

Electronic supplementary material

ESM 1. General characteristics of the included subjects (N=18)

N=18	Mean	Std-Dev.	Median	Min.	Max.
Age	59.6	9.2	56	48	79
BMI at start	33.7	7.6	34.6	20.9	47.2
Duration of illness (years)	7.7	4.9	6.5	2	20
MLD since ... years	6.4	3.2	6	2	14
MLD frequency per week	1.5	0.6	1	1	3
	N	Percent			
Sex					
female	14	78%			
male	4	22%			
Side					
both	11	61%			
only right	5	28%			
only left	2	11%			
Type of Lymphedema					
primary	5	28%			
secondary	13	72%			
obesity-related	8	44%			§
after cancer	4	22%			
after vascular surgery	1	6%			
Diseases					
Arterial hypertension	9	61%			
hypothyroidism	3	28%			
Tumors	4	28%			
Heart failure	1	11%			
Regular medication needed					
no	4	22%			
yes	18	78%			