

Dr. David Goldberg Discusses Cellulite Treatments

Non-Surgical Cellulite Treatment Alternatives

Q. What is the difference between fat and cellulite?

A. Cellulite is a special kind of fat. It is fat that is located just underneath the skin. Cellulite is seen almost exclusively in women. Cellulite is definitely genetic. If your mother had it, you are likely to get it. It actually is present at birth, becomes obvious at adolescence, and worsens with weight gain and age. With time the fat of cellulite begins to form bumps and bulges through the skin.

Q. How do I get rid of cellulite?

A. The truth is superficial fat (cellulite) is the last to be affected by exercise and diet. This makes weight management and cellulite two separate issues.

Q. What kinds of treatments are available for treating my cellulite?

A. There are many types of cellulite treatments available at Skin Laser & Surgery Specialists of NY/NJ.

One option is the Accent™, a skin tightening device. The Accent™ works by delivering controlled radiofrequency energy for deep and superficial penetration. This produces a tightening to the underlying tissues, which in turn causes a production of new collagen and collagen remodeling. It also increases the blood circulation to the area being treated and drainage of the fatty deposits to the lymphatic system with subsequent fatty acid decomposition and heat-induced fat cell death. Much of our knowledge of the Accent™ device is based on Dr. Goldberg's research that has been published in the journal, *Dermatologic Surgery*.

Cryolipolysis by Zeltiq is also a treatment being studied Skin Laser & Surgery Specialists of NY/NJ for the treatment of localized areas of fat. Cryolipolysis works by cooling the skin through a painless vacuum process. The use of controlled localized cold exposure helps to stimulate the chemical process behind the destruction of fat cells in the treated area and the reduction of the fat layer. This technique is not FDA approved as of yet.

Lipodisolve® is a treatment utilizing a combination of naturally occurring compounds administered through a series of micro-injections for the purpose of subcutaneous fat reduction. Lipodisolve® injections reduce the size of localized fat deposits and cause skin retractions in body regions where treated.

UltraShape is a technique that involves the use of focused ultrasound to destroy fat. It is ideally used for larger areas that require body contouring, such as the abdomen, buttocks and thighs. This approach, currently being studied in our Boca Raton, Florida office is not yet FDA approved.

Q. How will I know which treatment option is the best for me?

A. Our physicians will fully explain all of your treatment options during your cosmetic consultation and help you determine the best treatment option for you.

Q. How long do the procedures take?

A. A series of treatments over several months is ideally required. In order to maintain improvement, follow up treatments may be necessary.

Q. Will I need to take off time from work?

A. Most cellulite treatments have no "down-time" associated with them. In some cases you can have a treatment done on your lunch hour and return to work right after.

David J. Goldberg, M.D. (<http://www.skinandlasers.com>) is on faculty and Director of both Laser Research, Mt. Sinai Medical Center in New York; and Director of Skin Laser & Surgery Specialists of New York & New Jersey. He has offices in NYC, Florida and New Jersey. He is currently, or has been, on the Boards of Directors of the American Academy of Dermatology, the American Society for Dermatologic Surgery, the American Society for Lasers in Medicine and Surgery and the International Society for Dermatologic Surgery He is also past President of the American Society for Lasers in Medicine & Surgery. Dr. Goldberg was voted "one of the top ten laser surgeons in the U.S." by Self Magazine, "one of the best doctors in America" by Woodward/White, Inc, and one the NYC Metro Best Doctors by Castle Connelly.

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