

# Medicine and Supplements for People with Lipedema and Dercum's Disease (DD)\*

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## Improve hypertrophic (large) adipocyte health

### Supplements:

- **Lemon polyphenols**
- **CoQ10 ubiquinol**

Food: **Lemon** squeezed into water daily

Meds: **Amphetamines**

## Maintain healthy gut bacteria (microbiome)

Meds: **Metformin** – one gram 2x/day

Reduce use of PPI and H2 blockers

Supplements: **Berberine; probiotics**

Food: **Lemon, Kefir, Barley**

## Improve Immune function

### Supplements:

- **Vitamin D** – stay above 30 mg/dl
- **Mushrooms** – Cordyceps well studied

Food: rainbow variety of vegetables

## Maintain normal metabolism

Med: Thyroid hormone replacement as needed<sup>†</sup>

## Improve mitochondrial function; powerhouse of cell

### Supplements:

- **CoQ10 ubiquinol**; buy well absorbed product
- **B complex** vitamin either 50 or 100 mg
- **Vitamin C** – 1-5 grams a day; loose stool
- **Magnesium** – bath, spray, oral: 350 mg/day max
- **Quercetin** – ↑# mitochondria; ↑exercise

## Reduce Inflammation

### Supplements:

- **Seeds** - grape, horse chestnut, avocado, apricot
- **Diosmin**
- **Rutosides** (converted to **quercetin**)
- **Selenium** 600 mcg/day; <sup>†</sup> 1 **Brazil nut**=200 mcg
- **Fish oil (omega 3-fatty acids)**
- **Vitamin D3**

Med: **Metformin**<sup>†</sup>

Food: **Omega 3 fatty acids; avocado seed;**

## Reduce activity of mast cells

### Meds:

- **Ketotifen eye drops**
- **OTC H1 blockers** - Cetirizine, fexofenadine
- **H2 blockers** – Famotidine, ranitidine, cimetidine

## Lymphagogues improve lymphatic function/pumping

### Supplements:

- **Diosmin** 500-600 mg 1-2 times/day.
- **Rutosides** - large amounts.
- **Butcher's broom** – mechanism≅amphetamines

### Meds:

- **Amphetamines** – dextroamphetamine, Adderall, phentermine. Terbutaline an option.
- **Ketoprofen** – no swelling as with other NSAIDs

## Reduce leaky blood and lymphatic vessels

Maintain or increase apelin levels by lowering LDL with **statin medications**, and exercise; **EPA**

### Supplements:

- **L-arginine** – long-acting or as a no-additive powder added to water 3 grams 3x/day
- **Antihistamines** - Rutin → quercetin; pycnogenol
- **Diosmin** – proven for venous disease

Med: **Statins**

## Break up coagulated protein in adipose tissue

- **Guaifenesin** 600 mg twice daily
- **N-acetyl-cysteine** – 500-600 mg 1-2x/day

## Reduce Pain

### Meds:

- **Mexilitene**<sup>†</sup>
- **Pregabalin**<sup>†</sup> or **gabapentin**<sup>†</sup>
- **Amitryptiline**<sup>†</sup>
- **Ketoprofen**<sup>†</sup> - no swelling as with other NSAIDs

**Pregnancy** – *always check with your doctor before taking any new medication or supplement including herbal teas.*

*Take only if benefits outweigh risks.*

### Supplements:

- **Diosmin** 2<sup>nd</sup> trimester on
- **Pycnogenol**

Food: **Barley water**<sup>Y</sup>

### Supplements:

- **Quercetin** – 500-1000 mg 1-2x/day
- **Luteolin** – (in many foods especially leaves and rinds)
- **Rutin**

**Abbreviations:** OTC=over the counter; H1 or H2=histamine 1 or 2 receptor; PPI=proton pump inhibitor; EPA from fish oil.

\***Disclosure** – Many of these medications and supplements have not been tested in large clinical trials for the lipedema and Dercum’s disease population. *Always discuss taking any new medications or supplements with your healthcare provider.* The medications and supplements may also work for people with painful SAT due to lymphedema, Madelung’s disease and familial multiple lipomatosis especially with angioliomatosis. When reading dosages, be careful as milligrams (mg) looks similar to micrograms (mcg).

† Tested in large randomized controlled human clinical trials not specifically for fat disorders

**Table 1.** Drug Interactions

Supplement or Medication	Interacting medication/supplement	Risk
Hesperidin ± disomin	Anticoagulants	Bleeding
Quercetin	Quinolones	Reduce antibiotic effectiveness
Selenium	Anticoagulants	Bleeding
Selenium+Vit E+Vit C+β-carotene	Statins; niacin	Reduced effectiveness
Statins	Grapefruit juice	Increased levels

**Table 2.** Signs or symptoms and suggested medication or supplement.

Sign/Symptom	Medication or Supplement
Itching	Quercetin; luteolin; rutin; pycnogenol; H1 & H2 blockers
Decreased Exercise tolerance	Alpha lipoic acid 600mg 1-3x/day; Quercetin 500-1000 mg 2x/day
Swelling	Diosmin; guaifenesin; NAC; amphetamines; barley water
Muscle cramps	Magnesium, tonic water, pycnogenol
Loss of elasticity in the skin	Butcher’s broom
Elevated fasting glucose >100	Metformin
Elevated homocysteine	Folate, B6, B12 (elevated homocysteine can increase clotting risk)

<sup>y</sup>**Barley Water:** Boil ¼ cup washed, un-peeled organic barley for 15-25 minutes. Strain and add 2-4 Tbs. of lemon or orange juice. Mix well and drink daily to get rid of fluid retention. Gluten is not water soluble so this is gluten free (do not drink if you have documented celiac disease).

Educational material from the TREAT Program

<http://treat.medicine.arizona.edu/>



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