

# Cellulite – Are You Stuck With It?

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If there is something that all females share, it is cellulite. This is a really bothersome problem that takes over your body, and, even if you are in good shape and within your normal weight range, cellulite will make you look and feel really unattractive. I have seen cellulite in girls as young as 10 years of age. To treat cellulite we first need to understand what it is. Cellulite results from a combination of factors but mainly two: tightened connective tissue in the skin and excess fatty tissue. The tightened connective tissue is called septa. The septa are attached to the skin and the deep muscles. When these tissues weaken or become less flexible the septa pull down on the surface of the skin creating dimples, and it is those dimples that produce the very unattractive orange peel look of cellulite. Cellulite is common in some areas of the female body like the buttocks, hips, legs and abdomen. The real cause of cellulite is still under investigation. However, there are associated factors, like circulation, hormones, genetics, toxins, diet and aging. Just look at your mother and your older sisters; if they have cellulite, most probably you will have it too sooner or later. The good news is you can take action now.

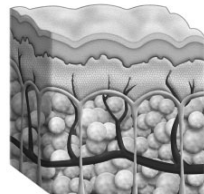
## Treatments

There are no permanent treatments for cellulite. However, maintaining your adequate weight and exercising regularly will help to control cellulite. There are a few procedures that can help reduce the appearance of cellulite - Mesotherapy, Endermologie® or Lipomassage and Titan.

**Endermologie® or Lipomassage:** Endermologie has been used in Europe and South America for more than 20 years but just recently was introduced in the USA. Endermologie is a deep therapeutic massage performed with special equipment called an Endermologie Machine. The Endermologie machine originated in France in the early 80s and it has been successfully used on thousands of European patients producing good results. Endermologie was later

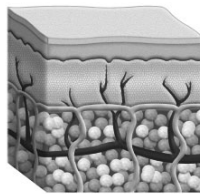
introduced to the USA and later on approved as the only device to temporarily reduce the appearance of cellulite and to improve skin's tone.

Endermologie® offers a non-invasive, non-surgical "yet temporary" cure for skin contour irregularities. The Endermologie machine is a patented vacuum device that creates suction and at the same time creates a deep sub-dermal massage with dual rollers to loosen that tight connective tissue to improve the appearance of cellulite. Endermologie can also reduce body mass by a few inches. The Endermologie machine literally sucks the skin up and rolls the skin out resulting in deep tissue massage. This simultaneous act of massaging loosens tightly packed fat from the skin and promotes better circulation and lymphatic drainage. The act of massage also stimulates collagen growth to strengthen connective tissue underneath the skin.



CELLULITE  
FAT  
CELLS

NORMAL  
FAT  
CELLS



An Endermologie session takes about 35 to 40 minutes. Some patients who are new to Endermologie may experience some mild discomfort during the first treatment as the initial tight, dense, fatty areas are loosened. After the second treatment, Endermologie is very relaxing; some patients may even fall asleep during the treatment. Endermologie also reduces body measurements and many patients report having lost several inches in their treatment area. Changes can usually be seen within four to five treatments. The guidelines for treatments, established by the FDA in clinical trials, are to have two treatments per week for the first five weeks and then continue just once a week. For maintenance one treatment once a week is ideal. Buying packages of ten treatments is the most affordable and practical way to get these treatments.

Endermologie is non-invasive, affordable and really gives good results. Endermologie



is really the only treatment approved by the FDA for temporary reduction in the appearance of cellulite. Endermologie is also recommended after liposuction to improve lymphatic drainage and to obtain better and smoother results.

**Mesotherapy:** This is a medical treatment that originated in France more than 30 years ago, designed for spot fat reduction and cellulite improvement. Because it has been used in Europe for many years with excellent results, doctors in the USA are now providing this procedure.

Mesotherapy is the injection of small amounts of medications (vitamins, enzymes and supplements) into the subcutaneous tissue. When treating cellulite, Mesotherapy is injected along the fibrous septa to loosen these areas. Several treatments are required. The injections are done with a very thin needle; the patients are anesthetized with topical anesthetic making the treatments very comfortable. Several treatments are required usually three to six depending on the amount of cellulite.

Mesotherapy is considered a safe procedure; the only side effect is minor bruising and tenderness. Endermologie treatments are recommended along with Mesotherapy.

**Titan:** This is an infrared light that is applied to the skin, penetrating to the deep dermis and stimulating collagen contraction and new collagen production by fibroblasts. Titan is used in the treatment of cellulite to improve sagginess and to tighten the skin. It can be used on the abdomen, arms, legs, knees and gluteal area. Three treatments are recommended done once a month. Titan is



Before Lipomassage

also recommended for patients that had liposuction and ended up with saggy skin and lumpiness. It is also helpful for after-pregnancy abdominal laxity. Maintenance is required by doing one treatment once a year.

## Things to Avoid

**Liposuction:** There is a big misconception that liposuction helps to treat cellulite. Liposuction makes cellulite look even worse. What liposuction does is pull fat from underneath the skin, leaving the skin saggy and loose and leaving lumpy uneven areas. This makes cellulite look worse. So if you have cellulite and are considering



After Lipomassage

liposuction, don't do it. You are going to look worse.

**Fast Weight Lost:** Losing weight fast and just dieting without exercising is going to leave you with saggy skin. It is best to lose weight slowly and exercise regularly to get good muscle tone.

**High Sodium Diets:** Sodas, canned food, cured meats, frozen dinners and, in general, any food with high sodium content will make cellulite worse because of the water retention and edema that these foods produce.

**Body Wraps:** These treatments temporarily compress the fat and make you lose water locally only temporarily. As soon

as you eat a regular meal the results are gone.

**Cellulite Pills:** It has never been proven in a clinical study that these pills improve cellulite. Many of these pills contain caffeine which acts like a diuretic making you temporarily lose water, dehydrating the skin.

**Topical Treatments:** There are hundreds of cellulite creams commercially available today, costing from five dollars up to hundreds of dollars. Some of them may just help the appearance of the skin, moisturizing and making it feel soft, but these topical treatments do not improve cellulite.

As you can see, there is hope. You are not stuck with ugly cellulite. Eat healthy, maintain your normal weight, exercise and explore the newest non-invasive medical treatments we have available today. Don't be shy. Wear your shorts and mini-skirts this spring and summer and show your beautiful cellulite free legs.

*Skin Diagnostics Laser and Rejuvenation offers the latest technologies to treat cellulite. Call us for an appointment at 513 631 0059 or visit our website at www.cincinnati.laser.com.*

