

An injection of self-confidence

All of us want to be beautiful all the time, irrespective of the age and gender. Talking about the skin we live in, sometimes even a scar on the exposed part of the body can lead to depression, leave alone some major birth defects, post-injury deformities or a post-burn mark. Even if everything is fine we still have the urge to remain youthful, untouched by what time and age bring on.

A very interesting re-course for people suffering from birth defects or accidental injuries is reconstructive surgery. Fat transfer is now turning out to be the absolute future of plastic and reconstructive surgery. The transfer of fat from one part of the body to another area is a very safe, reliable and less taxing method when done meticulously and with stringent surgical principles. Compare that to other multistage reconstructive plastic surgical procedures or micro vascular flaps which are arduous. There is no cost factor involved like for prosthesis as fat is readily available in almost every patient in sufficient quantity.

Scientific research speaks of Autologous fat grafting as pioneered by European surgeons in the late 19th century with the first documented case in the breast being a lipoma autotransplanted to reconstruct a breast defect, by Adalbert Czerny in 1895. Fat grafting enjoyed intermittent popularity throughout the early

20th century, with Erich Lexer and others reporting on its use in the breast. Still, the practice never became popular until the 1980s, when the widespread adoption of liposuction by plastic surgeons resulted in easy access to large volumes of donor fat. Thus, autologous fat began to be used in the normal breast for breast augmentation.

However, this kind of development in the scientific world was met with challenge. Debate followed, resulting in American Association of Plastic Surgeons (ASPA) in 1987 condemning the use of autologous fat for breast reconstruction. The practice re-emerged only in 2005-2007, when several authors published their experience, including the potentially restorative effects of adipose-derived stem cells on radiated breast tissues. An ASPA research task force for autologous fat use in breast and other tissues reported its results in 2009, finding the practice to be largely safe, but lacking in scientific validation.

Autologous fat grafting with aspirated fat uses fat in a liquid form, in a syringe, with minimal incisions. It also permits injection in precise quantities where it is needed. In women, the fat can be obtained from the tummy, the inner sides of the thighs, both sides of the chest and buttocks. In men, though the areas are same, technically it is difficult due to the nature of the fat.

An example where fat



skin flap which may look like a breast but it would have left permanent scars at the donor site. Finally a simple procedure of fat filling with a syringe done leaving no scars on the chest or at the donor site. She had three fat fillings over a period of two years and the ultimate result turned out to be excellent with no visible scars and no hospitalization.

Some congenital and other acquired breast deformities like Poland syndrome, tuberous breasts and major asymmetries can be treated completely or in part by other methods along with the fat filling.

THE SURGICAL METHOD

The surgical technique requires the defect to be analyzed, in the standing position where the defects are well seen, with the pre-operative photographs, and the contralateral normal side measurements. The volume of fat to be harvested from the donor site is estimated. After fat harvest and processing as per the surgeon's preference, grafting is performed. Fat grafting may need to be repeated, and it is often necessary to do so.

TURNING BACK TIME

We always wish to look beautiful and when we age, we tend to either worry or strive to find ways to delay the ageing process. Over a period of time there is loss of elasticity in the tissues which results in sagging of the skin. A traditional response has been to re-suspend the tissues and to re-

move the excess skin ignoring, however, the cause for this in the first place. While there are obvious environmental, genetic and hormonal components to ageing, one of the main reasons that the tissue starts to sag is due to lack of support or volume beneath it.

Fat transfer, then, can be used in facelift procedures to smoothen wrinkles as well fill volume in the face. Old wrinkled hands can be rejuvenated with fat filling and any type of scar or burn injury can be improved with the fat filling giving the scars a natural look and feel. An example of such fat transfer is the case of a woman in her early 60s, who felt unhappy with her shriveled hands, so she had lipofilling of the hands done at different times to solve her problem.

There are many who think there is nothing they can do about the deformity or scar other than watch it rip their self-confidence piece by piece and yet there are others who look for ways to remove this obstacle. Fat transfer is that chance, and the team of doctors at Rays Hospitals have filled many such gaping holes and smoothened many a wrinkled face allowing these patients to live life to the fullest.



Dr Lakshmi Saleem (M.Ch Plastic Surgery) is a pioneer of Plastic and Cosmetic Surgery in India with 4 decades of experience. Dr Lakshmi is a Senior Consultant Plastic and Cosmetic Surgeon at Rays Lifestyle Hospital India's first lifestyle hospital. Kindly call 040 3000 1000 for appointments or queries.



CARVE YOUR BODY

Beauty is about enhancing what you have and to preserve that young good looking looks forever. It is seldom easy. There would be a plethora of question on your mind, here's experts at Healthii Curvess, answering few of them.

What is ultrasound liposuction?

Non-surgical Liposuction is a painless non-invasive ultrasound treatment to remove fat and reshape your body. It is not just a method of reducing weight, but a way to remove fatty deposits.

How does ultrasound liposuction work?

Non-surgical Liposuction uses gentle focused ultrasound waves to remove fat cells permanently. Once removed, these cells will not re-grow.

How long is the procedure?

Each course of treatment consists of 6

to 18 sessions which can be taken up to twice in a week. The complete course can be completed in 3 to 18 weeks. An interval of 2-4 days between sessions is needed, so as to allow the liquefied fat sufficient to be naturally expelled by the body. The procedure lasts for 1-2 hours and mainly depends on the quantity and type of the fat being removed and also the area which is under treatment.

How long will the effect last?

As fat cells are not able to multiply once removed, they will not return and this will maintain a long-term fat reduction. However, this depends on how much you eat and how much exercise you do.

Where does the fat go after the ultrasound?

Ultrasound waves, through a process called 'cavitation', will break open fat cells and release the fat stored within.

The released fat passes through your lymphatic vessels to end up in your liver, which has the job of metabolizing it. Non-surgical Liposuction (in the same way as liposuction) is not only designed to drop your weight, but also restyle your figure into a more desirable shape.

APPLICATIONS

Non Surgical liposuction can be applied for cellulite reduction, fat reduction, weight loss and inch loss, skin tightening, and skin rejuvenation. Areas where Lipo can help are Hips and Thighs, Waistline / Abdomen, Love Handles, Stomach, Upper Arms. Consult with us to find out

if this procedure is ideal for you.

BODY SHAPING

Body shaping starts where your workout and diet stops and body Shaping is a perfect treatment process that helps marginally out-of-shape people to acquire the figure of their dreams. Even if you seem to be a fit person, you might have few spots in the body that are slightly out of shape. This is nothing but accumulation of fat cells. Body Shaping is a process of mobilizing and targeting the localized fat cells until they are melted and diverted towards the fat collection unit (liver). This is a no-side-effects, no scar and a no-pain process. It will hardly take one or two sessions (1 session is around 2 to 3 hours) for the treatment to conclude.

Healthii Curvess, provide this treatment to patients who want to target localized fat lumps in their body such as upper body, stomach, hips, thighs and arms.

The professional approach, warm and supportive staff will help you take care of your weight loss goals at Healthii Curvess. It should be emphasized here that the pioneering proven program is a combination of diet, exercise and lifestyle.



Contact Details:
DR. G. KISHOR REDDY
BTP; MIAP, Healthii Curvess(P) Ltd,
Jubilee Hills: 9705 82 82 82,
Tirumalgiri: 9705 83 83 83,
Diishuknagar: 8096 77 77 71

Healthii Curvess
Slimming | Skin | Hair | Laser

Photo courtesy of Jill Waibel, M.D., and Kenneth Beer, M.D.



Before treatment for Vitiligo After treatment for Vitiligo

NEW HOPE FOR VITILIGO AND PSORIASIS

Vitiligo and Psoriasis are 2 of the most socially uncomfortable skin conditions. Vitiligo is a skin condition which involves loss of melanin, the primary skin pigment, resulting in irregular white patches.

Psoriasis is a chronic, autoimmune disease that appears on the skin. The most common form, plaque psoriasis, appears as raised, red patches or lesions covered with a silvery white build-up of

dead skin cells, called scale. Psoriasis can occur on any part of the body.

Traditional methods of treatment include oral drugs (which often affect the immune system), Generalized UV treatment (which is not safe for normal skin)

A new technology for Vitiligo treatment - Targeted UV Excimer Lamp Therapy.

VTRAC Technology was developed by the medical engineers and research

teams at the Wellman Center of PhotoMedicine in Boston in coordination with Rox Anderson, M.D. at Harvard Medical School

VTRAC Excimer treatments have been cited in over 45 clinical studies and research programs with findings published in peer-reviewed medical journals around the world and endorsed by the US National Psoriasis Foundation and approved by the FDA

ADVANTAGES OF VTRAC FOR VITILIGO / PSORIASIS

ADVANTAGE OVER TOPICAL CREAMS	No Messy application Will not lose effectiveness over time Can be used in hard to reach areas, Back, elbows etc.
ADVANTAGE OVER ORAL MEDICATIONS	No Immune deficiency No risk of TB, Heart Failure, Birth Defects or Liver Failure
ADVANTAGE OVER STANDARD UV THERAPY	Normal Skin is safe, No risk of Skin Cancer Reduces Treatment duration by 50%-60% Lesser Treatments

Globally over 20 Lakh treatments have been performed and this data has been published in more than 45 medical journals. At "Informs" they have treated 100s of patients with great response

PATIENT TESTIMONIAL

As a 20 year old girl with Vitiligo the social burden was very heavy and often drives me to drastic measures. I have tried every therapy both regular and alternative but never had any success. At INFORM MEDICAL AESTHETICS the VTRAC therapy changed my life and by the 10th session I began to see great response and after 28 sessions most of my white patches are now gone.

Who should consider the VTRAC therapy?

If you have depigmentation on your skin, you should consider VTRAC treatments.

On what body areas can the VTRAC therapy be used?

The VTRAC Therapy can be used on all the body, it is most effective on the face, neck, arms and legs.

Is the VTRAC therapy safe to use on children?

Yes. VTRAC treatments have been performed on children as young as just a few years old.

Is the VTRAC therapy safe to use on pregnant woman or women who are nursing?

Yes.



DR KEERTHANA is a Dermatologist specialized in Vitiligo and Cosmetic medical therapy

For appointments and information please contact 040 660 311 113 or Email: dr.andrukeerthana@gmail.com

US FDA APPROVED
Painless, No Side effects
Permanent Results for Vitiligo
Remission of up to 1 year in psoriasis*
No additional creams/tablets**
*Depends on other factors
**May be required in certain cases

inform
COSMETIC SURGERY, MEDICAL AESTHETICS

INFORM COSMETIC SURGERY AND MEDICAL AESTHETICS
3rd Floor, Park View, Adjacent to CVR Health, Road Number 1, Jubilee Hills - 500 033. www.in-form.in