

Lipoedema Diet and Lifestyle PhD opportunity

Lipoedema UK are looking for a candidate with a Masters of Science degree in nutrition to carry out research into how diet and lifestyle affects lipoedema management.

The research is at PhD level and is a full-time post during which the candidate will research the impact that diet has on lipoedema with a view to then developing dietary guidelines for lipoedema management. Currently no such guidance exists in the UK. If this post is of interest, please contact Lipoedema UK.
www.lipoedema.co.uk

You've got the power to care for your legs and feet

LEGS MATTER!

When it comes to keeping your legs and feet healthy you have more power than you might think. Legs Matter recommend five things you can do to take charge of your leg and foot health.

These include: putting your feet up, ditching the soap, making a GP

appointment, checking your legs and feet and doing some simple exercises such as heel raises. To get more information on how these actions can help, and to access a wealth of useful downloadable, printable resources for patients and healthcare professionals, visit our website below.

#legsmatter.
www.legsmatter.org

STAND UP FOR LEGS

PhD STUDY IN LIPOEDEMA DIET & LIFESTYLE

DE MONTFORT UNIVERSITY/LIPOEDEMA UK

A unique opportunity for an ambitious and enthusiastic self-motivated student.

Lipoedema is a chronic adipose tissue disorder involving an excessive abnormal deposition of subcutaneous fat mainly in arms, legs. The affected areas are heavy, painful and bruise easily. Lipoedema is hereditary, hormonal and almost exclusively affects women. Patients with lipoedema often have the added psychological distress of being misdiagnosed by their GP as obese.

Despite anecdotal evidence on benefits of certain diets in improving lipoedema, scientific studies are lacking. Currently there are no dietary guideline in the UK for lipoedema management.

STUDY AIM

- research how dietary practice affects lipoedema management
- design dietary intervention and test its efficacy
- develop UK-based dietary guidelines for lipoedema management

PhD ENTRY REQUIREMENTS

- a Masters of Science degree in Nutrition specialising in the clinical aspects or related, e.g. medicine, clinical medicine, medical science or pharmacy - awarded at minimum a Merit level
- knowledgeable in areas of anatomy and physiology, fat metabolism and metabolic disease

- knowledge in human nutritional science and research methodologies in health-related research
- good communication skills and experience in statistical analysis of quantitative and/or qualitative data
- knowledge/experience in cross-sectional and human intervention research methodologies

PhD STUDY OVERVIEW

- full-time/3-4 years, starting any time from January 2022 onwards
- suited to those pursuing a career in weight management, research in clinical nutrition, obesity, endocrinology, immunity, metabolic diseases and eating disorders/behaviour, public health nutrition

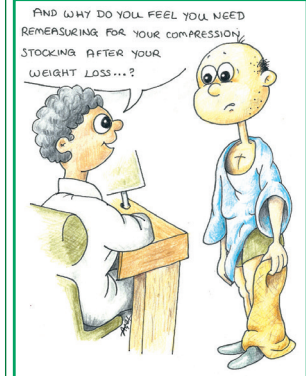
www.findaphd.com/phds/project/dietary-intervention-and-efficacy-in-improving-lipoedema-symptoms-among-patients-in-the-uk/?p133563

lipoedema.co.uk | jessica.jin@dmu.ac.uk

Help your GP to help you!

If you have lymphoedema, please let your healthcare provider know about the new Lymphoedema Support Network and *British Medical Journal* lymphoedema module and encourage them to go online to complete it. By doing the module they will learn about compression, skin care, movement and the emotional cost of the condition. The module is written by lymphoedema experts and a GP, is free to use and has CPD points.

AND WHY DO YOU FEEL YOU NEED REMEASURING FOR YOUR COMPRESSION, STOCKING AFTER YOUR WEIGHT LOSS...?



LSN
THE LYMPHOEDEMA SUPPORT NETWORK

When you see a patient with limb swelling, is a lymphatic system problem on your list of differentials?

Do you know how to help patients with chronic oedema/lymphoedema?

This module will empower you with simple steps to take next, to help your patients on their journey to diagnosis and treatment.

Dr Catherine O'Leary,
General Practitioner.

<https://new-learning.bmj.com/course/10066074>
www.lymphoedema.org

Leg Club cooks up a storm for charity

Leg Club Favourites is a book with a difference. It contains over a 150 favourite recipes of NHS staff and international clinicians as well as volunteers, members and friends of the Leg Clubs from across the UK and further afield. The book was created during lockdown by Ellie Lindsay OBE, Lifetime President of the Lindsay Leg Club Foundation as means of connecting with others and providing cooking inspiration to help everyone through a difficult time. All proceeds are donated directly to the Leg Club Foundation to support their work caring for people with lower leg wounds in a community setting. Treat yourself and your loved ones today!
www.legclub.org

