











# LIPODYSTROPHY PHYSICAL EXAMINATION

## 1. Height:

0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9

cm

RULES  
DMSD

(see instructions)

## 2. Mid-Arm Girth:

0	0	0
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9

cm

RULES  
DMSD

(see instructions)

## 3. Chest Girth:

0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9

cm

RULES  
DMSD

(see instructions)

## 4. Waist Girth:

0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9

cm

RULES  
DMSD

(see instructions)

## 5. Hip Girth:

0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9

cm

RULES  
DMSD

(see instructions)

## 6. Thigh Girth:

0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9

cm

RULES  
DMSD

(see instructions)

LIPODYSTROPHY MEASURER CODE			
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9

## 7. Fat Wasting (see severity definitions below):

If None or Refused, go to next question.  
If Yes, indicate severity of symptom.

Severity\*

Mild Moderate Severe

	Refused	None	Yes	Mild	Moderate	Severe
1) Facial fat loss (sunken cheeks)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2) Arms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3) Legs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4) Buttocks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 8. Fat Accumulation:

If None or Refused, go to next question.  
If Yes, indicate severity of symptom.

Severity\*

Mild Moderate Severe

	Refused	None	Yes	Mild	Moderate	Severe
1) Moon facies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2) Abdomen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3) Back of Neck	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4) Breasts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### \* Definitions:

**None:** Patient does not exhibit any signs of fat maldistribution. (Not noted by patient or clinician)

**Mild:** Mild signs noted only after close inspection by patient or clinician.

**Moderate:** Signs of fat maldistribution are noticed by patient or clinician without specifically looking for it. Patient may complain that current clothing has become tighter.

**Severe:** Signs of fat maldistribution easily noted by casual observer. Symptoms have required a change in size of clothing or undergarments worn.

### Q7. Fat Wasting:

The examiner observes and grades the lipoatrophy (both facial and limb) according to the following standards:

For facial lipoatrophy:

- mild – clearly visible deepened nasolabial folds
- moderate – evidence of “hollowing out” of cheeks
- severe – hollowed cheek areas with underlying muscle clearly visible

For limb (arms and legs) lipoatrophy:

- mild – increased prominence of veins
- moderate – increased prominence of both veins and muscles
- severe – a + b with overall thinning appearance of the limb

## 9. Other physical exam findings noted related to fat distribution:

Specify: