



Trim the Fat

VelaShape treatment could help get rid of ugly cellulite

BY DR. FIONA WRIGHT, M.D.

Swimsuit season can be tough for women and men who are not happy with their body shape or appearance. Even if you diet and exercise many find it hard to get rid of cellulite, saddlebags or flabby inner thighs.

Eighty percent of women worldwide have cellulite, and you don't have to be overweight or fat to have it. Cellulite is the unsightly dimpled skin appearance, also known as the "cottage cheese" or "orange peel" lumps and bumps. It consists of fat deposits that appear mainly on the hips, thighs and buttocks.

But, what is cellulite? The skin's connective tissue surrounds fat cells, which are arranged in chambers under the skin. Over time, the superficial fat cells increase in size and number, pushing overlying tissue through the chamber walls and into the surface of the skin.

If you are one of the lucky 20 percent who does not have cellulite, then you are probably struggling with the second most common problem of trying to transform your thunder thighs to thin thighs or getting that pesky belly bulge to budge. Through the years, I have treated many professional athletes who also suffer with these same issues – so even a healthy diet and fitness regime may not always be the answer. Liposuction surgery is also not an option for many, as it will worsen the appearance of cellulite, create sagging skin if your elasticity is poor and, with new weight gain, will create pockets of fat that you never had before.

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There has never been a real treatment for both these common problems until now. The VelaShape is the first and only FDA-approved non-invasive device with breakthrough results against cellulite and body contouring. As it treats both the upper layers of the skin and the deeper tissues of fat – the result is a measurable reduction in fat layers, circumference and the appearance of cellulite. VelaShape is different from all other cellulite reduction remedies as it not only reduces cellulite but also contours the body by treating the areas where one can accumulate pockets of fat that are resistant to exercise such as thighs, love handles and flanks.

The VelaShape is the latest version of the original anti-cellulite device called VelaSmooth. The VelaShape differs from the VelaSmooth in that it provides a significant increase in the amount of energy used with a higher level of comfort. This higher intensity of heat allows for a greater localized increase in metabolism, resulting in a reduction of fat and cellulite in less

treatment sessions. The precise heating ensures a safe, effective and fast treatment with no downtime. Vacuum and specially designed rollers for the Mechanical Massage smooth out the skin to facilitate safe and efficient heat energy delivery. The net result increases the metabolism of stored energy, increases lymphatic drainage and reduces or shrinks the size of the actual fat cells and fat chambers.

A CBS media segment in New York City described the new VelaShape as a breakthrough in weight loss technology – a key body shaping treatment to help slip into those skinny jeans. The segment features VelaShape treatments for patients who are looking to reduce cellulite and firm up their problem areas. Marlene McGregory is a marathon runner, but still struggled with pockets of cellulite in her thigh area. After four treatments, McGregory had lost 9.5 pounds and saw an improvement in her cellulite.

In a study conducted at Skin M.D. & Beyond Spa, patients saw visibly noticeable reduction in the circumference of the treated areas, as well as improvement in skin tone, texture and tightness by using the VelaShape for body contouring and cellulite reduction. What was most impressive and exciting for patients was that some results were being seen in four or fewer treatments. The majority of patients start seeing results after just the first two treatments.

The advanced VelaSmooth treatments still, however, have a

place in the clinic's protocols as it is best performed for mild to severe cellulite with minimal need for body contouring. VelaSmooth still offers the best reduction in cellulite, and patients will notice a moderate improvement in skin tightening and mild to moderate improvement in size.

In order to know what treatment protocol is right for you, it is important to review your medical history and expectations with a doctor who specializes in a variety of these non-surgical options. When you can create your own unique treatment plan you can achieve the best results. Enjoy the experience. **A**

An industry leader in non-surgical cosmetic procedures, Dr. Fiona Wright at Skin M.D. & Beyond, serves Plano, Dallas and surrounding areas. She has been featured locally on NBC5, ABC8 and in national magazines such as Elle, Good Housekeeping and Redbook. To learn more, visit www.FionaWrightMD.com or SkinMDandBeyond.com.