

## To Your Health

# Israeli technology battles fat

By **ANDY LEVY-AJZENKOPF**

*Staff Reporter*

**T**oronto's Cosmedicare clinic is the first in North America to make use of a new Israeli technology that is revolutionizing the way people look.

It's called Accent, and it may be the answer to stubborn cellulite deposits, fat that lies between the surface of the skin and the muscle beneath.

Often likened to an "orange peel" in texture, cellulite zones are an esthetic nightmare for many people.

Manufactured by Israeli cosmetic technology giant, Alma Lasers, the Accent machine uses radiofrequency waves (RF), to heat targeted areas of cellulite in a person's body.

It does so in two stages.

The first part of treatment uses a unipolar RF generator to metabolize fat cells up to 15 millimetres deep, causing them to shrink and drain.

The second relies on a bipolar RF to attack the shallower levels of fat two millimetres under the epidermis.

The result is smoother, tighter areas of skin.

Hayat Moubarak, clinic supervisor at Cosmedicare, says women are the main candidates for the Accent treatment.

But that doesn't mean men can't seek treatment as well.

"Cellulite targets mainly women's thighs, buttocks and hips. But on men it's more on the face, for jowls and double chins," she said.

A typical treatment session generally takes a half hour to an hour to complete and clients receive anywhere from four to 12 sessions, spaced two weeks apart, depending on their cellulite density.

Another bonus to the technology is that it is non-invasive and painless.

The device generally heats the fat to a temperature between



**Mandy Maresky and Hayat Moubarak flank their Accent machine at Cosmedicare. [Andy Levy-Ajzenkopf photo]**

40 and 45 degrees Celsius.

"All I felt was some warmth, but I was never uncomfortable," said Maria Cooper, a cosmetics consultant and patient at Cosmedicare.

Cooper volunteered to undergo a live treatment on her abdomen for this story.

When it was done, the only evidence that a cellulite treatment had been performed was a slightly reddened complexion on her stomach.

"There's no down time with this treatment," Cooper said. "Patients can go back to their daily activities right away. The process is so gentle, I even fell asleep once."

The patient lies down on a bed, the desired skin area is exposed and then covered in baby oil, to help conduct the RF and facilitate the vigorous rubbing motion necessary of the

Accent apparatus.

In fact, the greatest risk appears to be to the estheticians, who have to keep up a strenuous back and forth motion in order to evenly disperse the heat on a client's body.

"I've got strong arms now," laughed Mandy Maresky, the esthetician who demonstrated on Cooper.

The device was approved by Health Canada in 2005, but approval is pending by the Food and Drug Administration in the United States.

Still, prospective users of the technology should be aware that the Accent treatment is not a one-shot cure for cellulite.

Fat deposits do reaccumulate over time in a body.

That's why estheticians and dermatologists insist that patients be aware they have a part to play as well.

"It's not like if you stop the treatment all the [cellulite] comes back right away," Maresky said. "But nutrition, lifestyle and exercise all are important for maintenance. It all goes hand in hand."

For more information, visit [www.cosmedicare.ca](http://www.cosmedicare.ca).

## Improving fertility

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Last February, more than two years into their journey, the couple finally conceived their son, Spencer, who is now three months old.

"I don't care how people get pregnant," says Fiore. "I just want to see them with babies... I will even say, 'The way things are going, you should probably try IVF.'"

Pereira said she's gained a healthy skepticism about the typical cascade of fertility treatments.

"Don't just take... a doctor's word that you have to go from one drug to another. Look at all of your options," she says.

"We can use western and eastern medicine together... I don't think there's just one way."