

# PROBLEM DISSOLVED

By DR. ROCK POSITANO

May 22, 2007, New York Post -- SURE, everyone's looking for that magic bullet to make pounds vanish, but the truth is - Alli notwithstanding - it ain't gonna happen. That said, for the right person, some similarly simple exercise-free procedures do exist.

You're not superfat? Just need to touch up some stubborn patches of cellulite? Then meet Lipodissolve.

Like its surgical cousin liposuction, Lipodissolve removes fat. Unlike liposuction, however, Lipodissolve is an outpatient procedure that does not involve doctors Hoovering up the flesh that was perfectly happy underneath your skin. Compared to suction, dissolve is virtually ow-free.

Lipodissolve is actually easier to understand when you call it by doctors' preferred terminology: injection lipolysis. The procedure involves injecting a solution into specific parts of the body, with the goal of reducing localized areas of small fat pockets. Love handles, saddlebags, spare tires, muffin tops - all are perfect targets for Lipodissolve.

The protocol is relatively easy. In a series of visits to a physician's office, a patient receives injections of phosphatidylcholine deoxycholate (PCDC) in the offending area. Over the next few weeks, the fat cells absorb the PCDC, become inflamed and then harden. After they break down, they're excreted. And you're thinner.

Dr. Shirley Madhère, a New York City plastic surgeon and director of SoHo Aesthetics and Plastic Surgery, say that "injection lipolysis is ideally suited for getting rid of small cushions of fat where the fat is soft in patients who are not candidates for or who are not currently interested in liposuction."

That is to say, if you're already near your ideal weight but just have a few problem areas that seem to be resistant to diet and exercise, injection lipolysis might be a good option.

Treatment typically requires about three injection sessions spaced about six weeks apart. Sessions, which can last about an hour, range from \$450 to \$850.

Short-term side effects include bruising, mild discomfort and swelling. Long-term side effects, however, remain unknown.

Although Lipodissolve has been performed for years in Europe, PCDC has not been evaluated for fat loss by the U.S. Food and Drug Administration. Phosphatidylcholine has been used in American medicine for decades, just not in this particular way.

"The essential prerequisites for a successful treatment outcome are a well-trained physician and a generally healthy patient with reasonable expectations, who has been carefully examined and fully informed in all aspects of the therapy in advance,"

says Madhère, “including that the procedure is not a method of weight loss for the overweight.”