

HAKAN BRORSON

LIPOSUCTION IN LYMPHEDEMA: STATE OF ART AND 25 YEARS' FOLLOW-UP WITHOUT RECURRENCE

Introduction: Patients with chronic non-pitting lymphedema do not respond to conservative treatment because of early deposition of excess adipose tissue due to chronic inflammation. Microsurgical reconstructions, in contrast to liposuction, cannot provide complete reduction. To remove the excess adipose is therefore a logical treatment strategy. This prospective study describes the long-term outcome of liposuction of arm and leg lymphedema.

Methods: 190 women with arm and 126 patients with leg edema underwent liposuction followed by compression with garments.

Results: Arms: Preoperative mean excess volume was 1411±52mL. Postoperative mean reduction was 104±2.0% at 3 months and 116±2.1% at 1 year, and more than 100% during 25 years' follow-up. Legs: Preoperative excess volume was 3489±155mL Postoperative mean reduction was 82±2,4% at 3 months and 101±2,2% at 1 year, and more than 100% during 15 years' follow-up. A slight overcorrection was seen in both groups.

Conclusion: Liposuction is an effective method for treatment of chronic, non-pitting lymphedema with long-lasting results. Removing the hypertrophied adipose tissue is a prerequisite to achieve complete reduction.

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Professor Håkan Brorson, MD, PhD is former Senior Consultant Plastic Surgeon at the Department of Clinical Sciences, Lund University, Plastic and Reconstructive Surgery, Skåne University Hospital, Malmö, Sweden. He is Professor of plastic surgery at Lund University and Lund University Cancer Centre, Lund, Sweden, and Professor at Esculera de Graduados, Asociación Médica Argentina (EGAMA), Buenos Aires, Argentina.

He received his Medical Degree and PhD at Lund University. Specialist in orthopaedic and plastic surgery. American National Board Exam (VQE) 1983. Consultant plastic surgeon/licensed Surgeon to Children's Hospital, Little Rock, Arkansas, 2003. Board certified, Board of Registration in Medicine, Massachusetts, USA and Faculty License, Beth Israel Deaconess Medical Center, Harvard Medical School, Boston, 2005 - 2006.

In 1987 he defended his thesis: Liposuction and Controlled Compression Therapy in the Treatment of Arm Lymphedema Following Breast Cancer in 1998. His research is focused on the formation and distribution of adipose tissue in lymphedema using CT, MR Imaging/Spectroscopy and Dual Energy X-ray Absorptiometry for gross anatomy; microarray and RT-PCR for genetic studies, as well as metabolomics and lipidomics as well as incidence of erysipelas after liposuction. He has trained several teams around the world to treat lymphedema with liposuction, a treatment that he developed over 30 years ago.

Scientific secretary 1998-2005, and President of the Swedish Association of Plastic Surgeons 2008-2010. Executive Committee member of the International Society of Lymphology, the European Society of Lymphology, and the Swedish Lymphology Society. Editor, co-editor, and editorial board member of 10 journals/books and referee to 51 journals.

He was President of the 29th Congress of the European Group Lymphology's Congress 2003 and the

23rd World Congress of the International Society of Lymphology in 2011, both in Malmö, Sweden.
President of the International Society of Lymphology 2013-2015.

In 2015 he was awarded the Lifetime Achievement Award from the Macquarie University, Sydney, Australia and the same year awarded Outstanding Paper Presentation at the American Society of Plastic Surgeons: Plastic Surgery the Meeting.

Member of 12 International Advisory Boards. Special adviser to the Swedish Association of Local Authorities and Regions, the Swedish Council on Technology Assessment in Health Care, the Danish Cancer Society, and the Swedish Cancer Society.

He has given 291 invited keynote lectures, master classes and invited lectures. He has received 21 national and international awards and is author and co-author of over 200 original papers, reviews and proceedings, editor/co-editor of 6 books, and author of 55 book chapters.

He has trained 42 teams around the world to treat lymphedema with liposuction.