

FIVE MOST COMMON CELLULITE MYTHS : TRUE OR FALSE

MYTH 1: Cellulite is genetic, I can't do anything about it.

REALITY: False, many things affect cellulite, including diet, exercise, water intake, lymphatic drainage.

MYTH 2: Creams don't work

REALITY: This is a tricky one. For the most part, commercial creams containing caffeine and other ingredients have not been shown to improve cellulite at all. Specialized vitamin creams available from a physicians' offices can help thicken the top layer of skin which in turn will help cellulite look better.

MYTH 3: Once I fix my cellulite, it'll be gone forever.

REALITY: While we would all like this to be true, unfortunately even the best of treatments are more of a control rather than a cure. The analogy is that you can't eat one meal and expect it to last you forever, or go to the gym once and maintain its benefits. Once cellulite is under control, treatment once every few months helps maintain the results.

MYTH 4: My cellulite will go away if I have liposuction.

REALITY: Completely false. In fact, I have many patients who never had cellulite before having liposuction

MYTH 5: Only women get cellulite.

REALITY: While guys don't want to admit it, it can occur in men as well. Even though it is more common in women with over 80% of women developing cellulite, approximately 10-20% of men are afflicted with the same problem.

Cellulite Busting Cures: HOW TO BE CELLULITE FREE

BY DR. IHAB MATTA

Cellulite absolutely drives women crazy. It's common to look in the mirror to see the dimpling cottage cheese appearance of cellulite on one's thighs or buttocks and want it to go away. I've written in the past about how our physical appearance (both men and women alike) affects our psychological well-being and none can be more relevant than cellulite. Over the years I have had countless women come in depressed about not being able to wear the bathing suit or shorts they want to because of how self conscious they feel about their bodies. Over and over I emphasize the importance of healthy lifestyle, such as a clean natural diet and

simple exercise such as walking, but despite that, approximately 80% of women have cellulite, no matter what they do. My patients who know me understand that I only like to recommend things that work and have proven scientific evidence of benefit. Thankfully now we have treatments that can significantly reduce cellulite and keep it under control.

WHAT IT IS

Cellulite is the dimply, "cottage cheese" appearance of skin that happens in the majority of women after puberty. While nobody knows the exact cause, it is believed to be due to a combination of genetics, hormones, diet and exercise. There are certain things that you can do at home on your own...eat well (fruit, vegetables, lean meats, fish, chicken, nuts and seeds and avoid anything processed), drink lots and lots of water, walk regularly and get a good sleep. If those simple things don't achieve the results you want, we now have treatments that have been proven clinically to improve cellulite.

THE SOLUTION:

ARMS

THE FIX – Maximus Radiofrequency Treatment, Sonophoresis

THE PRO – Pain-free, helps skin texture and tightening, improves "batwings"

THE CON – Takes 3-4 sessions before noticeable improvement

THIGHS

THE FIX – Tite FX Radiofrequency, Sonophoresis, ESWT

THE PRO – Tite FX permanently eliminates fat in the area, fat breakdown seen after 1 or 2 treatments; ESWT also has therapeutic effect to reduce pain in the area

THE CON – Slight discomfort during treatment

BUTT

THE FIX – Maximus DMA, ESWT

THE PRO – Tightens up buttock muscles, lifts sagging skin

THE CON – Some discomfort during treatment