



Ways to fight the flab

FAST FACTS

Who: MD Cosmedical Solutions by Dr Buddy Paul Beaini MB, BS (NSW Uni), DCH, FACAM

What: Non-surgical aesthetic treatments and plastic surgery treatments in cosmedical medicine

Where: Clinics in Sydney CBD (Sheraton on the Park Hotel), Wahroonga and Canberra

More: mdcosmedicalsolutions.com.au or 1300 885 808

LIPOSUCTION is touted as the miracle way of taking a few centimetres off your hips in time for summer. But it's far from a foolproof procedure: not only does it require a general anaesthetic and a lengthy recovery time (four weeks is standard), but surgical risks can include infection and even perforated organs.

A new series of body sculpting treatments is promising to change all that, making it possible to rid yourself of cellulite or boost your booty without going under the knife. Director of MD Cosmedical Solutions, Dr Buddy Beaini, explains:

ALTERNATIVE #1: MESOTHERAPY

Most women know all too well the horrors of cellulite, aka the dreaded "orange peel effect". "Cellulite is caused by the fibrous connective cords which tether the skin to the underlying muscle, with fat lying in between. As fat cells accumulate, they push up against the skin, while the long, tough cords pull down. This creates an uneven surface or a dimpled effect," Dr Beaini says. Unlike regular fat, cellulite is resistant to exercise and weight-loss.

Mesotherapy micro-injections deliver a dose of a natural soy derivative called phosphatidylcholine (PTC) to the subcutaneous tissue and fat layers, destroying the fat cell walls.

The fat is then converted into bile, which is eventually excreted from the body through the urine and stools.

"It's ideal for cellulite, and body sculpting areas such as baggy under-eyes, double chins, thighs, buttocks, tummy, bra bulges,

love handles - anywhere there's excess fat," says Dr Beaini.

Pain is minimal, although expect the affected areas to be a little tender for up to four days after each treatment.

ALTERNATIVE #2: LIPOMEDIX CONTOUR TREATMENT

Can't cope with needles? Lipomedix Contour ultrasonic cavitation uses high-frequency ultrasonic waves to selectively target and destroy the excess fat that come from indulging a little too much over the years, or as a result of medical issues such as a reduced thyroid function or hormonal problems. "It's a walk in-walk out treatment that's good for sculpting the body," Dr Beaini says.

Unlike mesotherapy, it's practically painless, meaning you can return straight to work afterwards if that's what you want.

WHAT RESULTS CAN YOU EXPECT?

While liposuction is still the only option for those with severe obesity, both mesotherapy and Lipomedix Contour treatments are good alternatives for mild to moderate fat reduction.

Dr Beaini recommends a series of four to six sessions held two to four weeks apart for each treatment, and says you should expect to see a loss of between one and two centimetres after every session.

Better yet, combined with a healthy lifestyle including a good diet and regular exercise, you can expect changes to be permanent - which means you can kiss those chunky thighs goodbye for good.

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Actual MD Cosmedical Solutions patient



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All treatments performed by Dr Buddy Beaini (MB, BS, DCH, Member ASCM) and his cosmetic medical team*

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