

Lose Inches Lying Down...Are You Kidding?

Dr. Julene Samuels is the first in our area to offer Vaser Shape, a revolutionary new technology from Europe that finally offers meaningful improvement of cellulite and unwanted fat. Performed as an office procedure with no need for anesthesia, Vaser Shape is an external ultrasound device that melts and disrupts fat cells, which are then eliminated by the body. The ultrasound energy gently and comfortably heats the skin creating a tightening effect. Dr. Samuels notes that, "Although the device is FDA cleared to improve cellulite, as one of the early clinical investigators of this exciting new technology, we have noticed that more than just cellulite is improved. There is a real loss of inches in the treated areas, as well as improvement of skin tone and cellulitic skin dimpling." Dr. Samuels continues, "I was actually looking at Sound Surgical Technologies' new liposuction equipment (Denver, Colorado), called Vaser Liposuction 2.0, which has the added capability of fat transfer, when I saw the new Vaser Shape device.

I immediately recognized the unique application of a device such as this in a busy body contouring practice, where there has existed a void between diet and exercise and surgery. I couldn't believe the results." Internal ultrasound technology is used in surgery (Vaser Liposuction, also by Sound Surgical Technologies), and has long been the gold standard method of liposuction, where the fat cells are melted, destroyed and then suctioned out of the area. There is now literature to suggest that it is possible to destroy fat cells externally and then rely upon the body's own lymphatic system to eliminate the by-products. "Although I had looked at fat freezing and laser light systems to see if any reduction in fat could be achieved non-surgically, I was very unimpressed with their results. The changes seen were either not measurable, too subtle or too expensive." Dr. Samuels notes that studies are ongoing to determine how much fat is affected by noninvasive techniques in general, and also how long the results achieved will last, but in Europe the results at several years are long-lasting. Vaser Shape treatments take approximately an hour and are performed about a week apart. Patients describe a Vaser Shape treatment as feeling similar to a "hot rock massage." Four treatments of a single area are recommended, but results of multiple packages are additive in terms of overall results achieved. Since acquiring the Vaser Shape in early fall, Dr. Samuels and her nurses have performed over 300 treatments, and have reduced measurements in each patient.

