

# Controlling Cellulite

What's the best way to fight cellulite? Dr Claude Choicci clues us in.

Interview By Vivian Chong



## What causes cellulite?

There are two principle causes of cellulite (known scientifically as gynoid lipodystrophy): microcirculation and augmentation or dysfunction of the circulatory system. When these two conditions are present, our bodies are unable to flush out water properly. Excess water will then seep into the fat tissues, creating what we call cellulite. Those two principal causes, in turn, are actually caused by factors such as leading a sedentary lifestyle, non-balance diet, hormonal changes and in some people, it is a genetic condition.

## When does cellulite start forming?

It actually begins at birth! We are all born with a certain number of fat cells and some people have more than others. If we take care to watch our fat intake and ensure that our circulatory or lymphatic

system is always functioning properly, then we would have less chances of developing cellulite. In children, for example, because we usually feed them proper foods and they get enough exercise, cellulite does not have a chance to 'grow'.

## How bad can cellulite get?

It's a progressive condition. It begins with deactivation of microcirculation, after which water seeps into the tissues. This is called edema. After that is the fibrosis stage, which is when the tissues harden. The last stage is called stasis, where the tissues become coagulated. There is a simple way to determine which stage your cellulite is at: pinch your skin with your fingers and observe how much the muscles contract. The more contraction you see, the less cellulite there is.

## Why are women more prone to cellulite, compared to men?

This is due to the genetic structure of fat in women's bodies, in which the membranes form a criss-cross pattern. When water sets in and centre around these membranes, they will 'fall' back against the skin, creating what we call and see as the 'orange peel' effect. The male fat structure does not have a criss-cross pattern, which is why men have less of this problem.

## The treatments and products that are available in the market, how effective are they in treating cellulite?

They are usually more effective for treating the first two stages of cellulite only, where the focus is on draining water out of the tissues. Also, cellulite can occur at different parts of the body, and each area of cellulite may be at a different stage. A truly effective cellulite treatment, therefore,

needs to cater to all the different parts and stages at the same time.

## Is such a treatment available yet?

Yes, there is a machine called Cellsonic that was invented in France about 20 years ago, which uses a technology called Superlow-Frequency Ultrasound (SLF). It oscillates between 28 and 35Khz, so the wave lengths are longer and therefore, able to penetrate deep into fat tissues. It weakens the fibres around the tissues, helping to release the fat. SLF is able to treat all four stages of cellulite, on various parts of the body. The vibration levels can be adjusted to fit customers' comfort. Usually, a lymphatic drainage is done after the treatment to enhance blood and lymphatic circulation.

## Can we prevent cellulite from recurring after treatment?

With Cellsonic, it is possible to get rid of all your cellulite and revert your fat tissues to their 'normal' conditions. However, it takes time and you will also need to watch out for certain things. For example, eat sensibly, get regular exercise, drink more water to enhance the drainage, get enough sleep and eat less sodium, as that can cause edema. Going for regular body massages can also help maintain healthy circulation. **HB**



Dr Claude Choicci is a professor from University Claude Bernard in Lyon, France and a collaborator of the research team at the Laboratory of Physiology at

University Hospital o South Lyon, France. He was in Kuala Lumpur in June this year to introduce the SLF Slimming Treatment. SLF is available at Cres Wellness, a para-medical anti-aging spa. For a list of its outlets, please see Directory on page 80.