



RESHAPE, REDUCE, RENEW

The latest technologies available for non-surgical treatments with no down-time

by DR MAUREEN ALLEM

Are you dissatisfied with the appearance of your body? Don't feel alone in this struggle. Fat is a problem for men of all ages and body types, and it can appear almost anywhere on the body. In men it's the stubborn pockets of fat around the navel, lower abdomen, lower back and sides of the waist. No matter how much you exercise, eat healthily and maintain your body at a healthy weight, these fatty pockets will continue to be problematic. The majority of us will always be interested in procedures that will lead to a better body, but not everybody is willing to consider the surgical options.

The good news is that there are new, smart non-invasive therapies that can give you younger, firmer, sculpted bodies and all without resorting to the scalpel. These non- or minimally-invasive body shaping treatments and techniques mean that pretty much any small body problem can be solved. Most leading aesthetic clinics are adding them to their menu because they know it's what we want – less invasion, less downtime and a more natural effect.

Dr Maureen Allem from Skin Renewal clinics takes a look at options for non surgical body shaping and gives you the low down on what can be expected from each of these innovative procedures which can deliver dramatic results in a short space of time.

Lipodissolve

Body shaping is particularly well suited to the patient who is of relatively normal weight, but has fat deposits which make the body disproportionate. There isn't an ab crunch that will reduce the flab and circumference dramatically but there is Lipodissolve, also known as mesotherapy, a well established European and Brazilian technique to treat fat and diminish localized fat deposits using a natural substance called Phosphatidylcholine. The injections of Phosphatidylcholine dissolve the fat cell wall, the excess fat is then released, metabolised and excreted by the body. The result is a rapid reduction of unwanted fat in the injected areas and all with no downtime. There may be some swelling and redness, but patients can return to work and normal activities immediately afterward.

TriPollar™

If radiofrequency treatment such as TriPollar™ is done straight after the injection procedure, the water content of fat is heated and the results are enhanced. Furthermore, bruising, discomfort and oedema are reduced post Lipodissolve if radiofrequency is applied to the area. Patients can expect a reduction of some 2 to 4 centimetres in the abdomen after just one treatment and the results are cumulative. The number of treatments depends on the size of the area treated and generally 6 to 8 treatments are usually necessary to restore a neat outline and expose a six pack.

As a stand-alone procedure, the TriPollar™ is a state of the art procedure that combines monopolar and bipolar radiofrequency in one applicator that selectively reduces the fat cells under the skin and tightens skin. For maximum effect 8 to 10 weekly treatments offer the best results for reducing a

layer of abdominal fat and tightening overlying skin.

Carboxy Therapy

Another procedure that is rapidly gaining popularity and forming an important component of an effective body sculpting program is Carboxytherapy. Carboxytherapy addresses just that bit of flab such as love handles that just won't go away no matter how much you exercise. Therapy involves injecting CO2 beneath the skin to break down fatty deposits and to increase the microcirculation to the area. Because CO2 is non-embolic it is very safe. CO2 is a natural by-product of the body and is not toxic even in elevated doses. After a treatment the gas is totally reabsorbed within 5 minutes and the area treated returns to normal.

An added bonus is that Carboxytherapy injected in small doses in strategic areas in the abdominal fat, can over time, be used to define and sculpt a six pack. Stretch marks and loose skin are also improved. The fat cells are destroyed by the CO2 and are then metabolized and excreted by the body. For maximum effect 8 to 12 treatments twice weekly offer the best results. Carboxytherapy is a walk-in-walk-out procedure that has a cumulative effect with each treatment.

VelaShape™

New in South Africa is VelaShape™, a 4 in 1 treatment that reduces circumference and fat dramatically. A new and more refined take on liposuction, VelaShape™ has FDA approval for circumferential reduction. VelaShape treats both the upper and deeper layers of skin and fat and patients liken it to a warm massage. The combination of infra red and conducted radiofrequency RF energies targeted heat to adipose tissue which increases the metabolism of stored energy and shrinks the size of the fat cells. Gradual improvement of the treated area can be seen following the first treatment. Results in Circumference Reduction will be most apparent 6-8 weeks following the final treatment session.

Any of the above described treatment modalities on their own can make a big difference, but the best results for non surgical body shaping are evident after a combination of treatments such as Lipodissolve, TriPollar™, VelaShape™ and Carboxy Therapy. These non invasive procedures are simple and low risk and are an ideal non surgical option for those men who have tried diet and exercise and who want to reduce small areas of stubborn fat deposits for a more defined and sculpted body shape.

All treatments available at www.skinrenewal.co.za