

# Cellulite treatment with proven results

“I’ve had it all my life, even in high school,” says Victoria\* of the cellulite she has battled for years. “I had it on the fronts and backs of my legs, my buttocks — everywhere.”

Victoria’s cellulite was a constant source of discomfort, and she was understandably reluctant to let it be seen.

## Joyce Vein & Aesthetic Institute

Douglas H. Joyce, DO, FACOS

“I had these saddlebags on the outside of my thighs,” she explains. “It’s embarrassing for me, because I’ve had the cellulite problem all my life, and I’m pretty self-conscious about it. Having something like that really restricts what I could wear.”

In her search for a solution, Victoria found out about a new treatment called *VelaSmooth* from the Syneron company.

“I’d been looking for help since even before the *VelaSmooth* treatment came out,” she says. “I read a brochure on it and did some further research on the Internet.”

Intrigued, she scheduled a consultation appointment with Douglas H. Joyce, DO, FACOS, founder of Joyce Vein & Aesthetic Institute, who offers the treatment in his clinic.

“I was kind of nervous going in,” Victoria confides, “because I’m not really comfortable having anyone see the most troublesome areas. But the people there are really, really nice, and they put me at ease. Dr. Joyce answered all my questions and suggested that I go through the program. He said I could anticipate seeing some real results, which sounded good to me.”

### Three-pronged attack

Cellulite is an extremely common problem, notes Dr. Joyce.

“There’s no age discrimination or physical fitness discrimination with cellulite,” he assures. “We have had patients who are triathletes who still battle cellulite, even though they have a low body-fat content, and I’ve spoken with several aerobics instructors who struggle with cellulite as well.

“All of us have fat that is deposited just below the skin, primarily in the thighs and buttocks,” explains Dr. Joyce. “Collagen fibers surround this fat and connect to the skin. As the fat cells enlarge, these fibers can pucker the skin, resulting in what is known as cellulite.”

“The idea behind the *VelaSmooth* system is that this trapped fat can be mobilized,” he says. “It can be liquefied, absorbed, and then excreted.”

Using a technology called *elos* — which Dr. Joyce employs for a variety of other aesthetic treatments — *VelaSmooth* combines three elements to treat stubborn cellulite.

“The *VelaSmooth* system uses infrared light, radiofrequency energy, combined with suction and deep-tissue massage,” explains Dr. Joyce. “The unit works with all three of these modalities, sending the infrared light energy and radiofrequency heat energy into the skin, mobilizing the fatty tissue for excretion by the lymphatic system. We actually get rid of it. The area is markedly improved after the treatment because we’re breaking down the fibrous tissue that causes the cellulite, then removing some of the fat. In a way, it’s like a noninvasive, nondrug liposuction.”

The technology received a favorable review in *Allure* magazine in July 2006 and has also been featured on numerous TV news programs.

“It’s an FDA-approved cellulite device, and it’s quite impressive,” adds the doctor. “In fact, out of all the available cellulite treatments reviewed in the *Allure* article, the only one that they found really worked was the *VelaSmooth* unit.”

Treatment is fast and easy and can be safely repeated.

“A typical treatment session is about 35 to 45 minutes,” explains Dr. Joyce, “so it’s convenient, there’s little down time, and patients can go right back to work. It’s not painful at all; the treatment actually feels like a massage. Most patients like the way it feels and look forward to having it done. In fact, I’ve tested the equipment on myself, just to see what the treatment is like, and I didn’t find it uncomfortable at all.

“We have used it on the abdomen with good results, especially with men. Typically, the thigh and buttocks areas are of concern to women. We are also excited to offer treatments with the



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recently released *VelaSmooth* contour applicator. This allows us to apply *elos* technology to treat ‘love handles’ and excess fatty tissue of the upper arms and neck.



SOURCE: ISTOCKPHOTO.COM

“The beauty of this technology is that it reduces cellulite without resorting to injections or surgery,” adds Dr. Joyce. “It is effective, noninvasive, and FDA approved. There are a lot of imitators, but only *VelaSmooth* is proven to work.”

### Beyond expectations

For Victoria, the *VelaSmooth* solution has completely surpassed her expectations.

“The main thing is the reduction of the saddlebags,” she says. “I didn’t even expect the treatment to help reduce them — and they aren’t all the way gone — but it reduced them by quite a lot.

Of course, she adds, “It’s not just the saddlebags. It’s tightened up my skin. Not only is the cellulite reduced, but my thighs are also a lot thinner and a lot smaller than they used to be. It basically reduced my thighs and buttocks.”

As a result, Victoria now has a whole new outlook on fashion.

“I fit into my jeans and dresses much better,” she says. “I can even wear slimmer-cut pants now. I can wear a lot more pants that won’t accentuate that area anymore, because it’s not as big, so I feel more comfortable wearing those kinds of pants. I may never want to wear shorts all that much, but as far as fitting into clothing, I’m a lot more confident.”

In fact, she has grown to like the *VelaSmooth* therapy so much that she continues to visit Dr. Joyce and his staff for treatment.

“I still like going, because it’s very relaxing,” she says. “In fact, I can actually fall asleep during a treatment now. It feels good, like a deep massage.

“And because Dr. Joyce is a vein specialist, I’ve also asked him to help me with my spider veins. I’ve had those all my life, too.”

Victoria appreciates the entire staff of Joyce Vein & Aesthetic Institute.

“I enjoy seeing them when I go in,” she says. “Colette, who does the cellulite treatments, makes it fun to go. And Dr. Joyce is very laid back and easygoing. I really like it there.

“To anyone thinking about doing this, I would say go for it. There’s something out there for everyone. It will reduce a person’s cellulite for sure.” **FHCN**—Michael J. Sabno

\*For privacy purposes, the patient’s name has been changed at her request.



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