

ENDERMOLOGIE® treatment of cellulite by the Cellu M6 machine is a relatively new introduction to New Zealand. The original machine was developed in France about 1985 by a person who had severe burns and needed constant physiotherapy to reduce tension from scar formation. The unit was found to be useful in reducing cellulite as well as for treating scars. It has been used extensively since then in France where thousands of units are available. Within the USA about a thousand units are currently in use. It has become a popular means of treating cellulite in the US and has been featured on a number of high profile shows. The tough FDA (Food and Drug Administration in the USA) has approved it as suitable for the temporary reduction of cellulite – temporary in that to maintain the effect regular sessions are needed (see details later).

WHAT CAN IT BE USED FOR?

Initially it will enhance lymphatic drainage which reduces fluid retention (a common underlying problem). Mainly it is useful in the reduction of the dimpling effect of cellulite. As well as this, though, it mobilises underlying fatty tissue to produce a more sleek and even body line and also tone the skin. Its effects will be enhanced by patient involvement in a good dietary and exercise programme. As with exercise itself, the effects will be maintained as long as the treatments are continued in the context of the maintenance programme. In itself the treatment programme also enhances natural relaxation and feelings of well being, similar to that achieved from a good massage. Its original purpose of treating scars and adherent tissue can be employed in the softening of recent and old scars. Treating tissue before and after a liposuction procedure has also proved helpful. In its fat mobilisation and toning effect it is able to reshape and tone the double chin

problem and jowls. It is also used to enhance sport performance and recovery from injury both in humans and horses.

WHAT IS CELLULITE?

Cellulite is that orange peel effect of the skin well known to most women and affecting about 90-95% of them. Increased weight makes it more apparent, but the actual structural change that causes it is located in the area of fatty tissue immediately under the skin which makes it extremely difficult to eliminate with usual diet and exercise. It seems to be due to binding of the areas of local fat tissue with strong bands of connective tissue that give it its typical distorted appearance. This binding effect also affects fluid motion and blood supply, which causes more local swelling and problems with the ideal nutrition of these areas. Nutrients are more difficult to deliver and waste products likewise difficult to eliminate. With such poor exchange of both nutrients and waste products the area is a health compromised region.

Commonly cellulite affects the areas about the hip and upper thigh regions, but also occurs on the abdomen, shoulders and upper arms.

WHAT CAN BE DONE NATURALLY?

Regular daily exercise such as steady walking for twenty or more minutes daily will help tone underlying muscle groups and increase natural skin circulation.

A diet that is high in water content (not just from fluid ingestion but also from the water rich foods of vegetables and fruit – also excellent nutritionally) will enhance the natural fluid balance of the body and ensure better elimination

of waste. Stopping smoking and reduction of excess caffeine and alcohol ingestion will aid good nutrition and circulation.

OTHER TREATMENT OPTIONS

Beyond the above dietary and exercise options, the most recognised treatment to date has been manual lymphatic drainage. This is a type of massage where the aim is to increase the flow of the lymphatic fluids to drain excess fluids away from engorged areas of the body. To be effective it requires a skilled therapist working for up to an hour on a regular and ongoing basis. Its efficacy can vary depending on the skill of the operator and the operator's energy levels at the time.

Beyond this are two other treatments that have been used medically – cellulolipolysis and mesotherapy. Cellulolipolysis is achieved by passing an electric current between two electrodes inserted in the patient's skin causing change in the fat tissue, supposedly breaking it down. There is debate as to its effectiveness. Mesotherapy relies on small injections of various herbal and other agents into areas felt to be causative in the development of cellulite.

Also there have been advocates of various vitamins and minerals supposedly helping with the condition. These have been avidly taken up by the public but with time seem to have been revealed as having little effect.

The more recently-developed machines which incorporate some rolling and suction as well as radio frequency or mild laser energy. None have been proven to produce significant improvement.

WHAT IS THE USUAL PROCEDURE?

We recommend people come and have a look at the effects that can be achieved in our manual held at the clinic. The room and the machine can be viewed if wanted. Costs for the procedure should be contained within this pamphlet.

Should you wish to proceed we recommend you make a booking for an initial assessment. This will check your medical history and background to exclude any underlying causes that could be contributing to the problem or make treatment more difficult or ill-advised. Measurements of height, weight and various body dimensions should be made and, if appropriate at the time, initial before photographs taken. Any photographs taken are for the patient's and therapist's use to monitor progress. They will be stored, numbered and locked, to ensure privacy. Any dissemination beyond this will only be at the patient's express signed consent.

Treatment can then be initiated. Most people will require a series of ten treatments, the first five or so given twice weekly with the next at weekly intervals. More can be arranged if needed. To maintain the effect it is recommended that treatments continue at one session a month.

MECHANISM OF ACTION

Each session (lasting 35 minutes) is conducted in a body suit that is supplied for your use. The machine works in a massaging action that draws the skin and underlying tissue up into it and gently kneads it between two rollers that move slowly over the skin. Different actions, strengths of suction and speed of the rolling motion enhance the effects.

This stretches bound down tissue, increases circulation and promotes the natural fluid and

lymphatic drainage of the area. The treatment is tailored to your underlying problems. As each problem is settled, the next can be addressed. Sometimes, in initial fluid clearance, more underlying cellulite may be exposed. Therefore at times it may initially look as if the problem is getting worse.

With the new Cellu M6 Keymodule 1, obtained by Springdale at the end of 2002, the results can usually be attained in half the number of sessions our previous version took. A recent innovation in technique which we call Endo-Express can produce dramatic and rapid changes in body shape at the same time improving cellulite. A similar series of short treatments can target fat areas – known as Lipo-massage, treating up to four areas at a time.

WRAPS

To speed the response of the endermologie treatment we have employed a series of wraps. We achieved some good results with our initial version which involved the application of a number of creams as well as the heat wrap.

More recently we have been using the Formostar® deep infrared wrap system. Some of the advantages of this are that it does not require the application of various creams, can be done in light cotton clothing, and can selectively target parts of legs, arms, abdomen, or all these areas, as required.

Its long wave length means that quite deep muscle areas can also be treated. The deeper heating produced by infrared causes significant sweating at low temperatures with a benefit on weight reduction from the calorie-burning effect of the sweating response.



ENDERMOLOGIE®

Cellulite & Body-Shaping Therapy

Dr Mark Denekamp
739 Chapel Rd
Howick

Ph: (09) 273 2133
Fax: (09) 273 2443
www.springdale.co.nz