



**SPOT Slimming**  
 A NEW PROCEDURE THAT TARGETS YOUR FATTY AREAS BY PAM FULFORD

Hard work should always pay off, especially when you're trying to get in shape. But what do you do when you don't get the results you want? That's what happened to Devika Panjehbandpour. "I had been working out for eight years, but no matter what I did I couldn't get rid of the fat on my abdomen. It was frustrating." She had even looked into liposuction but felt it was too invasive.

What she did end up doing was having a new medical treatment known as 'Infusion Lipolysis', a procedure to shrink fat cells, that has been developed by Dr. Stan Gore of Toronto. According to Gore, it works when exercise can't. He has

refined it into a three-step procedure that involves an initial treatment at the clinic, followed up with home treatments.

"It's a medical alternative to liposuction. There is no cutting, no anesthetic, no downtime," says Dr. Gore. "When you have liposuction, there is bruising and soreness for a long time afterwards. I know—I've had it done twice myself." This was one of his motivations to develop this new technology, though Gore notes that it isn't the answer when a patient has an excessive amount of fat.

Another big advantage, according to the doctor, is that your skin tightens and smooths by the end of the active treatment



This patient is shown (left, top and bottom) before Infusion Lipolysis, and after the 12-week program (right, top and bottom).

period. "We're not sure why, but the overlying skin tends to firm up, not hang like it may do after liposuction or vacuum massage."

In the initial treatment, Gore makes a minute incision, then injects, with a fine cannula, a sterile solution into the fatty area. "It contains, among other ingredients, beta agonists, drugs that kick-start fat breakdown. The solution triggers what is called the lipolysis cascade. All of the fat in the treated area immediately breaks down and leaves the cells. As a result, the adipose cells shrink." For the tummy, only one entry point is needed. Gore can manoeuvre the cannula to reach the entire area. If Infusion Lipolysis is being performed on the buttocks and thighs, three entry points are required.

For Panjehbandpour, the sensation was weird but not painful. "When the medication was pumped in, it felt like something was moving around under my skin. But I wasn't in there for very long, maybe 40 minutes total." What did surprise her was her bloated tummy. "With all the fluid, I looked pregnant," laughs Panjehbandpour.

Where does all the fluid go? "Basically, you pee it out," says Gore. "Within two days your body gets rid of it. On the other hand, fat is instantly broken down and burned. Although we can measure the drop in fat thickness right away, visible results aren't immediate. Changes are noticeable after two to three weeks." That was Panjehbandpour's personal experience, too. "I made sure I did my walking every morning, but it was two weeks after before I really starting seeing the difference. After a month, the results were dramatic, especially in my upper abs."

In the meantime, she was doing the second part of the treatment, the application of prescription transdermal creams.

\*Not her real name

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These creams penetrate the skin and deliver (infuse) medications into the fat. "There are two daily sets of creams," explains Gore. "One is to promote fat breakdown, the other is to prevent fat accumulation. Patients apply the creams for three months, at which point they will have seen the optimal results."

The third step is maintenance. "To prevent fat from accumulating again in the treated area, patients use lower doses of medication, ranging from once daily for cellulite to two to three times per week for upper body fat," he says. What are the biggest problem areas? According to Gore, for fat, it's bellies for women and love-handles for men. "When the problem is cellulite, it's always thighs and buttocks. Knees, arms and 'bra-bulges' are also in demand."

For Leann King\*, it was definitely her belly she wanted to tone up. "I wasn't looking for an hourglass figure, I just wanted to look better." Being a nurse, King was very cautious beforehand about what she was getting herself into, but is thrilled she had it done.

Like Panjehbandpour, although forewarned, she was amused to see her tummy immediately after the procedure, but she soon started to see the difference. "My stomach used to hang, but now it looks great. It's flatter and tighter. I really notice how much looser my pants are." King has been back to see Gore—there are three follow-up appointments after the initial procedure—and is now on the maintenance cream.

She is quick to point out that she lost mostly bulk and very little weight. Dr. Gore emphasizes that his Spot Slimming Program is just that. It is not a weight loss treatment. Gore's Lipidoctor Clinics also offer a Cellulite Defence Program and a Workout Program for a combination of spot-reduction of fat and increased muscle definition.

Not surprisingly, as fat is disappearing and particularly once it is gone, many of his patients are inspired to continue with a healthier diet and exercise program. Panjehbandpour says she has lost 15 pounds and has gone from a size 6 to a size 4. She showed off her abs on a recent trip to Cuba when she wore a bikini for the first time in years. "When your clothes are tight, you can see everything," she laughs. "Now, whenever I get the chance, I'm in something tight."

**Editorial Source:**  
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