

Sculpting your six pack

by DR. MAUREEN ALLEM

Earlier this year, the American Society for Aesthetic Plastic Surgery (ASAPS), the leading national organisation of board-certified plastic surgeons, offered its predictions for cosmetic surgery in 2009. Predictions based on interviews with leading plastic surgeons around the country revealed that men will represent a growing segment of the aesthetic surgery market and as the popularity of nonsurgical and minimally invasive procedures continues to grow, surgeons and manufacturers will develop new techniques and products that advance the science, produce even better results and lessen recovery times or alternatives to invasive surgeries such as traditional liposuction.

Typically if one goes on a normal diet and loses weight, very often the weight loss occurs in the very areas that we do not want it to occur and the problematic areas such as the love handles, tummy rolls and saddle bags remain a problem. With all the new fat dissolving and body shaping technologies out there, it is very difficult for one to decide which technology actually works. Traditional liposuction is the most commonly used technique for fat reduction, however, it is associated with severe risks such as embolism, nerve compression, skin necrosis, infection and problems with the anaesthesia.

Laser lipolysis (SmartLipo/SlimLipo/LipoLite), a novel technology, cannot be considered as a non-invasive procedure as it involves inserting a cannula superficially under the skin and uses laser and heat energy to melt the fat which is then removed by normal body metabolism. Furthermore the success of liposuction and laser lipolysis is highly dependent on the skills and experience of the surgeon, therefore results can vary considerably. Hence the need for a safer, consistent non-invasive technology that can achieve fat reduction, improve the body silhouette and involve no downtime for the patient.

The UltraShape® system meets these criteria and is the first scientifically and clinically proven non-invasive fat reduction and body contouring device for both men and women. In a multi-centre controlled clinical trial, an average of two centimetre reduction in circumference was achieved after a single treatment of the abdomen, outer thighs, or flanks. Clinical results show an average reduction of four centimetres and as much as ten centimetres after three treatments and high patient satisfaction.

How does UltraShape work? The UltraShape is a medical procedure and it is vital that the initial consultation takes place with a medical doctor to rule out possible contra indications to the UltraShape procedure. UltraShape is not a weight loss procedure and is not suitable for anyone with a BMI of 30 and over. These patients are better suited to start a medical weight loss procedure to lose the required weight before treating resistant fat.

After the medical consultation, the treatment area is marked and prepared whilst the patient lies back on a comfortable Contour I treatment bed. The UltraShape treatment focuses on the abdomen, thighs ("saddle bags") and flanks ("love handles") and uses a patented transducer to deliver focused ultrasound energy at a precise depth within the subcutaneous tissue to the subcutaneous fat layer. Specific, pre-set ultrasound parameters ensure that

only the fat cells within the treatment area are targeted and that neighbouring tissues such as blood vessels, nerves and connective tissue remain intact.

A unique feature of UltraShape technology is its highly sophisticated optical tracking and guiding system which is engineered to ensure that a targeted area is treated only once, thoroughly and uniformly and with precision to give homogenous results. The system is so advanced that it even considers the patient's movements during the procedure so that they may move freely without compromising treatment.

During the UltraShape treatment, the membranes of the fat cells are disrupted. The fat cell content, primarily comprised of triglycerides, is dispersed into the fluid between the cells and then transported through the vascular and lymphatic systems to the liver where it is processed via the body's natural mechanisms.

Most patients report a painless and comfortable experience with side effects being extremely rare. As soon as the session is over, one can immediately resume your daily routine as there is no recuperation period. Patients state that there is no post-treatment pain or discomfort. The skin surface remains smooth and the fat texture remains homogenous. There is no bruising, no swelling, no skin colour changes, no compression garments and no activity restrictions post UltraShape procedure. These signs and symptoms can occur post laser lipolysis and traditional liposuction and may pose a significant risk for the patient.

UltraShape is endorsed by extensive clinical trials and is the first non-invasive aesthetic technology to be scientifically validated by such comprehensive pre-clinical research. The UltraShape procedure is available in 57 countries and over 100 000 patient treatments have been performed worldwide with high patient satisfaction.

Given the choice, most people would rather choose a non-invasive procedure like UltraShape to remove their unwanted fat than choose invasive procedures like traditional liposuction and laser lipolysis, which are invasive procedures with postoperative side effects and downtime. The UltraShape procedure is ideal for people ranging in age from their 20s to 50s who are ready to augment their exercise regimen with a non-invasive procedure that yields noticeable results. UltraShape is also recommended post liposuction and laser lipolysis to even out contour irregularities. There are numerous aesthetic clinics around South Africa offering this non-invasive body contouring procedure that offers advantages beyond traditional liposuction and laser lipolysis, both of which are invasive procedures. ©