



THURSDAY, 03TH APRIL



IN THE CONFERENCE HALL AT SCIENCE

2:00–3:08 PM Lipedema International Symposium

Diagnóstico e Tratamento Clínico 1

Moderators: Vitor Gornati and Fabio Kamamoto

Secretary: Nayara Caceres

2:00 – 2:08 PM Lipedema in the Spotlight: Raising Awareness and Improving Diagnosis Rates

Gabriela Luciana

2:08 – 2:18 PM The Evolution of Lipedema Staging: From Visual Patterns to Functional Assessment

Karen Utsunomia

2:18 – 2:28 PM Hormone Therapy and Lipedema: Estrogen, Progesterone, Gestrinone and

Testosterone Perspectives – **Juliana Bicca**

2:28 – 2:38 PM The Inflammatory Inferno: How Chronic Inflammation Fuels Lipedema

Alexandre Camara

2:38 – 2:48 PM The Lipedema Iceberg: What Lies Beneath the Fat?

Vitor Gornati

2:48 – 2:58 PM Lymphatic Dysfunction in Lipedema: Real-life Data

Carolina Vitorasso

2:58 – 3:08 PM Discussion



THURSDAY, 03TH APRIL



IN THE CONFERENCE HALL AT SCIENCE

3:45-4:45 PM Lipedema International Symposium

Tratamento Cirúrgico

Moderators: Vitor Gornati e Fabio Kamamoto

Secretary: Ana Beatriz

3:45-3:53 PM How to Prepare the Patient Nutritionally for Surgery? Pre and Post-operative Care

Fernanda Maniero

3:53-4:01 PM Lymph-Sparing Liposuction Techniques for Lipedema: Current Best Practices from Arms to Ankles – **Fábio Kamamoto**

4:01-4:09 PM Water-Jet Assisted Liposuction (WAL) in Lipedema: Outcomes and Benefits

Joana de Carvalho

4:09-4:17 PM Possible Impacts of Inflammation and Fibrosis in Lipedema Liposuction

Maria Elsa Calderón

4:17-4:25 PM Use of Lipedema Fat After Surgery: Friend or Foe? – **Heloise Dall'Ago T. Manfrim**

4:25-4:33 PM Skin Retraction Techniques and How to Choose Among Them – **Renan Américo**

4:33-4:45 PM Discussion



FRIDAY, 04TH APRIL



IN THE ARENA ROOM AT SCIENCE

7:30–9:00 AM Lipedema International Symposium

Nutrição, Disbiose e Leaky Gut

Moderator: Fábio Kamamoto e Vitor Gornati

Secretary: Vanessa Cabral

7:30–7:40 AM Personalized Nutrition Plans for Lipedema Patients: Tailoring to Individual Needs – **Lauren Sanquis**

7:40–7:50 AM The Protein Connection: Building Muscle and Supporting Tissue Health in Lipedema
Thais Guizzo

7:50–8:05 AM Anti-Inflammatory, Low Carb, Keto: Role and Results in Lipedema Patients
Christiani Chaves

8:05–8:20 AM Leaky Gut and Systemic Inflammation: The Role of Microbial Metabolites
Débora Oro

8:20–8:35 AM Metabolic Health and Gut Microbiota: A Key to Reversing Chronic Diseases
Patricia Cavalcante

8:35–8:50 AM Restoring Gut Balance: Strategies for Treating Dysbiosis and Leaky Gut
Daniel Benitti

8:50–9:00 AM Discussion



FRIDAY, 04TH APRIL



IN THE ARENA ROOM AT SCIENCE

9:00–10:30 AM Lipedema International Symposium – Inflamação e Fibrose

Moderator: Fábio Kamamoto e Vitor Gornati

Secretary: Sara Taira

9:00–9:15 AM Lipedema Under the Microscope: Understanding Adipose Tissue Pathology

Mauro Andrade

9:15–9:30 AM Understanding Pain in Lipedema and Its Clinical Implications

Jubiza Pusic

9:30–9:45 AM Breaking Down Edema: How Fluid Dynamics Shape Lipedema Progression

Rodrigo Kikuchi

9:45–10:00 AM Fibrosis in Lipedema: Detection, Prevention, and Reversal

Karen Utusnomia

10:00–10:15 AM Adjunct Therapies for Lipedema: Laser, Radiofrequency, and Shock Waves

Patrícia Fróes

10:15–10:30 AM Discussion



FRIDAY, 04TH APRIL



IN THE ARENA ROOM AT SCIENCE

10:30–11:50 AM Lipedema International Symposium – Inflamação e Fibrose

Moderator: Fábio Kamamoto e Vitor Gornati

Secretary: Lethicia Mesquita

10:30–10:40 AM Exercise as Medicine: Symptomatic, Aesthetical, and Functional Gains

Vitor Gornati

10:40–10:50 AM Biomechanics and Lipedema: The Orthopedic Impacts of Altered Weight

Distribution – **José Otávio Pécora**

10:50–11:00 AM Compression therapy: To whom and how?

Jaqueline Baiocchi

11:00–11:10 AM Skin Changes in Lipedema: What We Know and How to Handle

Adriana Vilarinho

11:10–11:20 AM Optimized Postoperative Care – **Emanuela Luciani**

11:20–11:30 AM The Future of Lipedema Research: What's on the Horizon? – **Patrícia Fróes**

11:30–11:40 AM From Surgery to Stability: Preventing Recurrence After Liposuction

Débora Oro

11:40–12:00 PM | Discussion



SATURDAY, 05TH APRIL



IN THE CONFERENCE HALL AT SCIENCE

3:45–5:00 PM Lipedema Experience

Moderator: Vitor Gornati e Fábio Kamamoto

Secretary: Karen Utsunomia

- 3:45–3:57 PM Hormonal Imbalances & Lipedema: How They Shape Progression and Treatment – **Fabiano Serra**
- 3:57–4:09 PM The Keto & Low Carb Connection: Is There a Rationale for Lipedema Management? – **Alexandre Camara**
- 4:09–4:21 PM Fighting Inflammation: The Role of Physical Therapy in Lipedema Care – **Jaqueline Baiocchi**
- 4:21–4:33 PM Bridging Lipedema & Vascular Health: Exploring Diagnostic and Treatment Synergies – **Vitor Gornati**
- 4:33–4:45 PM Lipedema Surgery: What to Expect in Difficult Cases and When to Say No **Fabio Kamamoto**
- 4:45–5:00 PM Live Demonstration – Addressing Superficial Flaccidity in Lipedema: Practical Solutions for Better Outcomes – **Lyvia Salem**