

PATIENT SUCCESS STORY

Cindy



“Finding a diagnosis for lipedema was a game-changer for me. The right treatment, including my AIROS 6P pneumatic compression pants, has made a huge difference in my daily life.”

NAME

Cindy

HEIGHT

5 FT 7 IN

WEIGHT

165 LBS

CONDITION

LIPDEMA

Can you provide some background about your diagnosis and treatment and how you came to use an AIROS device?

For most of my life, I struggled with unexplained swelling and discomfort in my legs. As a nurse, I always assumed it was just part of the job—being on my feet all day, genetics, or even weight fluctuations. It wasn't until about a year and a half ago that I finally discovered I had lipedema.

The journey to diagnosis wasn't easy. I had symptoms for years but didn't recognize them as anything unusual. Like many women, I only learned about lipedema through researching social media, where I saw stories that sounded exactly like mine. Determined to get answers, I sought out a specialist, but finding a healthcare provider who understood the condition was a struggle. After six months of searching, I finally found a physical therapy clinic that could help me, and my doctor prescribed a pneumatic compression device.

Since then, managing my lipedema has been my priority. My treatment includes using my AIROS 6P pneumatic compression pants, physical therapy, and an anti-inflammatory diet. These steps have helped alleviate my symptoms.

What AIROS device do you use?

I use AIROS 6P pneumatic compression pants as part of my treatment routine. These have been instrumental in managing my swelling and discomfort, helping me maintain mobility and reduce pain.

What was your experience using the device?

Using pneumatic compression therapy has made a tremendous difference in my daily life. Before treatment, I often felt heavy, uncomfortable, and fatigued, especially after long shifts at work. Now, I experience noticeable relief, which allows me to stay more active and engaged in my daily activities. While my condition is progressive and may require surgery in the future, having the right tools for symptom management has been empowering.

TELL US YOUR STORY



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Will you continue to use the device and why?

Absolutely. The compression therapy provides me with much-needed relief and allows me to manage my symptoms effectively. It has become a crucial part of my daily routine and overall health strategy.

Anything else you'd like to share?

There's still so much work to be done in raising awareness about lipedema. Too many women go undiagnosed, thinking their symptoms are just part of getting older or related to weight. Social media played a huge role in helping me identify my condition, and now, I want to use my own experience to help others.

I've started a podcast, "Stronger Than Lipedema", with my co-host, Kristy Dellacroce, to share stories, provide education, and support women searching for answers. Additionally, I have a health coaching business working with women with lipedema, helping them navigate their condition with personalized guidance. I also teach nutrition classes to help others make informed health choices. My goal is to ensure that women don't have to go through the same struggles I did—because knowledge is power, and together, we can make a difference.

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