

Millions of women are dissatisfied with the appearance of their bodies.

More than 80% of women over the age of 20, regardless of their weight or size, are affected by cellulite and resistant fat. Many of them are managing a healthy lifestyle; yet reshaping their body seems like an unachievable dream. Most women are looking for a solution for the treatment of dimpled and sagging skin. Today's savvy patients and consumers are looking for treatments and services that work in concert with their exercise programs to provide more discernible results.

Due to the fact that cellulite and resistant fat have different forms and grades, treatment success needs a combination of procedures that include lymphatic drainage, reduction of fat cells and collagen stimulation.

The good news is that the latest treatments involve combinations that are more effective than ever.

Dr. Maureen Allem from Skin Renewal takes a look at this problem for SA Businesswoman magazine.



the treating cellulite and resistant fat with a combination of non surgical treatments bottom line

By Dr. Maureen Allem

W

hat is cellulite?

Cellulite can be defined as a medical disorder observed as microscopic changes within the skin. These invisible changes manifest later after puberty as dimples. Cellulite is caused by skin that has deteriorated to a point that buoyant fat cells are able to push into the

dermis, the middle layer of the skin, and show through the surface as unsightly lumps and bumps. Cellulite is a progressive condition and if not treated can become

a major stumbling block to self esteem and a healthy body. The best treatment is early intervention.

Why do women get cellulite?

One plausible explanation - which also explains why very few men suffer from cellulite - is based on the composition and behavior of women's fat cells and the connective tissue that holds them in place. Very simply, a woman's connective tissue is very inflexible, so as females gain weight their fat cells expand, and tend to bulge upwards towards the surface of the skin, giving the classic orange-peel appearance of cellulite. In men, not only is there generally less fat on the thighs and the buttocks, but also the outer skin is thicker and thus obscures what is happening to any surplus fat below.

What is resistant fat?

Just about everyone is familiar with fat pockets that you cannot get rid of. No matter how much you exercise, eat healthily and maintain your body at a healthy weight, **localized fatty pockets will continue to be problematic.** A possible explanation behind this is that some fat cells have a predominance of beta receptors and others have a dominance of alpha receptors. Beta receptors are very receptive to the presence of adrenaline which is produced by exercise. Fat cell breakdown is triggered when adrenaline attaches to the beta receptors. Fatty areas with a predominance of beta receptors respond to exercise and a person on a regular exercise program will see noticeable results. The opposite applies to fatty areas with a predominance of alpha receptors. When adrenaline attaches to alpha receptors, fat breakdown

slows down and the fat tends to accumulate more. This explains why some people will experience problems in areas that just won't respond to a consistent and regular exercise. These problem areas are typically around the hips, tummy and upper thighs, leading to love handles, saddle bags, spare and tummy rolls.

How does one treat cellulite and resistant fat ?

Cellulite and resistant fat have different forms and grades and thus success at combating these two problems needs a combination of treatments that include increased micro circulation, reduction of fat cells and disruption of fibrous bands that tether the fat and collagen stimulation to improve the thickness of the dermis. The Bottom Line, a combination of Lipodissolve, TriPollar / Velashape and Carboxytherapy

is a non surgical modality which treats cellulite and resistant fat with no downtime, bringing lipo-sculpture therapy to a whole new level.

What procedures are included in the Bottom Line?

- **Lipodissolve** is a mesotherapy treatment consisting of lecithin, growth factors and peptides which are injected into the mesoderm to diminish localized fat deposits. The injected lecithin dissolves the fat cell wall. Growth factors and peptides in the mesotherapy solution stimulate the production of collagen in the dermis, thus improving the appearance of cellulite.
- **TriPollar**, a radio frequency device, done straight after the above injection procedure enhances the results and reduces bruising and discomfort. An added bonus is that skin is tightened and long term collagen production stimulated.
- **Carboxytherapy**, the miracle gas, has been touted as the biggest beauty breakthrough since Botox, and forms an important component of the bottom Line. Therapy involves injecting tiny amounts of CO2 beneath the skin to break down fatty deposits, improve the appearance of cellulite and stimulate collagen production. An added bonus is that stretch marks and loose skin can be reduced.

What problems are treated with The Bottom Line?

The Bottom Line for body contouring

- Improves the appearance of cellulite
 - Treats exercise resistant fat deposits
 - Tightens loose skin
 - Fades stretch marks
- Typical problem areas treated are:

- Love handles
- Saddle bags
- Bra bulges
- Heavy outer thighs
- Sagging buttocks
- Tummy rolls or Muffin top



How many Bottom Line treatments are necessary?

For cellulite and fat reduction, 8 to 14 treatments are necessary depending on your age, body shape, cellulite type and grade. Clients have two 30 to 45 minute treatments sessions per week. Maintaining a good body isn't a sprint — it's a marathon. Rather than waiting until their problems are bothersome again, patients must appreciate that maintenance goes a long way and for the six months after a Bottom Line course, a session every 4 to 6 weeks should maintain results. Thereafter a treatment every 6 months should suffice.

Can all skin types be safely treated with The Bottom Line?

Carboxytherapy safely treats all skin types without significant pain or down time. It can erase centimeters of the areas treated and the appearance of cellulite is noticeably improved in only 8 to 12 treatment sessions one week apart.

What other ageing problems can The Bottom Line treat?

On the Face Carboxytherapy improves: > Saggy jowls > Crépey necks > Double chin > Fat or flabby cheeks.

What other procedures can be combined with The Bottom Line?

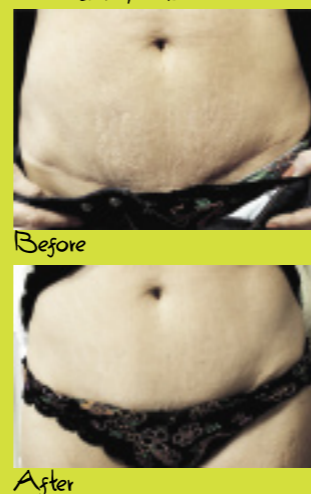
Another four in one treatment which can be combined with The Bottom Line is The Velashape™, the first and only non-surgical FDA-cleared medical device for the Body Reshaping market using Circumferential Reduction. Velashape is also the first FDA class II cleared platform for Cellulite Treatment. Velashape can erase centimeters of the areas treated and the appearance of cellulite is noticeably improved in only 6 to 8 treatment sessions and all without significant pain or down-time. Elos technology heats the fat cells and causes them to shrink. Vacuum and specially designed rollers for the mechanical massage smooth out the skin to facilitate safe and efficient heat energy which tightens sagging and lax skin. Lymphatic drainage is also improved. In addition, for cellulite and body sculpturing, The Bottom Line can be safely combined with traditional treatments such as Endermologie, and newer technologies such as Lipomassage, Mesotherapy and Transdermal Mesotherapy.

When should one start The Bottom Line Treatments?

Studies have shown that over time, adipose tissue becomes lazy and begins storing excess fat. As one ages, the skin's elasticity declines dramatically, cellulite becomes evident and gravity constantly pulls on our bodies. The good news is that the latest treatments involve combinations that are more effective than ever and treatments should be started before the sagging and double chins deteriorate to a level which is more resistant to treatment. The Bottom line treatments stimulate the fibroblasts to produce collagen, which is the major support structure for the skin and also reduce the fat content of the skin. If thirty year olds + opt for preventative non invasive procedures, a new trend will develop resulting in a much different type of body ageing than older generations. ■

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Stretch Marks



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