

First pregnancy gained 26kgs (starting at 54kg) with alot of swelling and pitting edema - lost 14 kgs in 7 days post birth. Never able to shift extra 10kg despite efforts. I highly suspect I have lipodema but no one seems to know anything about it. Thighs are very lumpy, and bruise very easily. Upper body doesn't bruise easily. This pregnancy:

1. Unbearable morning sickness from 4-13 weeks, able to manage well with homeopathics, but remedy needed changing every week.
2. Varicose veins started in left leg at 13 weeks. Behind left knee, left calf and left ankle the veins were bulging and felt sore and under pressure. .had acupuncture 4 x with no relief.
3. Varicose veins have progressively worsened, very painful and bulging in my left bum cheek, vulva (started on left, now

bilateral) and through left groin, behind left knee and into left calf and ankle with a lot of spider veins on left and right legs.

4. Pitting edema in ankles and lower left leg, worse in left leg, occasionally in right leg. Left leg gets itchy and both legs feel heavy and full, causing fatigue and very sore feet.

5. Left leg is bigger than right, left inner thigh is a combination of hard / soft and lumpy.

What makes it worse:

- dehydration
- being on my feet for too long, whether that be going for a walk or standing in the same spot
- hot weather
- compression leggings cause indents in the ankle and swollen feet.
- lack of sleep and emotional distress

- walking barefoot
- I notice when my legs are bad I wee alot.

What gives relief

- elevating feet and getting off them
- infra-red light therapy pad , using twice a day
- cold weather
- chiro adjustment
- staying very well hydrated, adding salt to water
- knee high compression socks
- Archie's slides shoes
- adequate sleep
- good mental health space
- yin yoga
- rest

The swelling ebs and flows, nothing particularly sets it off or makes it better, it seems very sporadic and random. But the

above list is what I do to try and manage the symptoms. The pitting edema can be present from the minute I wake up, or worsen throughout the day.

Left calf muscle has been cramping (higher salt content in water helps this)

Left side of the body overall worse.

Left sinus blocked (bloody, snotty nose),

Left side toothache, left hip is okay at the moment but has been excruciating most of the pregnancy and very difficult to find relief, Left ankle always feels stuck and clicking.

Emotionally feeling very angry, teary, irritated, frustrated.

Physically feeling very heavy, full and a dull pain in legs and feet. Thighs are uncomfortable and chaff. Feeling dry and dehydrated (dry eyes, lips, itchy skin)

Decreased appetite, Craving first trimester

foods (bland carbs), unable to tolerate my usual diet at the moment (steak, eggs etc) really adverse to meat.

I take 50mg sertraline daily for anxiety and depression (all started in my first pregnancy I became aware of how toxic my parents are and how dysfunctional the relationship is i have with them)

My parents are narcissists, mum also has BPD and anorexia and becoming a mum myself brought it all to the surface. I've decided to be no contact with them since October 2023 which has helped alot, but I often feel triggered still, and I have alot of time regulating myself. Without the medication I have alot of explosive outbursts and distressing and consuming intrusive thoughts. I believe when I'm triggered by something to do with my parents my legs get worse with the

swelling.