

The shape of things to come

Leading plastic surgeon Dr. Mark Kohout is one of the first in Australia to offer UltraShape, through a network of 80 Australian clinics that offer his non-surgical Total Body treatments. UltraShape uses focused ultrasound technology to break down fat cells in easy, relaxing walk in, walk out sessions. Designed specifically for people who, whilst maintaining a healthy lifestyle through exercise and diet, are still unable to lose those small stubborn fat deposits, this body contouring solution is proving a powerful ally in the fight against the flab.

HOW IT WORKS

The non-invasive selective ultrasound technology targets and breaks down fat deposits using focused ultrasound energy. The energy selectively targets fat cells in specific problem areas, such as the thighs or abdomen, and safely disrupts the membranes of the unwanted fat cells without affecting surrounding tissues such as nerves or blood vessels. By disrupting the fat cell membrane, the contents of the cell which is primarily comprised of triglycerides, is dispersed into the intercellular fluid, which is then transported through the vascular and lymphatic systems to the liver where it is naturally processed. The liver makes no distinction between fat coming from the UltraShape treatment and fat originating from consumed food so both are processed by the body's natural mechanisms.

WHAT YOU SHOULD EXPECT DURING THE TREATMENT

It begins with an examination by trained professionals, during which the areas to be treated are marked. The size of the treatment areas determines the duration of the session, which can last anywhere between 60-90 minutes. Treatment does not require anesthesia, with most patients finding it extremely relaxing, pain-free and comfortable. The patient relaxes on the treatment bed while a hand-held device delivering ultrasound energy glides over the marked area. The entire procedure is guided

by tracking technology to ensure smooth and even contouring results. Following the treatment patients can immediately resume their daily activities. There is no recuperation period and no need for follow-up treatments after the course completion. Side effects are very rare and the only notable contraindication is those suffering with liver disease. The treatment does not leave any bruising, lumps or scars like some cosmetic procedures.

WHO IS IT SUITABLE FOR?

UltraShape targets small stubborn fat deposits which refuse to move in spite of exercise and a healthy eating plan. It is ideal for average to moderately overweight patients who live healthy lifestyles and maintain a body mass index (BMI) of 30 or under. It is perfect for those who want to lose excess fat without resorting to surgery. Both men and women benefit from the treatment and so far over 50,000 people worldwide have used UltraShape to rid themselves of stubborn fat. It ideally targets the abdomen to reduce and contour the stomach, rid thighs of saddlebags and slim love-handles and "muffin tops".

RESULTS?

The average weight loss following three treatments is four centimeters, with some patients recording a weight loss of up to ten centimeters. The results are permanent as the ruptured fat cells cannot come back, with no maintenance treatments required, although patients are advised to maintain their healthy lifestyles to keep their weight steady.

ABOUT TOTAL BODY

A highly trained and respected cosmetic, plastic and reconstructive surgeon, Dr Kohout has lectured nationally and internationally, published an impressive array of research papers and featured on television shows including Channel 7's "Ultimate Transformation" and "The Body Specialist" and Channel 9's "Body Works". Several years ago, he saw the need in his practice for laser hair removal and skin



rejuvenation. These treatments proved to be very successful and demand grew rapidly. Total Body delivers the same high quality service offered by Dr Kohout in his own practice to clients of beauty salons, day spas and medical centres in over 80 locations throughout Australia. **PB**
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