

Find the wRight answer...

Join the forum today by emailing Dr.Wright at drwright@onmagazine.net and express your personal fitness or beauty question.

She may answer your question herself or she may ask a colleague for their expert opinion. Then, read ON Magazine's next issue to discover the wRight answer to your fitness or beauty question.

For more than 12 years, Dr. Fiona Wright has been serving her patients' cosmetic dermatology needs and also referring patients to our area's most sought-after physicians and fitness experts for fitness or beauty advice. Now, within ON Magazine, she shares this information with all of us.



Dr. Fiona Wright is the founder of the Aesthetic Institute of Plano. She has lived and practiced in Collin County for 12 years and has earned a reputation as one of the premier physicians in the area of cosmetic dermatology in the Dallas- Fort Worth area.

Dr. Wright has been featured in several NBC News Health Reports and is well known for her honest opinions and expertise.

Q Three years ago I had liposuction and was left with some uneven spots of fat. What are my options?

Rebecca M., Dallas

A Liposuction, although very effective in removing unwanted inches, can result in uneven pockets of fat and increase the appearance of cellulite. You may have heard the terms Mesotherapy and/or LipoDissolve. Mesotherapy is itself a term to describe a method of delivering medication. Mesotherapy is the injection of specific medications into the middle (meso) skin layer to treat localized conditions. It is most commonly used for the treatment of cellulite and fat removal, and for male hair restoration.

Dr. Patricia Rittes from Brazil began using the term LipoDissolve for the specific type of mesotherapy that will reduce unwanted areas of fat and cellulite. The term LipoDissolve or Mesotherapy for Bodysculpting, are the same. The correct blend of ingredients in the injection is what makes the procedure work. There are many combinations of

medications used by physicians, however the most commonly used ingredient is phosphatidylcholine (an extract from soybeans). It helps stimulate the release of fat from the fat cells, and allows your body to naturally eliminate the fat. A typical treatment takes 15 to 30 minutes and involves multiple small injections into the target zone.

If you are considering Mesotherapy/LipoDissolve, ask your physician for a list of the medications to be used, and review before and after photos of patients they have treated. In the hands of a skilled physician, this technique carries relatively little risk, and can produce significant body sculpting results and smoothing of the skin.

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Q I have recently been diagnosed with osteoporosis. What are the best steps to prevent further bone loss? Are there specific exercises that will make my bones stronger?

LeAnn T., Flower Mound

A May is Osteoporosis Awareness and Prevention Month, so this is a timely question. Osteoporosis, thinning of the bones which makes them more prone to breaking, is a major health concern affecting more than half of people over age 50. Osteoporosis-related hip and spine fractures can lead to hospitalizations, surgery, disability or even death.

If you have been diagnosed with osteoporosis you should make the same lifestyle changes recommended for preventing the disease. Weight-bearing exercise 3-4 times a week, such as walking, stair climbing or hiking, is most effective in maintaining bone mass. Avoid high impact exercise (jogging, jumping), unless okayed by your doctor, to avoid injury. Other lifestyle measures include avoidance of smoking or excessive alcohol.

Make sure you are getting adequate calcium in your diet—1200 mg/day for most people or 1500 mg/day for postmenopausal women or anyone diagnosed with osteoporosis. Good dietary calcium sources include low-fat dairy products, broccoli, as well as many calcium-fortified foods such as