

This procedure works for both men and women.



NEW PROCEDURE CARVES FAB SIX-PACK ABS

Q&A WITH DR. WAYNE WERTHEIM

If you've worked out assiduously, you're eating right, but you still can't achieve the six-pack you always wanted.

Many healthy, fit people complain that though they go to the gym, they still have trouble achieving the muscle definition they desire. VASER® Hi Def™, an advanced surgical procedure, uses advanced liposuction techniques to selectively remove small deposits of fat surrounding specific muscle groups in order to enhance the visibility of the natural contours, giving that sought-after six-pack ab appearance. The procedure was explained to *Long Island Image* during an interview with Dr. Wayne H. Wertheim, medical director of Advanced Laser of Long Island:

Long Island Image: *We've heard about a new surgical procedure that carves fabulous six-pack abs and can make you look like performer Mario Lopez. We also heard you're doing it. What is it? Please tell us about it.*

Dr. Wayne Wertheim: VASER® Hi Def™ (VHD) is an advanced surgical procedure that combines cutting-edge technology (VASER®) with state-of-the-art techniques, resulting in a natural, sculpted appearance.

LII: *How does that work?*

WW: VASER® Hi Def™ uses advanced liposuction techniques to selectively remove small deposits of fat surrounding specific muscle groups in order to enhance the visibility of the natural contours. We are etching muscular formations into the fat. Ultrasound energy is used to liquefy the fat. Then, it's sucked out...leaving just enough to mimic muscle.

“THERE ARE ONLY 13 CENTERS IN THE UNITED STATES CERTIFIED IN THIS PROCEDURE. WE ARE FORTUNATE TO BE AMONG THIS ELITE GROUP”

LII: Who is a candidate?

WW: The ideal candidate is very concerned about dieting and exercise and getting a well-defined athletic look. People who choose VHD don't see it as [the result of] a failure to achieve fitness but an enhancement to their current form.

LII: Is it appropriate only for men?

WW: VASER® Hi Def™ was developed to create an athletic look in both men and women. It is not reserved for high-level fit people but is for normal people who desire to look their best ever. It can be performed in all adults according to their specific health condition.

VASER® HI DEF™ WAS DEVELOPED TO CREATE AN ATHLETIC LOOK IN BOTH MEN AND WOMEN

LII: Do I need to be a perfect weight for my size to undergo this procedure?

WW: You should be within 15-20 pounds of your target weight for this procedure.

LII: What are the risks associated with this abdominal sculpting?

WW: Right now, the procedure is done under general anesthesia. The risks aren't great. The VASER uses ultrasound waves, so there is little blood loss, and [risk of] infection is minimal.

LII: So there's less chance of problems developing?

WW: A recent scientific study found that VASER Lipo significantly limits blood loss during liposuction when compared to traditional liposuction alone. The study was published in the July/August issue of the *Aesthetic Surgery Journal*. The authors concluded that VASER-assisted lipoplasty should be recommended over traditional

suction-assisted lipoplasty for patients undergoing large-volume liposuction procedures or treatments in very fibrous areas of the body where increased blood loss is expected.

The study was conducted by Onelio Garcia, Jr., M.D. and Nirmal Nathan, with 57 patients. Traditional liposuction was performed on 27 patients, while 30 patients underwent the VASER Lipo treatment. The findings showed that traditional liposuction results in 7.5 times more blood loss compared to the VASER Lipo procedure.

The VASER Lipo System is a third-generation internal ultrasound-assisted lipoplasty device manufactured by Sound Surgical Technologies, LLC in Louisville, Colorado. This technology enables physicians to precisely emulsify fat cells in the body while preserving important tissues like nerves, blood vessels, and collagen. As a result, VASER Lipo significantly reduces blood loss, and patients experience minimal pain and rapid recovery.

LII: How long has this procedure been in use?

WW: It's a brand-new technique that has been performed outside the United States for five years. It started in Colorado three years ago. There are only 13 centers in the United States certified in this advanced body sculpting procedure by the manufacturer of the machine. We are fortunate to be among this elite group.

LII: What does Sound Surgical Technologies, manufacturer of the device, say about this procedure?

WW: More than 70,000 procedures have been performed worldwide using the VASER System. An alternative to traditional tumescent liposuction, the VASER (Vibration Amplification of Sound Energy at Resonance) Lipo System uses advanced ultrasonic energy to selectively break apart unwanted fat, while preserving other important

connective tissue. VASER Lipo physicians report smooth, predictable results, improved skin retraction, and fast patient recovery. With VASER Lipo, physicians can perform a wide range of body contouring applications, from significant fat reduction to precise sculpting, on all areas of the body.

LII: Are there other centers in this area that offer this procedure?

WW: Advanced Laser of Long Island is proud to be the only certified VASER® Hi Def™ center offering this exciting new procedure in the northeast region of our country.

LII: How long does it take to heal after this procedure is performed?

WW: The down time is a couple of days. With older procedures, it took weeks of discomfort. It takes four to six weeks for good results to become evident with this exciting new option. And about four months for final results.

LII: What about costs? How much will it cost me to have the sculpted abs I've always wanted?

WW: The cost is double the usual standard liposuction expense. It costs \$15,000.

LII: Does that guarantee me the look I want?

WW: There are no guarantees in medicine. Results can be affected by a loss of definition we get with age. The best results can be expected for those under 40 years of age.

LII: What about expectations? Suppose I am envisioning results that might be unrealistic for me?

WW: This is one of the biggest areas that we cover when we talk to prospective patients. We make sure to underpromise and overperform. We tell them that VHD should not be performed after massive weight loss, or on patients



Extraordinary Smiles for Extraordinary Faces!

- High Technology Braces (lighter forces)
- Faster Treatment Time
- Fewer Office Visits
- Greater Comfort
- Digital X-Rays; 90% less radiation
- Most Insurances Accepted



Today's Orthodontics, Experience the difference!

Dr. Seth Newman D.D.S.
516.626.2060

www.NewmansOrtho.com

invisalign • In-Ovation R[®] • Clear • Removable • iBraces™

Gentle

Efficient

State-of-the-Art

14 Glen Cove Road, Roslyn Heights, New York

with severe stretch marks in the abdominal area. It is not recommended for patients with marked muscular laxity or moderate to severe skin laxity.

LII: Are there any other cautions we should be aware of?

WW: VHD is a surgical procedure, so certain medical conditions can affect a patient's eligibility for the procedure.

LII: Why isn't exercise enough to achieve the sculpted abs we see on people like Mario Lopez of Dancing with the Stars fame?

WW: Genetically, most people don't have that disposition to be able to get that kind of definition. The older we get, [the more] we lose the ability to carve out that muscle. The people who seek this procedure are frustrated gym rats who have worked very hard to get that look but can't. They have always been motivated. Many healthy, fit people complain that they go to the gym but they have trouble achieving the muscle defi-

inition they desire.

Dr. John A. Millard, who has trained in the procedure and has trained others to do it, says you have to get 3-5 percent body fat to naturally achieve a look such as Lopez has. He told ABC News' *Nightline* that "unless your job is working out at the gym and the rest of your job is eating broccoli, you're not going to be able to work that off."

He further emphasizes, "VASER Hi Def elevates Liposculpting to a new, higher level and targets a whole new demographic group in the population who would otherwise never have considered themselves candidates for Liposuction. About 95 percent of people who undergo this procedure work out three to five days a week; however, they fail to achieve the desired muscle definition. VASER Hi Def produces that endpoint locally by aggressively removing the deep and superficial fat, which otherwise obscures the detail of the underlying muscles.

"VASER Hi Def is attracting new patients who are typically not interested in traditional Liposuc-

tion: people who are already fit but need an extra boost to enhance the look of their muscles. It is the perfect solution for people who currently maintain a healthy lifestyle through diet and exercise but are unable to achieve the desired definition."

LII: Where is the procedure performed?

WW: It is performed in a certified operating room by a board-certified plastic surgeon.

LII: How long will my results last?

WW: VHD is not a replacement for a fitness routine or a balanced diet. Patients need to continue a healthy lifestyle program following the VHD procedure to maintain that sculpted abdominal look.

LII: Where can I see what results this procedure can produce?

WW: You can see photos at www.islandlaser.com. or contact me for a complimentary consultation at 516-299-5500. **IMAGE**