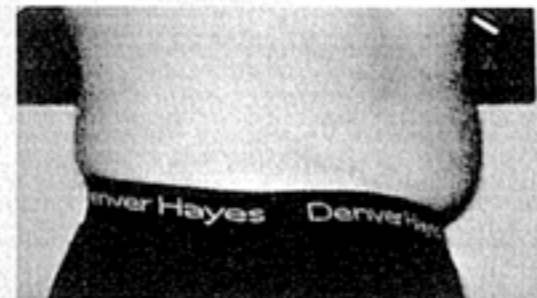


Mesotherapy Case Studies

BM, 59yo female**Chief complaint:** Generalized adiposity**Pharmaceutical meds:** Hydrochlorothiazide (7 yrs)**Goal:** Lose up to ten inches around the abdominal area (including the circumference above and below the umbilicus, hips) and three inches around the circumference below the breasts**Treatment summary:** Total of 12 inches lost after seven sessions of mesotherapy**Adverse effects reported:** Moderate bruising, edema persisting for six days post-treatment**KK, 36yo female****Chief complaint:** Localized adiposity (lateral area of the upper thighs and below umbilicus) developed after childbirth, endocrine imbalance**Goal:** Commence mesotherapy after hormone balance is established**Pharmaceutical meds:** None**Treatment summary:** Lost two inches after two months of treatment for hormone imbalance; lost another five inches after four sessions of mesotherapy. Patient is very pleased with results and is continuing treatment to lose a total of eight inches**Adverse effects reported:** Moderate bruising with first two sessions; mild bruising thereafter; edema, which persisted between five to seven days post-treatment**AJ, 40yo male****Chief complaint:** Localized abdominal adiposity below the umbilicus and lateral area of the upper thighs**Pharmaceutical meds:** None**Goal:** Lose four inches around the waist**Treatment summary:** Lost five-and-one-half inches after four treatments**Adverse effects reported:** Mild bruising; mild pruritis noted after first session only and lasting for one hour post-treatment; edema for up to five days post-treatment

Before



After

may impair wound healing. It is also not recommended in pregnancy or individuals with a history of cancer or any other serious chronic disease.

The physician can invariably alter the outcome of the treatment procedure by diligently performing a thorough investigation to identify areas of weakness or imbalance – both physical and physiological. This should undoubtedly consist of a complete health history (diet, lifestyle), a comprehensive assessment involving blood/urine/saliva tests to identify an endocrine imbalance, as well as any other factors that may interfere with weight/fat loss. In addition, the combination and amounts of individual agents administered in targeted areas, along with the injection technique of the physician, will also impact treatment outcome. In my practice, I start with smaller concentrations of injection for the first few treatments to assess how the individual tolerates the treatment. If well tolerated and the patient is willing, larger dosages are used with subsequent treatments.

In summary, mesotherapy has become a widely popularized method of targeted fat reduction in North America. It is an effective alternative to invasive surgical procedures without the downtime and potential for side effects as is associated with surgical interventions. There is well-documented research demonstrating a high response and satisfaction rate in individuals who undergo mesotherapy; however, as with any relatively "new" procedure, further evaluation is needed to determine its longevity and to support its efficacy and safety in treatment for localized adiposity (among other conditions).

One must keep in mind that mesotherapy should not be a substitute for a healthy diet and lifestyle. I make it a general rule not to offer mesotherapy to any patient who does not follow basic principles of a healthy diet; does not follow a routine exercise program; is a smoker or drinks excessive amounts of alcohol; and/or is not prepared to follow other recommendations for achieving or maintaining optimal health. Furthermore, I ensure that

the patient's expectations are in keeping with the limitations of mesotherapy in any given individual, in accordance with the earlier-mentioned parameters.

Following these guidelines, mesotherapy can be a useful tool for helping patients achieve the aesthetic look they desire without the use of invasive and potentially toxic substances. For the ND with a special interest in bariatric medicine, mesotherapy can prove to be a simple, safe and effective adjunctive therapy in practice. When coupled with other naturopathic therapies (i.e., detoxification and nutrition), one can greatly enhance the overall effectiveness of mesotherapy treatment, resulting in even greater patient satisfaction and clinical outcome. ▀



Sharon Gurm, ND graduated from CCNM in 2005 with a naturopathic degree, and a bachelor's degree in cell biology and genetics from UBC. While completing her undergraduate degree, she began a research position at the BC Cancer Agency, which she continued for two more years prior to commencing the naturopathic program in Ontario. Dr. Gurm is the founder and medical director of Port Moody Naturopathic Health & Wellness in Port Moody, B.C., where she has established a family practice focusing on women's health, hormone balance, fertility, autoimmune conditions, chelation and pain management. Her side interests include mesotherapy and other natural anti-aging therapies.

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Individual Parameters for Efficacy of Treatment

There is no question that a healthy diet and exercise program are the foundations of any targeted fat-loss program. Encouraging patients to follow a regimented diet and exercise program (including a combination of cardiovascular and weight training exercise) will ensure a positive outcome when undergoing a mesotherapy procedure for fat loss. Other patient factors include:

- Genetic tendency to store fat in certain areas of the body
- Degree of skin elasticity (i.e., stretch marks, significant and rapid weight loss causing skin slackening)
- Age
- Lifestyle considerations (i.e., nicotine and drug use, medications)
- Weight (ideal candidates should be within 15-20 pounds of their goal weight)
- Overall health

Based on these variables, the practitioner can then provide the patient with an assessment of predicted effectiveness and estimated number and frequency of treatments required. Ensuring that the patient's expectations are in line with the above parameters allows for a greater satisfaction with treatment outcome for both patient and physician. Note that mesotherapy is contraindicated in individuals with diabetes or any other condition that

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