Cryolipolysis: Non-surgical alternative to reduce body adiposity, experience in developing countries.

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Abstract

Prevalence of Overweight and Obesity are global public health issues that takes 4 million people lives annually.

In Latin America, it is estimated that 60% of all adults are obese, while 40% of all women and 30% of all men are overweight. Seeing these numbers, it is important to have comprehensive therapeutic alternatives to counter the growing morbimortality in developing countries.

Studies have demonstrated that traditional liposuction does not improve coronary metabolic risk in people with abdominal obesity, since it focuses on removal of subcutaneous adipose tissue (SAT), creating risk of infection, bleeding, and postoperative scarring.

Since FDA's approval in 2010, cryolipolysis has been considered a noninvasive alternative to the surgical procedure to reduce SAT without affecting the surrounding tissues, indirectly impacting the visceral adipose tissue (VAT).

Tendency towards non-invasive fat removal technologies is gaining popularity due to its ability to reduce fat safely and effectively with little downtime without the need for anesthesia and at a lower cost, which allows access to different socioeconomic levels of population.

In my private practice in Medellin, Colombia, I see patients with different clinical conditions where I evaluate: medical and surgical history, lifestyle, body composition by biometry, determining the relevance of laboratory studies according to metabolic and cardiovascular risk.

Overweight patients generally require a single session, achieving a decrease in SAT (30%-70%), VAT (2% - 3%), while patients with obesity require 2 to 3 sessions, with an interval of 4 to 8 weeks, achieving a reduction in SAT (20% - 50%) and VAT (5%), also intervening in the generation of healthy habits.

Image

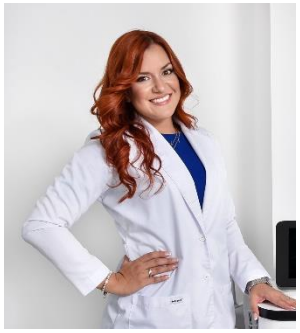


Clinical case: 61-years-old female, 1 cryolipolysis sesion, 6 weeks post-treatment.

Recent Publications

1. Michael J Ingargiola, et al, 2015, Cryolipolysis for fat reduction and body contouring: safety and efficacy of current treatment paradigms. Plast Reconstr Surg. 2015 Jun;135(6):1581-1590. doi: 10.1097/PRS.0000000000001236
2. Krueger N, Mai SV, Luebberding S, Sadick N. 2014, Cryolipolysis for noninvasive body contouring: clinical efficacy and patient satisfaction. Clinical, Cosmetic and Investigational Dermatology 2014:7 201–205. https://doi.org/10.2147/CCID.S44371.
3. H. Ray Jalian, MD, and Mathew M. Avram, MD, JD. Cryolipolysis: A Historical, Perspective and Current Clinical Practice. Semin Cutan Med Surg. 2013 Mar;32(1):31-4.
4. Andrew A Nelson 1, Daniel Wasserman, Mathew M Avram. Cryolipolysis for reduction of excess adipose tissue. Semin Cutan Med Surg. 2009 Dec;28(4):244-9. doi: 10.1016/j.sder.2009.11.004.
5. Patricia Froes Meyer 1, Julio Davi Costa E Silva 2, Liliane Santos de Vasconcellos 3, Eneida de Morais Carreiro 4, Rodrigo Marcel Valentim da Silva 5. Cryolipolysis: patient selection and special considerations 2018. Clin Cosmet Investig Dermatol. 2018 Oct 16;11:499-503. doi: 10.2147/CCID.S146258.

Photography



Biography

Dr. Muriel is a doctor and surgeon graduated from University of Antioquia, with training in aesthetic medicine, anti-aging, and longevity, as well as regenerative and bioregulatory medicine. has extensive experience in comprehensive clinical approach, generating a preventive, participatory and personalized medical approach, that allows to determine physiological alterations in a timely manner and manage to intervene them early, thus achieving that aesthetic medical treatments are effective and long-lasting.

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Notes/Comments: