

SETTING THE RESEARCH
AGENDA FOR LIPEDEMA:

Steps Towards a Cure

A CME Symposium for Health Care Professionals

FRIDAY APRIL 17, 2015

W Hotel, Union Square
201 Park Avenue South
New York, NY 10003



COURSE DIRECTOR:

Mark L. Smith, MD, FACS

Associate Professor, Department of Surgery,
Icahn School of Medicine at Mount Sinai
Chief, Division of Plastic Surgery,
Mount Sinai Beth Israel Director,
The Friedman Center for Lymphedema
Research & Treatment

KEYNOTE SPEAKER:

Professor Etelka Földi, MD

Physician-in-Chief of the Foeldi Clinic
Special Clinic for Lymphology
Hinterzarten, Germany

SPONSORED BY:

The Friedman Center for Lymphedema Research & Treatment,
Mount Sinai Beth Israel

CME CREDIT CERTIFIED BY:

Mount Sinai Health Systems:
Mount Sinai Beth Israel

ACCREDITATION STATEMENT

Mount Sinai Health System Hospitals: Mount Sinai Beth Israel, Mount Sinai St. Luke's and Mount Sinai Roosevelt, are accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT DESIGNATION STATEMENT

Mount Sinai Beth Israel designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credits™. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

POLICY ON FACULTY AND PROVIDER DISCLOSURE

It is the policy of Mount Sinai Health System Hospitals: Mount Sinai Beth Israel, Mount Sinai St. Luke's and Mount Sinai Roosevelt, that faculty and providers disclose real or apparent conflicts of interest relating to the topics of this educational activity and have established policies in place that will identify and resolve all conflicts of interest prior to this educational activity. Detailed disclosure will be made in the activity handout materials.

COURSE DESCRIPTION

Lipedema is an under-recognized condition characterized by the accumulation of subcutaneous fat in bilateral lower extremities, typically accompanied by tenderness, edema and bruising. Physicians frequently misdiagnose patients as being obese or having lymphedema leading to improper treatment and progression of symptoms. Eventually Lipedema can progress to Lipo-lymphedema, where the progressive fat accumulation leads to lymphatic insufficiency. Exercise and weight loss tend to worsen the relative body disproportion as the fat is lost preferentially from the trunk rather than the legs resulting in patient frustration and poor compliance. This course will review the diagnostic criteria, work up and differential diagnosis for patients with Lipedema. Surgical and non-surgical treatment options will be discussed.



The physiology and pathophysiology of fat metabolism, Lipedema research opportunities and obstacles to patient care will be reviewed.

OBJECTIVES

After attending this activity, the participant will demonstrate the ability to:

- Recognize clinical criteria for diagnosing Lipedema.
- Differentiate between Lipedema, Lymphedema and General Obesity, as these conditions are distinct but may co-exist.
- Understand the role of lymphoscintigraphy, magnetic resonance lymphangiography and indocyanine green fluorescent lymphangiography in differentiating Lipedema from Lymphedema.
- Describe surgical and non-surgical Lipedema treatments, including: liposuction, manual lymphatic decompression, bandaging and compression garments and compare the limitations of each treatment modality.
- Explain what is known about Lipedema regarding etiology and disease progression.
- Describe the stages of Lipedema, including progression to Lipo-Lymphedema.
- Assess the relationship of Lipedema to venous, bariatric and orthopedic conditions including venous insufficiency, weight gain, and gait disturbances.
- Examine the current understanding of inflammatory, genetic, metabolic and endocrine influences on fat deposition; the knowledge gaps in relation to Lipedema; obstacles to patient care; and the potential opportunities for further research.

TARGET AUDIENCE

Primary Care Physicians, OB/GYNs, Vascular Surgeons, Bariatric Surgeons, Endocrinologists, Plastic Surgeons, Physical Therapists, Researchers, Geneticists, Patients and their Supporters



FACULTY

COURSE DIRECTOR

Mark Smith, MD, FACS

Associate Professor, Department of Surgery,
Icahn School of Medicine at Mount Sinai
Chief, Division of Plastic Surgery,
Mount Sinai Beth Israel
Director, The Friedman Center for Lymphedema
Research & Treatment
New York, NY

KEYNOTE PRESENTER

Professor Etelka Földi, MD

Physician-in-Chief of the Földi Clinic
Special Clinic for Lymphology
Hinterzarten, Germany

GUEST FACULTY

Matthew Carmody, MD

Instructor, Clinical Medicine
Harvard Medical School, Mount Auburn Hospital
Cambridge, MA

Jens Diedrichson, MD

Consultant Plastic Surgeon
Department of Plastic and Aesthetic Surgery
Florence Nightingale Hospital
Duesseldorf, Germany

Susan Fried, PhD

Professor of Medicine
Boston University School of Medicine
Director, Boston Nutrition and Obesity
Research Center, Boston, MA

Kimberly Gudzone, MD, MPH

Assistant Professor of Medicine
The Johns Hopkins University School of Medicine
Baltimore, MD

Karen Herbst, MD, PhD

Associate Professor of Medicine
Program Director, Endocrinology/Diabetes
Fellowship Program
University of Arizona, College of Medicine
Tucson, AZ

Guenter Klose, MLD/CDT, CI

Executive Director
Klose Training & Consulting, LLC
Lafayette, CO

Gwen Randolph, PhD

Professor
Division of Biology and Biomedical Sciences
Washington University
St. Louis, MO

Stefan Rapprich, MD

Senior Consultant
Dermatologist and Dermatologic Surgeon
Specialist for Liposuction and Phlebologic Surgery
Partner at Hautmedizin Bad Soden
Frankfurt am Main, Germany

Stanley Rockson, MD

Allan and Tina Neill Professor of
Lymphatic Research and Medicine
Stanford University, School of Medicine
Stanford, CA

Tilly Smidt

Patient Advocate
Almere, Amsterdam,
The Netherlands



Catherine Seo, PhDc

Director, Lipedema Simplified, LLC
Partnered with the Friedman Center for
Lymphedema Research & Treatment
Cambridge, MA

Melody Swartz, PhD

Professor, The Institute for Molecular Engineering
University of Chicago
Chicago, IL

HOST FACULTY - Mount Sinai Health System

William B. Inabnet III, MD, FACS

Chairman, Department of Surgery
Professor of Surgery, Icahn School of Medicine
Mount Sinai Beth Israel
New York, NY

Ruth Loos, PhD

Director of the Genetics of Obesity and Related
Metabolic Traits Program,
Charles R. Bronfman Institute of Personalized
Medicine, Mount Sinai Beth Isreal
New York, NY

Jennifer Svahn, MD, FACS

Attending, Department of Surgery
Division of Vascular and Endovascular Surgery
Mount Sinai Beth Israel
New York, NY



AGENDA

FRIDAY, APRIL 17TH

Approved for a maximum of 6.0 AMA PRA Category 1 Credits™

8:00 – 8:30 am	Registration & Continental Breakfast
8:30 – 8:40 am	Welcome Mark Smith MD, FACS & Catherine Seo PhD
8:40 – 8:55 am	Lipedema Overview, Mark Smith MD, FACS
8:55 – 9:15 am	Lipedema: Fat Disorders & Differential Diagnosis Karen Herbst MD, PhD
9:15 – 9:45 am	Keynote: Lipedema What We Know & What We Need to Know Professor Etelka Földi MD
9:45 – 10:10 am	Q&A & Discussion Moderator: Guenter Klose MLD/CDT
10:10 – 11:10 am	<ul style="list-style-type: none">• Anti-Fat Bias, Kim Gudzone MD, MPH• The Patient Experience, Tilly Smidt• The Physician Advocate, Matthew Carmody MD
11:10 – 11:30 am	BREAK
11:30 – 12:15 pm	Clinical Considerations Panel <ul style="list-style-type: none">• Venous Insufficiency, Jennifer Svahn MD, FACS• Bariatric & Weight Loss, William B. Inabnet III MD, FACS
12:15 – 1:00 pm	Treatment Panel <ul style="list-style-type: none">• Conservative (CDT)• Surgical: Liposuction for Lipedema Guenter Klose MLD/CDT, Stefan Rappich MD Jens Diedrichson MD



- 1:00 - 1:30 pm Q&A and Discussion
Moderator: Mark Smith MD, FACS
- 1:30 - 2:30 pm LUNCH
- 2:30 - 3:00 pm Lymphatic System, Inflammation & Lipedema
Stanley Rockson MD
- 3:00 - 4:00 pm Research Panel
- Hormone/Endocrine
 - Fat Metabolism/Fat Deposition
 - Genetics
 - Lymphatics
- Susan Fried MD, Ruth Loos MD & Gwen Randolph PhD
- 4:00 - 4:20 pm Q&A and Discussion
Moderator: Melody Swartz PhD
- 4:20 - 4:30 pm Wrap Up & Adjourn
Mark Smith MD, FACS



FRIDAY, APRIL 17 Non-CME Activities



DOCUMENTARY PREMIERE & RECEPTION

[The Disease They Call FAT](#) and Public Service Announcement (PSA)
on Lymphedema Treatment Act (LTA)

4:30 pm - 7:30 pm

For: Open to the public

Registration: Free! Please register for this special event online, at

<https://lipedema-premiere.eventbrite.com>

Donation invited, please send donation to

<https://philanthropy.mountsinai.org/lymphedema>

Location: W HOTEL, Union Square
201 Park Avenue South, New York, NY



SATURDAY, APRIL 18 Non-CME Activities

THINK TANK: SETTING THE RESEARCH AGENDA FOR LIPEDEMA

Saturday, April 18, 2015

8:00 am - 2:00 pm

For: Medical Professionals

Registration: BY INVITATION ONLY

Location: Friedman Conference Rooms 1, 2 & 3
Phillips Ambulatory Care Center (PACC)
Mount Sinai Beth Israel
10 Union Square East, 2nd Floor
New York, NY



LIPEDEMA SOLUTIONS FORUM

Saturday, April 18, 2015

8:00 am - 2:00 pm

For: Therapists, Patients and Supporters ([Learn More](#))
Registration: See Registration Form for fees and registration options,
To register for the Solutions Forum online go to:
www.chpnet.org/cme

Location: The Friedman Auditorium
Phillips Ambulatory Care Center (PACC)
Mount Sinai Beth Israel
10 Union Square East, 2nd Floor
New York, NY

While little is known about lipedema, there are recommended options that can be taken to reduce the impact and stop the progression of the disorder. Lipedema Solutions Forum presents various methods to help in reducing the impact of lipedema on your quality of life. We will have sessions on the following:

- Dealing with Lipedema:
How to advocate for yourself with your healthcare providers
- Complete Decongestive Therapy:
Manual Lymphatic Drainage (MLD) & Compression
- The Role of Exercise: lymphatic yoga, exercise & meditation
- The Role of Diet: nutrition & supplements
- Surgical Treatment: pros & cons, a panel of women who have had liposuction



ABOUT THE DOCUMENTARY *There are an estimated 17 million women in the USA that have the fat disorder lipedema and don't know it, and many more globally. Filmmaker and patient Catherine Seo brings us on a journey of discovery, as she explores this misunderstood and commonly misdiagnosed disease.*

When her own lipedema diagnosis was overlooked and surgery resulted in dire complications, Catherine began a journey of inquiry rather than face immobility and chronic pain. During her research, she traveled across the US and to Europe and the UK, looking for the answers to her many questions, interviewing experts and patients as she went along. As she began to understand the complexities of the little known fat disorder of lipedema and the prevalence of anti-fat bias in healthcare, she also discovered the innovation of a handful of doctors in treating this disease. As the pieces came together, a bigger story emerged. The documentary, *The Disease They Call FAT*, is that story. Produced by Lipedema Simplified Productions in partnership with the Friedman Center for Lymphedema Research & Treatment.

ACCOMMODATIONS



Chelsea Inn (budget)

46 West 17th Street
New York, NY 10011
1-212-645-8989

Hyatt Union Square (high end)

134 4th Avenue
New York, NY 10003
1-212-253-1234

Gansevoort Park (high end)

420 Park Avenue South
New York, NY 10016
1-212-317-2900

Larchmont Hotel, Union Square (moderate)

27 West 11th Street
New York, NY 10011
1-212-989-9333

Hotel 17, Union Square (economy)

225 E. 17th Street
New York, NY 10003
1-212-475-2845

W Hotel, Union Square (high end)

201 Park Avenue South
New York, NY 10003
1-212-253-9119

Hotel Giraffe (moderate)

365 Park Avenue South
New York, NY 10016
1-212-685-7700



REGISTRATION FORM

(Please print clearly)

Full Name: _____ Title: (MD, RN, NP, etc.) _____

Address: _____

City: _____

State/Province: _____ Zip: _____ Country: _____

Telephone: _____ Fax: _____

Specialty: _____ Affiliation: _____

Email: _____

(Be sure to include your e-mail address as confirmation/receipt will be sent electronically)

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REGISTRATION

April 17th Symposium

- \$255 Physicians
- \$195 Non-Physicians

April 18th Lipedema Solutions Forum

- \$125 Registration

April 17th Reception & Film Premiere

- FREE! Don't forget to register your ticket at:
<https://lipedema-premiere.eventbrite.com>

SPECIAL PRICING Non-Physicians attending the April 17th Symposium & April 18th Solutions Forum

- \$225 Registration

Donation invited. To make a donation to the Friedman Center for Lymphedema Research & Treatment: <https://philanthropy.mountsinai.org/lymphedema>

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PAYMENT METHODS

 Payment Must Accompany Registration Form

- [Online registration is available and is the preferred method - www.chpnet.org/cme](http://www.chpnet.org/cme)
- Fax the completed form to 212-844-1700
- Check payable to MSBI-CME is enclosed
- Mail the completed form to: Mount Sinai Beth Israel, Office of CME
1st Avenue and 16th Street
New York, NY 10003

Credit Card Number: _____ Expiration Date: _____

Credit Card Type: American Express Master Card Visa

Signature: _____ Date: _____



CANCELLATION POLICY

A refund, less a \$15 administrative fee, will be issued upon written request. No refunds will be made after Friday, April 3, 2015. Mount Sinai Health System Hospitals: Mount Sinai Beth Israel, Mount Sinai St. Luke's and Mount Sinai Roosevelt reserve the right to cancel this program.

ADA STATEMENT

Mount Sinai Health System Hospitals: Mount Sinai Beth Israel, Mount Sinai St. Luke's and Mount Sinai Roosevelt fully comply with the legal requirements of the ADA and the rules and regulations thereof. If any participant in this educational activity is in need of support services, please notify Kiersten Smith-Gaston at ksgaston@chpnet.org in order to receive service.

FURTHER INFORMATION REGARDING ACTIVITY DETAILS

The Lipedema Project

Friedman Center for Lymphedema Research & Treatment

Phone: 1-212-844-8590

Email: symposium2015@lipedemaproject.org

Symposium Website: www.lipedemaproject.org/symposium2015

Film Premiere Website: www.lipedemaproject.org/premiere2015

Tax deductible donations can be sent to:

<https://philanthropy.mountsinai.org/lymphedema>

FURTHER INFORMATION REGARDING REGISTRATION

Mount Sinai Beth Israel

Office of Continuing Medical Education

Phone: 1-212-420-4713 Fax: 1-212-844-1700

Email: ksgaston@chpnet.org

Website: www.chpnet.org/cme



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