

“THE IMPORTANCE OF DIAGNOSIS IN LIPODYSTROPHIES”

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INTRODUCTION:

Lipodystrophies are a group of diseases characterized by a loss of adipose tissue. A classification can be made according to their aetiology, being congenital (or familial) and acquired, or according to their anatomical location, and they can be generalized, partial or localized. According to their causes, they can be congenital (genetic) and acquired. The lack of professionals working in the field of lipodystrophies leads us to develop, in collaboration with the Unit of Thyroid and Metabolic Diseases (UETEM) of the hospital complex of the University of Santiago (CHUS) and the University of Santiago de Compostela (USC), effective tools that help health professionals to better diagnose, treat and characterize the different subtypes of lipodystrophy.

OBJECTIVES:

- To help health professionals in the diagnosis of rare lipodystrophies.
 - To better characterize the different subtypes of Lipodystrophies
 - To implement effective tools that contribute to improve the knowledge about these pathologies.
- Disseminate the tools among pediatricians, endocrinologists and primary care physicians



METHODOLOGY

- **1 Guide to the diagnosis and treatment of rare lipodystrophies.** The International Association of Families and People Affected by Lipodystrophies (AELIP) has detected a profound lack of knowledge on the part of health professionals in relation to lipodystrophies. For this reason, it is proposed that a reference guide be created to help pediatricians, endocrinologists and primary care doctors to diagnose and treat the different types of rare lipodystrophies.
- **2 LIPO-DDX.** It is the first application to help doctors to better characterize the different subtypes of lipodystrophy and it is based on a personal algorithm developed by Prof. David Araújo-Vilar, with the support of the University of Santiago de Compostela, the Galician Health Service (SERGAS) and the International Association of Relatives and People Affected by Lipodystrophy (AELIP). This App is free and available for both Android and IOS devices.

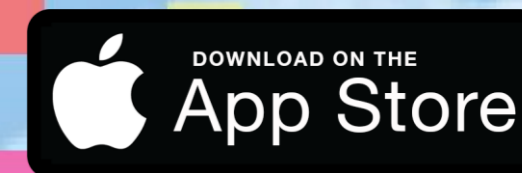
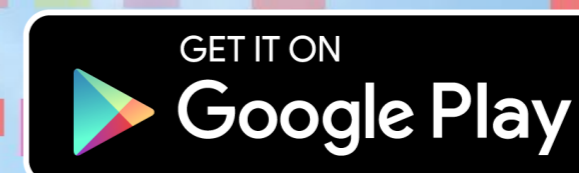
CONCLUSIONS:

The development of these materials and tools has improved the knowledge about rare lipodystrophies, guiding and helping pediatricians, endocrinologists and primary care physicians to diagnose, characterize and treat the different types of rare lipodystrophies.

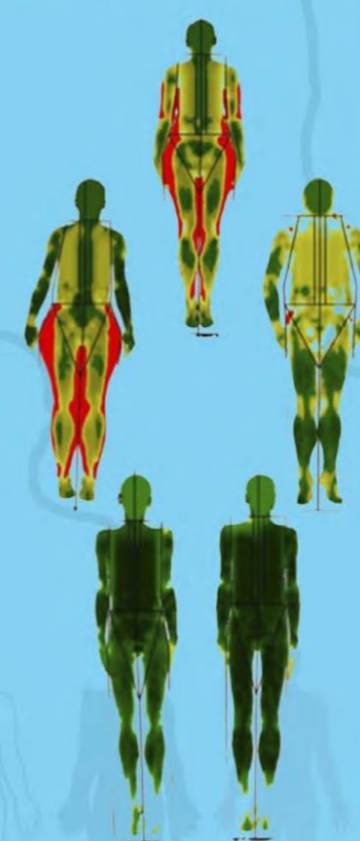
RESULTS:

These tools have been developed as a reference in lipodystrophies, providing fundamental resources to people who live with a rare lipodystrophy in the world, family and students, and promoting a greater knowledge of the pathology to both health professionals and the rest of society.

-These materials and tools should be replicated in endocrinological societies such as the Spanish Society of Endocrinology and Nutrition (SEEN), the Spanish Society of Pediatric Endocrinology (SEEP) or primary care physicians in health centers nationwide.



Guía Práctica para el Diagnóstico y Tratamiento de las Lipodistrofias Infrecuentes



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