

# ANTI-AGING CORNER

BROUGHT TO YOU BY:



JULY



Mara De La Vega, MD

## Cellulite...It Can Be A Woman's Beauty Nightmare

By: Karen LeBlanc

Cellulite is not viewed as a serious medical condition, but to women it is a serious aesthetic condition. Many factors contribute to cellulite including genetics, hormones, an unhealthy lifestyle and diet. Cellulite is a widespread condition for women and is a progressive disorder that can appear at any age, usually starting in the teen years and progressively worsens with age.

Privately when looking at themselves in the mirror, many women complain about their self image because of having dimpled skin or that "orange peel" look on their thighs, buttocks and abdomen. For many women, cellulite is most obvious when they try on swimwear or put on summer clothing and it becomes clearly evident to onlookers.

There are more than 28 clinical types of cellulite, each with its own unique sign and symptom. As a result, care must be taken when approaching this matter.

Surprisingly, 98 percent of women have some form of cellulite and although the condition is common, there is no singular approach to effectively treating the dimpling of skin and the breakdown of skin tissue.

At Eterna MD Medical Rejuvenation Center, our two licensed and board certified physicians, Dr. Mara De La Vega and Dr. Carlos Mercado, specialize in multiple treatments to address the many different types of cellulite challenges that some of our readers might be experiencing. There is no one-treatment-fits-all approach to reducing cellulite, which is why Eterna MD patients have many options available.

In this edition of our Anti-Aging Corner, Dr. Mara De La Vega and her patient, a 28-year-old female professional we shall refer to as "the patient," will discuss combination treatments using Carboxy and TriActive Laser therapy.



CARBOXY THERAPY AND MESOTHERAPY

### Dr. De La Vega, what is cellulite?

Cellulite results from a biochemical metabolic reaction in the tissue that eventually results in abnormal fat tissue; fat tissue is not the cause of the disease but rather its victim, therefore, it doesn't go away on its own even with weight loss. In fact, weight loss can actually increase the appearance of cellulite because it loosens the skin.

Cellulite may start out looking like orange peels and can progress to big dimples in the skin. Cellulite can be seen in all body shapes and types including thin people, average people and athletic people.

### How do you treat cellulite?

Dr. Mara De La Vega says that most women will need a combination of treatments in order to achieve optimal results. She compares many of the so-called therapeutic cellulite treatments on the market today to

applying a “coat of wet paint” over a damp patch on the wall. By adding subsequent layers of paint, the wall may improve its appearance but the root cause of the problem still remains. That is why it is so important to make an accurate clinical diagnosis so that the patient is given the proper care and treatment.

There’s no quick fix or single fix for cellulite. It’s a process and you have to be committed to your personal self-improvement. Most patients require a series of treatments in combination, i.e. Mesotherapy, Carboxy and TriActive Laser therapy. Some of these treatment protocols may require approximately 12 weeks, two times a week.

### **What are the medically and scientifically proven therapeutic treatments used at EternaMD for cellulite?**

We use what is called:

Carboxy Therapy, is essential to any cellulite treatment program because it improves tissue oxygenation and circulation. With Carboxy therapy, we treat the root cause of cellulite with injections into the subcutaneous tissue using CO2 gas, which improves the release of oxygen in the treated areas.

Vacuum Therapy is used in combination with Carboxy Therapy to improve circulation. This superficial treatment smoothes out the areas treated by Carboxy Therapy. Vacuum Therapy originated in France in 1986 and is based on the premise that suction strength on the skin’s surface improves venous and lymphatic circulation.

TriActive Dermology is another element of effective cellulite treatment. This cold laser does three things at once: deep tissue massage; the application of cold laser beams; and the application of cold.

Mesotherapy, also developed in France, has been around since 1952 and requires the injection of different cocktails into the dermis of the skin. Mesotherapy treats a variety of skin issues such as circulatory or laxity problems and superficial fat. Eterna MD also offers DermaWave No Needle Mesotherapy, using specialized electrical waveforms to help the medication penetrate the dermis of the tissue. This is a good option for patients afraid of needles and it produces comparable results.

### **Dr. De La Vega, tell me about your 28-year-old patient.**

The patient is thin; she weighs 126 pounds and is 5’5”. In her consultation, I diagnosed her with interstitial cellulite in the external aspect of her thighs. I designed her treatment plan using a combination of Carboxy Therapy and the TriActive Laser. The patient underwent 18

treatments of each, Carboxy Therapy and the TriActive Laser. On her last treatment, she came in with a big smile on her face wearing shorts and was very proud to show off her legs!

### **Patient, why did you decide to undergo cellulite treatment?**

I had previously undergone LipoDissolve treatments at Eterna MD for non-surgical body contouring and was very pleased with the results. I had cellulite on my buttocks and legs that kept me from wearing shorts. After meeting with Dr. De La Vega, I realized that I didn’t have to live with cellulite. That is a misconception people have by the way. It took me by surprise that there were so many options out there! I don’t diet or work out and spend a lot of time at a desk working as a graphic designer. I am not overweight but I don’t exercise like I should. When I first heard about the treatment, I was skeptical because it was hard to believe that it worked so effectively.

### **As the patient, please describe your treatment experience.**

The Carboxy injections of CO2 gas are not painful because they use a very small needle. The first few treatments were mildly uncomfortable because the fatty tissues blocked the gas. As the treatments progressed and the fatty tissue dispersed, it was less painful. The TriActive Laser with cold suction pushed the destroyed fat into my lymphatic system to drain.

### **What do you think of your results?**

I am wearing shorts again! I saw the most difference in my inner thighs where I had the most problems. The results are very noticeable. I can sit down in a chair and I don’t see the “cottage cheese” legs that I once had. I would say my legs are close to perfect! I would strongly recommend this to other women, even men. Eterna MD offers high quality services at a price I could afford. The staff was very friendly, and the office provided a calm, peaceful and medically safe atmosphere, which made it easier for me to stay on top of my treatment plan.

### **Dr. De La Vega, what do you think of your patient’s results?**

Because each patient case is different in terms of when you will start to see results, I am very pleased with her outcome in the short amount of time it took. Her cellulite improved 90 percent. After her treatments ended, I did recommend two medical grade skincare creams and follow-up with our TriActive Laser treatments every six to eight weeks just to help her maintain her desired look.

As we say at EternaMD – It’s Possible!

## **ETERNA MD- CELLULITE**



**It’s Possible!**

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