Photos courtesy of Dr. Jamie Schwartz

# Fibrosis may be a reason why loose connective tissue cannot be lost by Madelung's disease (multiple symmetric lipomatosis), Dercum's disease and familial multiple lipomatosis

**Multiple Symmetric Lipomatosis**

**Dercum Disease**

**Familial Multiple Lipomatosis**

# Lipedema Stages

**Stage 1** **Stage 2** **Stage 3**

Herbst KL *Acta Pharmacol Sin*. 2012 Feb;33(2):155-72

**No Stage 4**

# Lipolymphedema not Stage 4

- Stages refer to the shape of lipedema tissue, not lipolymphedema.
- Lipolymphedema can occur at any stage, although more often Stage 3.
- A better term for Stage 4 is lipolymphedema.
- "Stage 4" masks the actual diagnoses of lipedema, lipolymphedema, obesity and often venous disease.
- Using the term Stage 4 increases the risk of missing and not treating these diagnoses.

**Lipedema, obesity and lipedema**

Todd M. Br J Community Nurs 2010; 15:S10-16.