

PATIENT SUCCESS STORY

Lisa



NAME

LISA

HEIGHT

5 FT 7 IN

WEIGHT

138 LBS

CONDITION

LIPDEMA,
LYMPHEDEMA

TELL US YOUR STORY



"Finding the right treatment has made all the difference. My pneumatic compression device is easy to use, effective, and an essential part of my routine."

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

For years, I struggled with swelling and discomfort, not realizing I had lipedema. Like many others, I assumed my symptoms were just part of daily life. I was often told to lose weight or exercise more, but no matter what I did, my legs and hips remained disproportionate to the rest of my body. Something just didn't feel right.

I was misdiagnosed with lymphedema in my late twenties and underwent decongestive therapy with wrapping treatments. However, I didn't see much improvement and knew there had to be another explanation. Thankfully, I started actively seeking answers, and I found a doctor who listened. At my very first appointment, I shared my concerns and brought literature from a lipedema organization. He admitted he had never heard of it before but said, "I think you're right." That moment was a turning point for me. Since then, he has even helped diagnose other women with lipedema.

Eventually, I was referred to a physical therapy clinic that specialized in my condition. They taught me manual lymphatic drainage (MLD) and introduced me to myofascial release therapy, which was fairly new for lipedema treatment at the time. It made a huge difference in reducing my pain. My doctor then prescribed a pneumatic compression device to support my treatment.

Although I had to pay out of pocket for my AIROS device, I found it to be an affordable and worthwhile investment when considering the long-term benefits. The cost is significantly outweighed by how much I use it and the savings I gain from better symptom management.

Finding support has been just as important as finding treatment. Many of us have been made to feel like what's happening to our bodies is our fault, or we've been dismissed by doctors who only focus on BMI or weight loss. Joining online and in-person lipedema communities has been life-changing—I've connected with others who truly understand, shared treatment tips, and found reassurance that I'm not alone in this journey. Having a strong support system has made all the difference.

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What AIROS device do you use?

I use the AIROS 6-Chamber Lower Extremity Compression Garment as part of my daily routine. It helps reduce swelling and discomfort, making it easier to stay active and manage my symptoms.

What has your experience been using the device?

The device is incredibly easy to use, especially compared to others I've seen. It has become an essential tool in my care, helping to reduce swelling and improve my comfort.

I use it midday at least six days a week for an hour, keeping my legs elevated during treatment, which has been really effective. The impact has been significant—I see my specialist monthly for check-ins and manual lymphatic drainage, and during these visits, we track my progress through measurements. Since incorporating the AIROS device, I've experienced substantial reductions in swelling, with measurable decreases in centimeters across different areas of my legs and body.

Will you continue to use the device and why?

Absolutely. It provides real relief and is a key part of managing my symptoms effectively. Along with staying active in my support groups, my AIROS device helps me stay on top of my condition and continue improving my quality of life. It also allows me to keep up with my children and their busy schedules, ensuring that I can stay engaged and present in their daily activities without being held back by pain and swelling.

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