NAME
SUSAN

HEIGHT
5 FT 9 IN

WEIGHT
325 LBS

CONDITION
LIPEDEMA,
LYMPHEDEMA

TELL US YOUR STORY

PATIENT SUCCESS STORY

Living with Lipedema, Leading with Purpose: Susan's Success Story

> *"I've spent years searching for answers, advocating for myself—and now, I'm doing the same for others. Finding the right tools like my pneumatic compression device made all the difference."*

My Journey: Nearly 20 Years Without Answers

For years, I knew something wasn't right with my body—but no one could give me answers. After my first pregnancy, my legs changed dramatically. I left the hospital with what I now know was Stage 3 lipedema, but back then, it was brushed off as weight gain or normal postpartum swelling.

Even after bariatric surgery and losing over 170 pounds, my legs remained disproportionately large and painful. I kept asking doctors what was wrong, but most only looked at my BMI. I wasn't being heard.

One day, while being fitted for a brace, a specialist asked me, "Who's treating your lymphedema?" That one question flipped a switch. I had never even heard the word before. I joined a Facebook group, posted photos, and within minutes, someone messaged me: "You've got lymphedema. Your legs look just like mine." That was the beginning of real answers.

Three months later, I had my first surgery.

Turning Pain Into Purpose

After getting diagnosed with lipedema in both legs and lymphedema in the left leg, I realized how many others were also lost in the system, misdiagnosed, or ignored. I decided to share my story publicly and started Legs Like Mine—a blog and YouTube channel to document my surgeries and daily management.

The response was overwhelming. Within a week, I had over 1,000 messages from other women thanking me for sharing something they thought they were alone in. That's when I knew I had to do more.

I've since launched:

- **The Legs Like Mine platform**
- **The American Lipedema Association (ALA),** a nonprofit now present in 35 states
- **A shoe brand** that makes custom calf boots for women with lipedema
- **Several books,** including *Jeans on a Beach Day & Aqua Therapy for Lipedema and Lymphedema*

CONTINUED...

AIROS® MEDICAL

PATIENT SUCCESS STORY

Living with Lipedema, Leading with Purpose: Susan's Success Story

Finding the Right Tools for Daily Care

Living with lipedema and lymphedema is a full-time job. Between working, parenting, and advocating, I've had to find realistic ways to manage my symptoms. I swim in my backyard pool as often as I can, but on days when I can't, I turn to my AIROS 8 pneumatic compression device.

There's a measurable difference in my legs after using the pump—sometimes one to two inches smaller in my calves. It helps me bounce back after travel, high activity days, or when the weather keeps me inside.

I've used other truncal garments in the past, but they were difficult to put on and store. I love that the AIROS garment zips up easily, fits under my bed, and just works. It's a practical tool that fits into my life—and at a price point that makes sense for patients like me.

"Not everyone has a pool like I do, but everyone deserves access to tools that help them feel better. This device is a big part of how I stay active, feel confident, and manage my swelling before it takes over."

Will I Continue Using the Pump?

Absolutely. The AIROS pump is a line of defense that I rely on. It reduces swelling, eases discomfort, and helps me maintain the active lifestyle I want—including keeping up with my kids. Whether I'm using it daily or as-needed between swims, it's an essential tool in managing my condition and protecting my quality of life.

AIROS® MEDICAL