

## References for Pathways Fall 2020

---

### Lipedema – A new paradigm shift

An interview with Dr. Tobias Bertsch

In discussion with Anna Kennedy and Pamela Hodgson

#### References

1. Bertsch T, Erbacher G. 2018. Lipoedema - myths and facts. *Phlebology* 2. <https://www.thieme-connect.com/products/ejournals/abstract/10.12687/phleb2411-2-2018?articleLanguage=en>. Not yet published.
2. Hirsch T, Schleinitz J, Faerber G. Is the differential diagnosis of lipedema possible using high-resolution sonography? *Phlebology* 2018; 47: 182–187
3. Goddard S. 2017. I'm not fat, I've got lipodoema. BBC. <https://www.bbc.co.uk/bbcthree/article/5d58f224-4bf7-498f-97d4-4073754a8f7f>
4. Child A, Gordon C et al. Lipedema: an inherited condition a.a.O.
5. Bosman J. Lipoedema: poor knowledge, neglect or disinterest. *Journal of Lymphoedema* 2011; 6 (2): 111
6. Dudek, J. E., Białaszek, W., Ostaszewski, P., & Smidt, T. (2018). Depression and appearance-related distress in functioning with lipedema. *Psychology, health & medicine*, 1-8.
7. Dudek JE, Białaszek W, Ostaszewski P. Quality of life in women with lipoedema: a contextual behavioral approach. *Quality of Life Research* 2016; 25: 401-408.

\*The whole interview was based off the following series articles: <https://www.thieme-connect.com/products/ejournals/topten/10.1055/s-00034913>.

---

### Anatomy and physiology with the lymphatic system

Knowledge, understanding and commitment are the keys to long-term success

By Kathleen Francis

#### Reference

1. Skandalakis JE, Skandalakis LJ, Skandalakis PN. Anatomy of the lymphatics. *Surg Oncol Clin N Am*. 2007;16(1):1-16. doi:10.1016/j.soc.2006.10.006
2. Alitalo K. The lymphatic vasculature in disease. *Nat Med*. 2011;17(11):1371-1380. Published 2011 Nov 7. doi:10.1038/nm.2545
3. Scallan JP, Zawieja SD, Castorena-Gonzalez JA, Davis MJ. Lymphatic pumping: mechanics, mechanisms and malfunction. *J Physiol*. 2016;594(20):5749-5768. doi:10.1113/JP272088
4. Gashev AA. Physiologic aspects of lymphatic contractile function: current perspectives. *Ann N Y Acad Sci*. 2002;979:178-196. doi:10.1111/j.1749-6632.2002.tb04878.x
5. Raper D, Louveau A, Kipnis J. How Do Meningeal Lymphatic Vessels Drain the CNS?. *Trends Neurosci*. 2016;39(9):581-586. doi:10.1016/j.tins.2016.07.001
6. Margaris KN, Black RA. Modelling the lymphatic system: challenges and opportunities. *J R Soc Interface*. 2012;9(69):601-612. doi:10.1098/rsif.2011.0751
7. Li CY, Kataru RP, Mehrara BJ. Histopathologic Features of Lymphedema: A Molecular Review. *Int J Mol Sci*. 2020;21(7):2546. Published 2020 Apr 6. doi:10.3390/ijms21072546

8. Choi I, Lee S, Hong YK. The new era of the lymphatic system: no longer secondary to the blood vascular system. *Cold Spring Harb Perspect Med.* 2012;2(4):a006445. doi:10.1101/cshperspect.a006445 Savetsky IL, Torrisi JS, Cuzzone DA, et al.
9. Obesity increases inflammation and impairs lymphatic function in a mouse model of lymphedema. *Am J Physiol Heart Circ Physiol.* 2014;307(2):H165-H172. doi:10.1152/ajpheart.00244.2014
10. Mehrara BJ, Greene AK. Lymphedema and obesity: is there a link?. *Plast Reconstr Surg.* 2014;134(1):154e-160e. doi:10.1097/PRS.0000000000000268

---

## **LYMQOL: Measuring the effect of lymphedema on quality of life**

A comprehensive questionnaire

By Vaughan Keeley and Katie Riches

### **References**

1. Keeley V. Quality of Life Measurement Instruments. Chapter 3 in *Lymphedema - Complete Medical and Surgical Management*. Ed Neligan P, Masia J, Piller N. 2016. CRC Press
2. COSMIN. The COSMIN checklist. Available at [www.cosmin.nl/the-cosmin-checklist\\_8\\_5.html](http://www.cosmin.nl/the-cosmin-checklist_8_5.html)
3. Keeley V, Crooks S, Locke J, et al. Quality of life measure for limb lymphedema (LYMQOL). *J Lymphedema* 2010; 5:26-37
4. Countries where LYMQOL is used: Australia, Belgium, Brazil, Canada, Denmark, France, Germany, Greece, India, Italy, Japan, Korea, Mexico, New Zealand, Norway, Portugal, Sweden, Spain, Thailand, Turkey, United Kingdom, United States of America