

Dr. David Goldberg Introduces VelaSmooth™ and Accent™

New Non-Surgical Technologies Targeting Fat and Cellulite

Q. Dr. Goldberg, who gets cellulite and how is it treated?

A. More than 80% of women over the age of 20 years, regardless of their weight or size, are affected by cellulite. Over the years different techniques have been used to try to improve cellulite. These have included a variety of creams and lotions that promise a reduction in the appearance of cellulite, but generally have led to less than satisfactory results. Surgical removal has also proved to be an unpopular approach due to unsightly bruising and scarring as well as lengthy downtime. Newer methods involving the use of lasers and laser-like technologies represent non-invasive, non-surgical methods of reducing cellulite and re-contouring the body to look smoother and firmer.

Q. In your opinion, what are the latest and most effective technologies in treating cellulite?

A. I have introduced two new technologies to my practice that use lasers or radiofrequency to target cellulite. These devices are used to heat up and break the bands that allow fat to protrude on the thighs, buttocks and abdomen. In the process, new tightening collagen is formed to smoothen out the skin.

VelaSmooth™

The VelaSmooth™ is the first device to be FDA cleared for the effective treatment of cellulite. VelaSmooth™ uses the revolutionary Elos combined energy technology (Bipolar Radio Frequency and Infrared Light) to promote better circulation to the local area, which allows for more oxygen exchange for increased fat cell metabolism. Following the delivery of heat, the VelaSmooth™, provides a vacuum action of deep tissue massage to the treated area. This approach both mobilizes fat while stimulating the formation of new collagen to promote smoother looking, re-contoured skin.

Accent™

My practice is leading an investigation for the United States FDA in regard to a multi-center study for the most recent technology targeting cellulite: Accent™. Accent™ utilizes radiofrequency that will allow different depths of fat to be attacked (volumetric thermotherapy). The device also contains two different hand pieces used for the treatment of various body reshaping therapies and other skin imperfections. Accent™ has been shown in Europe to not only improve cellulite, but actual weight loss has been seen in some women.

Q. How many procedures will I need?

A. With both VelaSmooth™ and Accent™, I recommend a series of treatments over several months. To maintain improvement, follow-up treatments may be necessary.

Q. Are the procedures safe?

A. Both technologies may be used on all skin types and colors and there are generally no risks, side effects or post-treatment downtime.

Q. Are there any other benefits to having VelaSmooth™ or Accent™ treatments?

A. Other benefits of these new cellulite treatments include improved circulation, a decrease in muscle aches and pains as well as the tightening or firming of looser skin. Although cellulite treatment is not a weight loss tool, patients may look and feel as though they have lost weight as their bodies are better contoured.

Q. What will the treatments feel like?

A. During the treatment you will feel a deep, soothing heat in the targeted area. The treatment can be compared to the feeling of the sensation of finishing an intense workout or having a deep tissue massage.

Q. What must be done before proceeding with the cellulite treatment?

A. Being in good health and practicing good health habits, such as eating healthy and working out regularly, will help improve the results of treatment. Make sure all body oil, shave cream or body scrub is removed from your body prior to your treatment.

David J. Goldberg, M.D. (<http://www.skinandlasers.com>) is on faculty and Director of both MOHS Surgery, and Laser Research, Mt. Sinai Medical Center in New York; and Director of Skin Laser & Surgery Specialists of New York & New Jersey. He is past President of the American Society for Laser Medicine & Surgery. Dr. Goldberg was voted "one of the top ten laser surgeons in the U.S." by Self Magazine and "one of the best doctors in America" by Woodward/White, Inc. He was recently named Editor in Chief of the first web-based cosmetic laser e-journal located at <http://www.lasernews.net>.

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*** Dr. Goldberg on the Road:**

1/18/2006 Albert Einstein College of Medicine Dermatology Grand Rounds - Past, Present and Future of Dermal Fillers

2/11/2006 Hawaii Dermatology Meeting - Wrinkle Fillers

2/17/2006 Hawaii Dermatology Meeting - Past, Present and Future of Wrinkle Fillers

2/17/2006 Hawaii Dermatology Meeting - Non-ablative Lasers, BOTOX and Fillers: The Total Picture

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