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# NEWS

JANUARY 2010

**ON WITH**  
THE DEBATE  
Remote prescribing latest

**DERMA  
DIVA**  
We chat to skincare guru Jan Marini

**WEIGHT LOSS  
SPECIAL**

In a nation obsessed with losing weight, we examine the growing trend for in-clinic diets as well as some of the best body shaping procedures on the market

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## LASER LIPOLYSIS

The advent of laser lipolysis enabled non-surgically trained practitioners, such as cosmetic doctors, to start performing fat reducing treatments in their clinics under local anaesthetic, offering patients an alternative to more invasive surgical liposuction for the first time. Deka's Smartlipo system was the first on the market and has since been followed by a plethora of other devices including: Smartlipo MPX (Cynosure), Slim Lipa (Eden), ProLipo Plus (Sciton), OSYRIS Pharaoh Laser Lipolysis System and the Fotona XP2 (AMBETech).

Laser lipolysis works by using laser energy (delivered by inserting a fibre-optic probe under the skin) to break up and liquefy the fat cells. The liquefied fat can be left to be naturally eliminated by the body however experience has shown that far superior results are gained by also using aspiration.

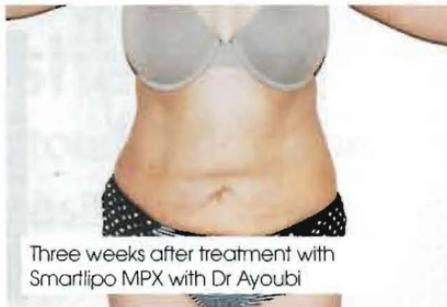
Dr Ayham Al-Ayoubi comments, "The most important thing to remember is that for laser lipolysis treatments, such as Smartlipo MPX, to be effective in a weight loss patient, they must use all medical, surgical and wellness tools available to them, which includes strict help from a dietician. The Smartlipo MPX will get rid of excess fat from the problem areas however the patient must also accompany this with a strict diet and exercise regime. The benefit of Smartlipo MPX for weight loss is that it gives an immediate boost to patients to continue to keep the weight off as you can see immediate results. Combined with a good healthy diet from a dietician it's a healthy way to lose weight but it can't be used alone and the patient must understand this. They must work hard with medical team and be sent to a specialised doctor to make sure any underlying medical problems are under good control. e.g diabetes. To summarise, make sure any underlying health problem is under control before using Smartlipo MPX as a treatment for weight loss and it needs to be combined with all tools available - medical, surgical and diet, wellness to be effective."

## **SMARTLIPO MPX**

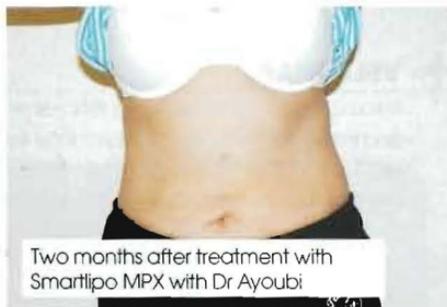
Smartlipo MPX (Cynosure) is the first and only FDA approved dual wavelength laserlipolysis workstation on the market. The Smartlipo MPX allows the physician to customise treatment protocols based on the patients needs. It allows each wavelength to be used individually and sequentially in a 'blended fashion' for optimal results. The Smartlipo MPX utilises both the 1064nm and 1320nm wavelengths. Each of these wavelengths brings unique characteristics to the laser lipolysis procedure. One is better suited for liquefying and coagulating and the other is more aggressive and suited for targeted tightening. The 1064nm wavelength has a greater affinity toward oxyhemoglobin, but demonstrates less absorption in water, which produces a larger scattering effect than the 1320nm wavelength. Due to this strong scattering effect with the 1064nm wavelength, the laser energy would be distributed in a more homogenous manner (broader region) in fat tissue. The 1064nm wavelength also has a more diffused distribution of the laser energy which will help to safely heat the collagen bundles in dermis, resulting in tissue tightening. The 1320nm wavelength has strong absorption and less scattering in fat tissue; therefore, most of the laser energy is deposited into a small (localised) region near the laser fiber tip in the subcutaneous layer. This results a high efficiency toward heating the subcutaneous layer and disrupting fat cells with the 1320nm wavelength. This blending of wavelengths is actually called Multiplexing (MPX). Multiplexing or blending wavelengths gives you the ability to maximise safety, effectiveness and overall patient outcomes and satisfaction. It allows the physician the option to blend these wavelengths to achieve optimal results.



Before Smartlipo MPX



Three weeks after treatment with Smartlipo MPX with Dr Ayoubi



Two months after treatment with Smartlipo MPX with Dr Ayoubi