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 unbiqunol

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

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
- Dinosmin
- Rutosides (converted to quercetin)
- Selenium 600 mcg/day; 1 Brazil nut=200 mcg
- Fish oil (omega 3-fatty acids)
- Vitamin D3

Meds: Metformin†

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

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.

Lymphagogues improve lymphatic function/pumping

Supplements:
- Diosmin 500-600 mg 1-2 times/day.
- Rutosides - large amounts.
- Butcher’s broom – mechanism=amphetamines

Meds:
- 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

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

Reduce pain

Meds:
- Mexilitene†
- Pregabalin† or gabapentin†
- Amitryptiline†
- Ketoprofen† - 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 2nd trimester on
- Pycnogenol

Food: Barley water

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 angiolipomatosis. 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>
<thead>
<tr>
<th>Table 1. Drug Interactions</th>
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<tbody>
<tr>
<td><strong>Supplement or Medication</strong></td>
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<tr>
<td>Hesperidin ± disomin</td>
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<tr>
<td>Quercetin</td>
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<tr>
<td>Selenium</td>
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<tr>
<td>Selenium+Vit E+Vit C+β-carotene</td>
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<td>Statins</td>
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<table>
<thead>
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<th>Table 2. Signs or symptoms and suggested medication or supplement.</th>
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</thead>
<tbody>
<tr>
<td><strong>Sign/Symptom</strong></td>
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<tr>
<td>Itching</td>
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<tr>
<td>Decreased Exercise tolerance</td>
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<tr>
<td>Swelling</td>
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<td>Muscle cramps</td>
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<td>Loss of elasticity in the skin</td>
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<td>Elevated fasting glucose &gt;100</td>
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<td>Elevated homocysteine</td>
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†Barley Water: Boil ¼ cup washed, un-peeled organic barely 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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