

Social AFFAIRS™

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BEAUTY & HEALTH



WHAT'S THE SKINNY ON FAT?

Procedures to add or take away fat to make a more beautiful you. By *Dr. Mark S. Nestor*

THE WORD "FAT" HAS A NEGATIVE CONNOTATION in today's beauty driven society. It doesn't have to be. Fat can actually be used to enhance one's appearance. It turns out that this substance is not just for padding our bodies and storing energy, but also contains a very rich supply of stem cells. Stem cells are the progenitors of all of the cells and organs in the body and up until this time, the only sources of stem cells have been embryos and cord blood, which have had limited availability and success.

There are already a number of techniques in the works for separating out stem cells from fat derived from liposuction and recent studies have shown that when the stem cells are mixed back in with the fat cells that the mixture provides a very good source of filler material for areas such as the cheeks. It appears that combining fat with stem cells enriches their viability and allows fat to become a more effective filler material.

There are ongoing studies in Europe where this mixture of fat and stem cells is being used to augment breasts. One of the exciting innovations is that the stem cells may be used to repair organs such as the heart after heart attacks and/or build organs such as new bladders, livers or kidneys. There are companies that are appearing on the scene that will take the stem cells and bank them for you for use in the future.

While many are looking to the use of fat for filling or recontouring, others are looking to rid themselves of unsightly fat. New procedures are on the forefront to do just that. A device called Zeltiq™ utilizes a patented method, Cryolipolysis™ (the

use of precisely controlled cooling to remove fat) that is designed to only kill fat cells and not harm the skin or other tissue. The Zeltiq™ procedure is painless and involves just one to two treatment sessions. Studies have shown a significant reduction in love handles, back and abdominal fat. There is no recovery time for the procedure, which will be available within the next month.

Liposuction has also evolved, with new water liposuction procedures that have a shorter recovery time and are both smoother and more comfortable for patients. Another procedure currently performed in Europe and being investigated in the US is ultrasound fat removal. Ulthera™, a new ultrasound device, has recently been approved by the FDA, but not for fat removal. This device, which can tighten skin and lift eyebrows, will be available in the US within the next month, while fat removal by ultrasound should be approved by the FDA next year.

The Center for Cosmetic Enhancement offers South Floridians the latest in cosmetic procedures and alternatives to traditional plastic surgery. Treatments include thermal tissue tightening (nonsurgical facelift using radio waves or intense pulse light), facial rejuvenation including photorejuvenation to reduce the appearance of sun damage, birthmarks and facial skin imperfections, numerous specific laser treatments for spider veins, vascular resurfacing and pigmented lesions and photodynamic acne procedures, Smartlipo, tattoo removal, scar revision, as well as fillers such as Evolence, Juvederm, Preville Silk, Restylane and now Dysport. **SA**

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