

THE TREATMENT OF CELLULITE ; NON SURGICAL FAT REDUCTION AND SURGICAL FAT REMOVAL

MESOTHERAPY & ALPHA-LIPOLOGY the perfect association for non-surgical overall fat reduction

ALPHA-LIPOLOGY

At Marbella Clinic, the philosophy is that if something is efficient and non-surgical, then it is recommended. Dr P Albrecht, specialist aesthetic surgeon at Marbella Clinic, is in favour of any technique that is NON TRAUMATIC, and one such treatment on offer is alpha-lipology. "Alpha-lipology allows people to lose fat all over the body," says Dr Albrecht. "The machine is like a scanner moving around the body with ADVANCED INFRA RED EMITTING devices. It is basically like infra-red heating. The difference is that while you are attached to the machine with the scanner moving all over you, it does not heat the skin, but the fat below the skin, making it melt and be released into the blood flow. This concept is very interesting because it lets the fat cells burn, releasing fatty acids, but does not let them be re-absorbed, thanks to an added electro-stimulating device. It makes the muscles work at the same time. While the fat is being melted, there is electro-stimulation of the muscles, so you exercise. Because the muscles exercise, they use energy and you burn calories. The fat released into the body from the alpha-lipology will be turned into energy and used immediately."

"Normally aerobic sport needs to be done for more than 30 minutes at medium intensity and for a long period of time before it becomes beneficial," Dr Albrecht continues. "The ALPHALIPOLOGY IRFA rays create the same benefit in a shorter period of time. At Marbella Clinic, a digital camera contains precise images of before, during and after, so the patient can see the progress of the treatment. The good thing about alpha-lipology is that it is not as localised as liposuction, it melts the fat all over the body. A few sessions are needed, but the patient sees the results quite quickly."

MESOTHERAPY

What we do at Marbella Clinic is combine ALPHALIPOLOGY with MESOTHERAPY. It is a way to supply an area of the body with active lipolytic (that destroys fat) substances through multiple injections. With a special ultra fast injecting-gun – 65 milliseconds a shot – we deliver those substances that will directly destroy the fat.

CELLULITE

ENDERMOLOGY OR LPG

Cellulite is a problem encountered by many women, and it is not related to fat. Many slim women suffer from cellulite. This is because cellulite is not fat-related, but bloodflow-related. "The best treatment for cellulite is by using the LPG or CELLU M6 device that sucks the skin and gives a rolling massage at the same time," explains Dr Albrecht.

MESOTHERAPY.

What we do at Marbella Clinic is again to combine ENDERMOLOGY (LPG) with MESOTHERAPY. It is the best way to supply an area of the body with different active substances through multiple injections. But this time, we deliver a mix of active substances that will stimulate the bloodflow, increase oxygenation, and deliver vitamins and other stimulating cocktails. This, plus the LPG rolling massage, eliminates cellulite. This has proved to be a very popular treatment, because it is non-surgical."

SURGICAL FAT REMOVAL LIPOSUCTION & LIPOSCULTURE

Liposuction is the most popular form of plastic surgery the world over, with over 80 per cent of aesthetic procedures dedicated to liposuction, because people are also interested in fast results, sometimes with large quantities of fat to be removed. Just as breast surgery is the most high profile and noticeable of aesthetic procedures, liposuction is less conspicuous but a more popular form. The procedure is especially useful to remove localised fat tissue that does not respond to diet and exercise, to achieve a new body contour. It is used to remove great amounts of fat in one go. Dr Albrecht explains exactly how the liposuction procedure works.

"Liposuction is a soft surgical procedure designed to eliminate anti-aesthetic localised fat deposits of the face, neck, arms, abdomen, legs, knees, ankles, etc, and is performed under local anaesthetic and sedation" he says. "People often opt for liposuction when they cannot lose weight from exercising or dieting.

Something very important to mention here is that not long ago it was published in the New England Journal of Medicine that the fat tissue in the body behaves as a gland. You see, the more you have, the more you put on because the fat tissue releases into the bloodstream a hormone. They have proved through animal studies that this hormone called RESISTIN fights insulin. The insulin hormone helps the sugar to get into the muscle, and then will allow this sugar to be used as energy. You are supposed to burn this energy (calories) by exercise and through sport, but you don't, and after a while the sugar is turned into fat." Resistin hormone prevents the sugar being used by the muscles and increases the storage of that spare energy as fat tissue. "Before I read that article in the New England Journal of Medicine, I had noticed that on several female patients, who I had done leg liposuction for. One year later they would be slimmer all over the body. I asked if they had been on a diet, and they said no. It was just with the first liposuction, I had removed enough fatty tissue to change their metabolism. This is the reason why the results can be permanent." says Dr Albrecht.

"On the other hand, I have heard some people complaining about insufficient results. This is due to the fact that the surgeon has not removed enough fat," continues Dr Albrecht. "For example, if only 50 per cent of the fat is removed, there is so much left, that it is very easy to put the weight on again, due to the resistin action. When a surgeon looks at an area, he has to remove a minimum of 80 per cent to make sure that it will not come back again. But patients have still to realise that after liposuction, they cannot eat and drink as much as they want. If they do, the fat will of course come back after a while."

At Marbella Clinic, the latest tumescence technique is used, which consists of infiltrating up to two litres of an anaesthetic liquid, mixed with adrenalin, that allows the blood vessels to shrink, and the fatty tissue to be removed without pain. Then a pneumatic device with a probe will turn the deep fat into a light foam, this will be removed with less trauma. The final touch can be given by an ultrasonic instrument. The results can be permanent, if a reasonable diet is followed and regular exercise is done.



The patients are very happy with the results when they have reasonable expectations.

They are happier with their bodies, can wear a wide range of clothing and have better self-esteem.

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