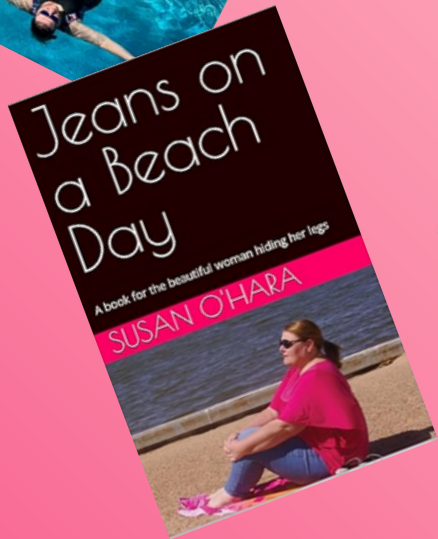
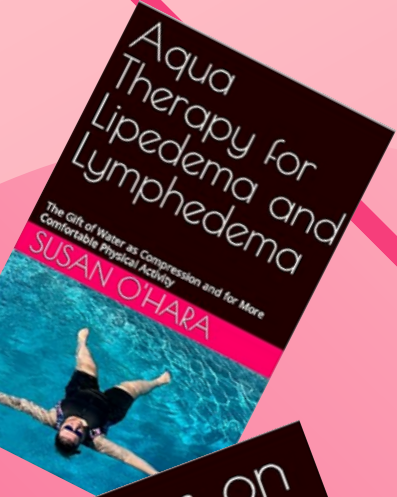


A Guide to Fashion and Confidence for  
Lipedema Warriors

# STYLED WITH LOVE

WITH SUSAN O'HARA  
[LEGLIKEMINE.COM](http://LEGLIKEMINE.COM)





## ABOUT SUSAN

Lipedema Patient

LegsLikeMine.com

American Lipedema Association

Author

Blogger

Footwear Company Owner

Retired Government Employee

Lipedema Triathlon Participant





# STYLED WITH LOVE

Purpose: To empower women with lipedema to embrace their unique beauty through fashion.



## Susan O'Hara



Styled with  
Love: A  
Guide to  
Fashion and  
Confidence  
for  
Lipedema  
Warriors

## WHAT IS LIPEDEMA?

A chronic disorder primarily affecting women, causing a symmetrical and disproportionate accumulation of fat, mainly in the legs and sometimes arms.

## KEY FEATURES

- Potential for pain, tenderness, and easy bruising.
- Often a “cuffing” effect at ankles and wrists.
- Can impact mobility and emotional well being.





# THE EMOTIONAL IMPACT OF LIPEDEMA

BEYOND THE PHYSICAL

BODY IMAGE  
SELF ESTEEM  
ANXIETY / DEPRESSION

SELF COMPASSION AND  
POSITIVITY ARE CRUCIAL



# Redefining Beauty

Beauty comes in all shapes and sizes.

## Starts with

SELF ACCEPTANCE

*"I'm going to be the best  
that I can with what I have,  
today."*





**Fashion is a Tool  
for  
Empowerment**



## **SELF EXPRESSION**

**We can use fashion to communicate our identities, personalities and mood.**

## **RECLAIMING AUTONOMY**

- **Use fashion to reclaim control over your body.**
- **Challenge societal norms by wearing what feels good to you.**
- **Boost confidence by aligning your personal style and comfort.**





# Practical Tips

Easy and Free!

## STAND UP STRAIGHT

"Stand tall! Good posture not only slims your silhouette but also projects an aura of unwavering confidence.

Own your space and let your presence shine."





## **WEAR SUPPORTIVE BRAS**

"A well-fitting bra is the unsung hero of any outfit! It provides support, shapes your silhouette, and boosts confidence. Don't underestimate the power of finding the perfect fit!"

## **REPLACE BRAS REGULARLY**

If you start feeling "The Sag" it's time to replace her.

Easy and Free!

## FIX YOUR HAIR

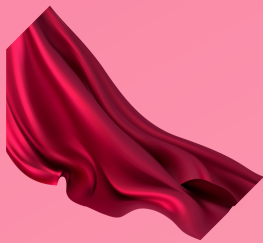
We all have days where 'we just can't.' But taking five extra minutes to slick your hair into a neat ponytail, put in a part, or add a pop of curl can finish your look.

Say no to the daily bun!



## DRESS FOR COMFORT AND STYLE

It's really important with lipedema to choose comfortable clothing that doesn't restrict movement.



Breathable, Soft  
Fabric



Strategic Styling to  
Highlight your  
Favorite Features



Be bold with  
Accessories and  
Beautiful Colors!



## ADD A BELT

Many ladies with lipedema have the benefit of a small waist that we forget to show off. Adding a belt, makes outfits look tidier, and add a sense of intention about your look. Keep a few on hand and try them with outfits to see if it ups your game!





## USE ACCESSORIES FOR STATEMENTS

If you're using foundational, timeless pieces as the base of your wardrobe, stay on trend by adding accessories to change up the look.

Earrings, belts, shoes, purses, scarves, toppers can be swapped on top of a foundational piece for less!



## **SAME DRESS AS BEFORE...**

Changing out the topper made it an entirely different look.







## **INCORPORATE COMPRESSION INTO YOUR OUTFITS**

**Daily self-care and conservative care  
is so important in the management of  
lipedema.**





# Wardrobe Essentials

# NEVER UNDERESTIMATE THE POWER OF A BLACK DRESS

Perfect for travel or for part of a capsule wardrobe, grab yourself a black dress and style it so many ways.



# You Don't have to Spend a Fortune - Wear the Same Piece Several Ways



## COMFORT SYLING

Trainers and a quick button top, open make for easy errands.



## A NIGHT OUT

Switching to dark compression, Chelsea boots, and adding a monochrome jacket with belt, make this outfit perfect for going out.



## TYING THE WAIST

Bring in the waist by tying a simple knot in a button shirt for a little more polish.



## **ALWAYS HAVE ONE FORMAL OUTFIT ON HAND**

**Find a formal style that looks fantastic on you and keep one in the closet. You'll never know when a wedding, or a cruise will happen and you want to be ready!**

# SHOPPING STRATEGIES

## ONLINE VS. IN STORE



It's so much easier to find exactly what you need online with a global marketplace. Don't be afraid to buy a couple of sizes and send one back!

## HAVE A GOOD SEAMSTRESS



To keep your clothes looking tidy and tailored, invest in having a seamstress take in loos places to pull in the waist.

## TAKE YOUR MEASUREMENTS



Remember to look at size charts when you order online so you don't end up with dramatically wrong sizes.

## SHOP WITH A FRIEND



Bring a friend who will give you good and honest feedback and support you when times get rough. Make a fun time of it.



# FIND A SWIMSUIT YOU LOVE

Water is so healing and we want to feel great about ourselves in it. Get a suit that makes you feel carefree. Whether its a traditional style or a little more covered up, just get in that water!





# YOU ARE NOT ALONE

Connecting with others can provide support, encouragement, and shared experiences.

Ask questions, reach out, and share your story. Don't be afraid to ask for help.

**It helps others so much to see pictures of women who look like them.**

That is why I do what I do.



# FREE BOOKS FOR YOU!

Complimentary copies of the Susan O'Hara's books have been provided through Lipoedema Surgical Solutions:

**Aqua Therapy for Lipedema and Lymphedema**

**Empowered Legs: A Guide to Lipedema Advocacy and Awareness**

**Jeans on a Beach Day**

**Styled with Love**

**Sugar Mamas**

\*Print Copies are Available on Amazon.





## LET'S CHAT!

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