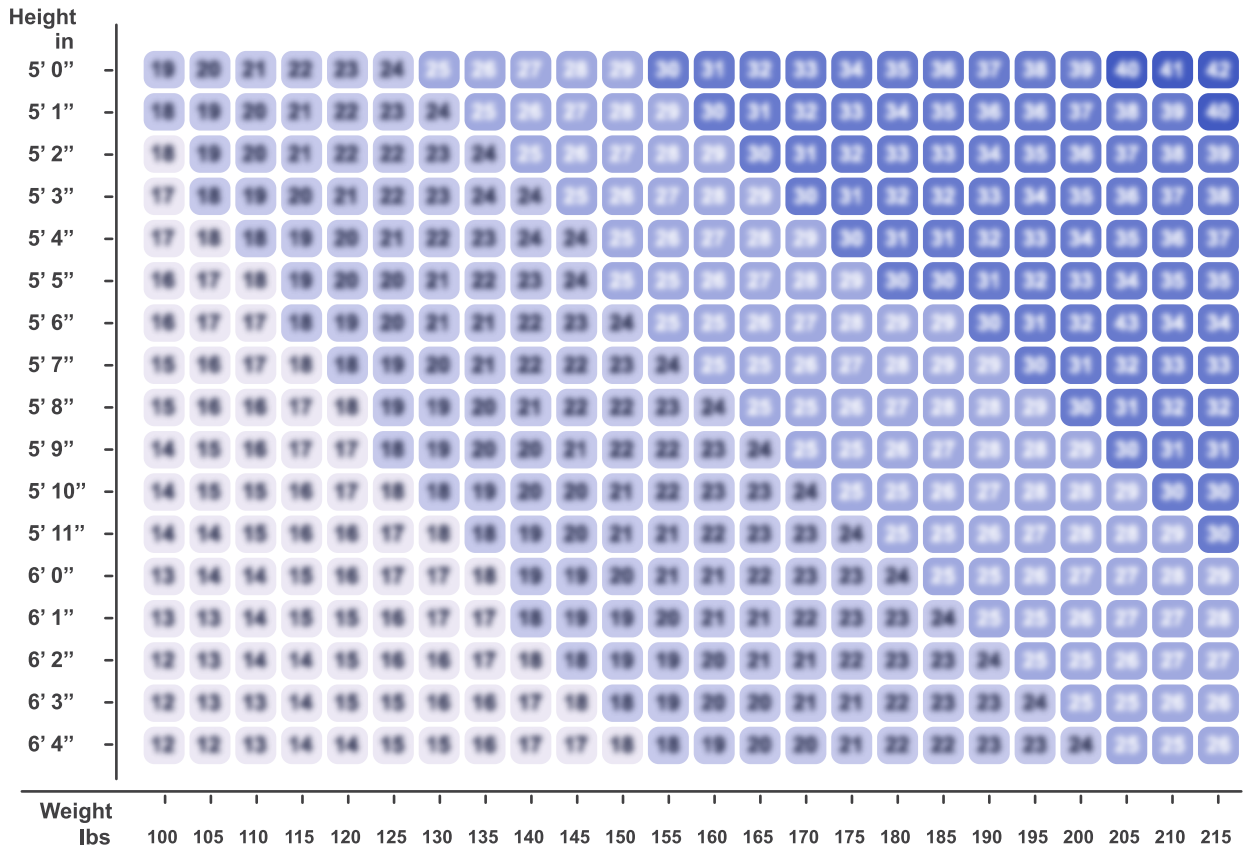


Adult BMI Reference Chart **REVISED***



Take my height in inches. Multiply that by the years I've lived undiagnosed with lipedema and raise it to the power of my pain and exhaustion. Add the liters of fibrosis and inches of circumferential swelling. Run a factor analysis on the derivative of bad advice from doctors to exercise more and eat less. Divide by the number of providers in the room who know what lipedema is. Subtract the grief of being told it's your fault for a decade. Take the square root of 400 million women living with this condition.

Then, take the number on the scale and forget it because tools like scales are only as good as the people who understand what they are measuring.

That's my BMI.

Lipedema affects an estimated 11% of women.

**MOST OF THEM DON'T
KNOW IT YET.**

It is almost always misdiagnosed as obesity.
In the United States alone, that is 18 million women
spending more than a decade with the wrong diagnosis.

Connective Truth is a project of the Moore Family Charitable Foundation working to change that through education, bias disruption, and access to earlier care.

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Connective Truth

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