

Rebeca Kuropatwa

CoolSculpting, designed for fit people



By

REBECA KUROPATWA

As our minds begin to wander to upcoming spring holidays and warmer temperatures,

a new fat reduction procedure, "CoolSculpting", has hit the market. It works by cooling a specific area of tissue and is recommended specifically for the sculpting of people with a generally fit physique.

Dr. Earl Minuk, the only physician in Manitoba to offer CoolSculpting noted that the procedure cannot replace a healthy diet and exercise, and is not intended for people 20 pounds over their ideal body weight.

"It's for people who are fit, workout...have little pouches in the tummy...bra fat, or back fat," said Minuk, who noted CoolSculpting will soon also be administrable on thighs. Currently, the doctor has found tummies to be the most requested area for CoolSculpting.

Even though this procedure is only good for a small percentage of the population, Minuk opted to offer it, along with his many other available procedures, like laser hair removal, facial rejuvenation, tattoo removal, skin tightening, and injectables like BOTOX, Juvederm, and Restylane.

Minuk said he is offering CoolSculpting "In an effort to give this slice of the population the option of a non-surgical, no downtime procedure." While the doctor's assistants perform the CoolSculpting procedure, Minuk consults with the patients beforehand.

A follow-up visit is scheduled for patients two-four months after having had the procedure to assess their cosmetic improvement and consider additional CoolSculpting procedures for more fat reduction.

In terms of the procedure itself, Minuk said, "It feels sort of like a vacuum." The way it works is a specifically-designed vacuum applicator draws tissue into the applicator cup and gently holds it between two cooling panels, extracting heat according to the selected procedure profile. Sensors embedded in the applicator monitor the skin during the procedure to ensure consistency and uniformity.

"An hour later when you take the hand-piece off, you actually have the skin of the body standing up," said the doctor. "It looks like a big cone across the belly. Then you massage it right down. It's kind of neat. It looks kind of weird when it comes out."

To explain the science behind how this cooling procedure works, lipids in fat cells (more than other water-containing cells) crystallize in warmer temperatures. This is how cryolipolysis targets only fat cells for destruction, sparing other skin, muscle, and nerve tissue. The Zeltiq™ System controls the rate of cooling during the procedure.

"Cryolipolysis" is the non-invasive cooling of fat tissue to induce fat cell breakdown without damaging other tissues. The result, over two-four months, is noticeably natural-looking fat reduction.

Cryolipolysis was discovered by dermatologists Dieter Manstein, MD, and R. Rox Anderson, MD, of the Wellman Center for Photomedicine at Massachusetts General Hospital in Boston, MA (a teaching affiliate of Harvard Medical School).

Manstein, Anderson, and their research team proved that, under carefully controlled laboratory conditions, fat cells are naturally more vulnerable to the effects of cold than other surrounding tissues.

According to Minuk, "Cryolipolysis is a breakthrough in the science of fat reduction. Using advanced cooling to eliminate fat cells is advantageous compared to existing devices which utilize heat, sound waves, or other mechanical techniques,



Dr. EARL MINUK offers "CoolSculpting" as a new technique "recommended specifically for the sculpting of people with a generally fit physique".



Before (left) and after CoolSculpting

"CoolSculpting is different because it uses a cooling technology to safely target and eliminate fat cells without harming the skin. In just a few months following a procedure, there is a gradual reduction in the thickness of the fat layer resulting in cosmetic improvement of fat bulges.

"This is undoubtedly good news for anyone seeking spot reduction for specific areas of fat but isn't considering a surgical invasive procedure. In fact, patients report that they can feel a difference in how their clothes fit, even before they physically see a contour change in the treated area."

About 12 doctors in Canada currently offer CoolSculpting, and the procedure is also approved for use in the United States and Europe.

Minuk says people with circulatory problems that make them sensitive to the cold and people with blood-clotting issues should not opt for CoolSculpting.

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