

Lipedema

DNA Health Report

REPORT CATEGORY —



WEIGHT & BODY FAT

Sample Client

Report date: 15 January 2026

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs. The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Lipedema is a chronic condition characterized by the symmetrical buildup of adipose tissue in the legs and arms, often leading to pain, bruising, and mobility issues. Predominantly affecting women, lipedema is frequently misdiagnosed as simple obesity or lymphedema. Although initially believed to affect only 1 in 10,000 women, its currently estimated prevalence is 8-10% [R, R].

The condition typically develops or worsens at times of hormonal change such as puberty, pregnancy, or menopause, suggesting a hormonal component to its pathogenesis. Unlike typical fat, lipedema fat is not necessarily linked to obesity or metabolic dysfunction and does not respond well to dieting or exercise. In fact, people with lipedema are less likely to develop diabetes [R].

Symptoms of lipedema include [R]:

- **Fat buildup:** abnormal fat deposition occurs symmetrically on both sides of the body, predominantly from the waist down, sparing the feet and hands, which creates a "bracelet" effect at the ankles and wrists.
- **Pain and tenderness:** the affected areas are often painful to touch and may bruise easily.
- **Mobility issues:** as lipedema progresses, excess fat can interfere with mobility, leading to joint pain and decreased range of motion.
- **Emotional impact:** the physical appearance and related symptoms can lead to emotional distress and a reduced quality of life.

Risk Factors and Management

You’re more likely to get lipedema if you [\[R\]](#):

- Are female
- Have a family history of lipedema
- Have a BMI higher than 35

There is currently no cure for lipedema, but various treatments can help manage symptoms and prevent progression. Conservative treatments for lipedema include [\[R\]](#):

- **Compression therapy:** using compression garments to reduce discomfort and prevent the progression of the condition.
- **Manual lymphatic drainage:** a form of gentle massage that can help reduce fluid buildup and pain.
- **Diet and exercise:** While weight loss may not reduce lipedema fat directly, maintaining a healthy weight can help manage overall health and mobility.

Lipedema pain, inflammation, and swelling may be managed with pharmacological treatments, including amphetamines, phentermine, metformin, resveratrol, diosmin, and selenium. Research into medications helping with fat metabolism is ongoing.

To remove lipedema fat, specialized techniques such as tumescent liposuction or water-assisted liposuction are used to avoid damage to the lymphatic system. In cases of concurrent obesity, bariatric surgery might help reduce the non-lipedema body fat and alleviate some symptoms.

Living with lipedema requires ongoing management to control symptoms and maintain mobility [\[R\]](#):

- Patient education: educating patients about the nature of the disease, treatment options, and self-care strategies is crucial.
- Support groups: many patients benefit from support groups that provide advice and emotional support.
- Regular follow-up: regular appointments with healthcare providers to monitor the condition and adapt treatment plans are important for managing the disease effectively.



TYPICAL LIKELIHOOD

Typical likelihood of lipedema based on 16 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
RSPO3	rs72959041	GG
SLC12A2	rs10649697	TT
GNGT2	rs28394864	GG
CCDC92	rs11057418	GC
SLC38A11	rs1128249	GT
ADAMTSL3	rs6602994	TC
ADAMTS9	rs4616635	CG
/	rs11772918	GA
VEGFA	rs6905288	GA
AOC1	rs62492368	AG
CERS5	rs28849840	AG
TIPARP	rs4680338	CG
/	rs565113908	TT
MSMO1	rs9308098	TT
POMC	rs202127120	CC
/	rs150160927	GG
PROSER1	rs1409440	TT
/	rs11511253	GG
MAP3K1	rs5868014	DEL(C)G
EML3	rs71490394	AA

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE		
1	Pneumatic Compression Devices (PCDs)	1 hour	2	Compression Stockings
3	Manual Lymphatic Drainage		4	Compression Therapy

1



Pneumatic Compression Devices (PCDs)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Use the pneumatic compression device on the affected limb(s) for 1-2 hours daily. Simply wrap the sleeve around your limb, secure it, and allow the machine to inflate and deflate the sleeve to improve circulation. Repeat this process daily for at least 3 months to assess effectiveness.

TYPICAL STARTING DOSE

1 hour

Description

Pneumatic compression devices are medical devices that use air pressure to improve blood circulation in the limbs. These devices typically consist of inflatable cuffs that are wrapped around the affected limb and inflate and deflate rhythmically, helping to facilitate the movement of blood and lymphatic fluids, reduce swelling, and enhance overall circulation in the treated area.They are commonly used to alleviate conditions like lymphedema and deep vein thrombosis, promoting better vascular health and reducing the risk of complications.

How it helps

Pneumatic Compression Devices (PCDs) aid in managing lipedema symptoms by enhancing venous return and lymphatic drainage, thereby reducing limb swelling and discomfort. Their rhythmic inflation facilitates fluid movement within the tissues, promoting improved circulation.

2



Compression Stockings

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Wear compression stockings during the day, especially when you expect to be sitting or standing for long periods. They should be put on before getting out of bed in the morning and removed before going to bed at night. Ensure they are the correct size and compression level as advised by a healthcare professional.

Description

Compression stockings are often worn to improve blood circulation in the legs and reduce the risk of conditions like varicose veins and deep vein thrombosis. They can be beneficial for individuals who spend long periods sitting or standing and those with certain medical conditions that affect blood flow.

How it helps

Compression stockings facilitate improved venous return and lymphatic drainage, alleviating swelling and discomfort associated with lipedema. By applying consistent pressure, they help manage pain and reduce the progression of this condition.

3



Manual Lymphatic Drainage

IMPACT

1 / 5

EVIDENCE

1 / 5

Description

Manual lymphatic drainage is a gentle massage technique that stimulates the lymphatic system to remove waste and toxins from bodily tissues. It involves light, rhythmic strokes to encourage the movement of lymph fluids around the body [\[R\]](#).

It's especially helpful for reducing swelling, detoxification, and boosting the immune system, making it a go-to option for post-surgery recovery or lymphedema management.

How it helps

Manual lymphatic drainage (MLD) facilitates the movement of lymph fluid, decreases accumulation and swelling in affected areas, and enhances overall circulation, which is crucial in alleviating symptoms and discomfort associated with lipedema.

4



Compression Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Wear compression stockings or sleeves daily, especially during long periods of standing or sitting. Choose a compression level appropriate for your condition (mild, moderate, or high), as advised by a healthcare professional. Start wearing them in the morning before swelling occurs and keep them on until bedtime.

Description

Compression therapy involves wearing specialized garments that apply pressure to the limbs, promoting better circulation and reducing swelling. It is commonly used to manage conditions like venous disorders and can help alleviate symptoms, improve vascular health, and enhance overall well-being.

In compression therapy, different methods are used to apply pressure to the legs. These methods include [\[R\]](#):

- Bandages
- Wraps
- Compression stockings
- Pneumatic pressure devices

Compression therapy supports blood flow. It may help [\[R, R, R\]](#):

- Prevent blood clots and deep vein thrombosis (DVT)
- Reduce some kinds of swelling
- Reduce symptoms of restless legs syndrome

How it helps

Compression therapy assists in managing lipedema by applying consistent pressure to the affected limbs, which enhances venous return and promotes lymphatic drainage. This mechanism helps reduce swelling and discomfort associated with the condition, improving overall quality of life.