



## Cryolipolysis™ and Shockwave Therapy – A Combination for non-invasive Fat Reduction

An Interview with R. Gansel, Essen

**As far as removal of stubborn fat for good is concerned, there is an observed tendency towards non-invasive treatments. One of them is the so-called cryolipolysis™ – a procedure during which the fat cells are effectively frozen. We talked to Mr. Reinhard Gansel who offers cryolipolysis™ treatment in combination with shockwave therapy in the Laser Medizin Zentrum Rhein-Ruhr in Essen about the advantages of this combined treatment strategy.**

**ÄD:**

**Mr. Gansel, how do you assess the tendency towards cryolipolysis™? Which fat-freezing procedure have you chosen?**

**R. Gansel:**

A lot of people in Germany are dissatisfied with their figure. They contact us because they are looking for an opportunity to permanently remove stubborn pockets of fat. Since 1988 I perform liposuction – following a long-lasting boom there is now an increasing demand from my patients for non-invasive fat reduction procedures. After a market comparison by taking into account the cost-benefit relationship, I opted for the Z Lipo System from Zimmer MedizinSysteme. One important criterion for me was that the system does not contain any artificial wearing parts.

**ÄD:**

**For which target group is this procedure most suited, or rather: who are the “typical” patients?**

**R. Gansel:**

Broadly speaking, cryolipolysis™ is suited for all people who want to get rid of unwanted fat with a non-surgical procedure. However, most of the patients are of normal weight and have local fat deposits which are bothering them, for example on abdomen, hips, upper arms or men’s chests.

**ÄD:**

**In the Laser Medizin Zentrum Rhein-Ruhr in Essen you offer a combined treatment of cryolipolysis™ and shockwave therapy. Why did you choose this combination?**

**R. Gansel:**

According to current studies an enhanced effect can be observed with the combination of cryolipolysis™ and shockwave therapy. That is what we ultimately want to achieve. The system uses controlled cooling to effectively target fat deposits. In the following 10 – 12 weeks the destroyed cells are eliminated and transported by the lymphatic system. So much for the cryolipolysis™. Just like for other fat reduction procedures an ancillary skin tightening treatment is also highly recommended for this procedure in order to improve skin elasticity and skin firmness. This can be achieved by the shockwave therapy. In addition, the shockwave therapy should encourage fat loss and stimulate lymphatic drainage.

**ÄD:**

**Are there so-called “disposables” or “pay-per-click” costs to operate these systems?**

**R. Gansel:**

No. As already mentioned one of my decision criteria for the Zimmer system was that no “artificial” wearing parts are required.

**ÄD:**

**How does a typical treatment with this combination look like?**

**R. Gansel:**

A typical treatment cycle is performed as follows: First of all, we take photos for documentation purposes and mark the treatment areas. After that, the gel pad and the appropriate applicator will be applied to the targeted area. The Cryo system includes applicators in three different sizes. During the one-hour treatment the patient can relax and – if desired – watch TV. Subsequently, the applicator will be removed and the area will be treated with shockwave therapy for 5 to 10 minutes. The patient can go home after the treatment.

**ÄD:**

**Does this special concept improve patients' acceptance with the procedure?**

**R. Gansel:**

Yes, a lot. I have found that the combination of non-surgical fat reduction and accompanying skin tightening make this procedure particularly comprehensible and attractive for the patients.

**ÄD:**

**How many treatments are necessary and how long does it take to see first results?**

**R. Gansel:**

According to our experience 1 – 3 treatments are necessary depending on localized areas, size of the fat deposits and the individual number of areas to be treated. First changes may usually be seen after the first treatment.

**ÄD:**

**Is the procedure in combination with the shockwave therapy painful for the patient?**

**R. Gansel:**

The treatment itself is not painful for the patient. A few days after the procedure most of the patients experience a short-term tearing pain.

**ÄD:**

**What areas can be treated with the systems?**

**R. Gansel:**

Basically, you can reduce fat on all those areas of your body where it tends to store fat. Commonly treated areas are particularly abdomen, hips, upper and lower back, upper arms – with some restrictions thighs, knee area, and men's chest.

**ÄD:**

**Are there further fields of application for the shockwave therapy in addition to the combination with cryolipolysis™?**

**R. Gansel:**

According to the manufacturers' instructions, shockwave therapy has been successfully introduced into the treatment of weak connective tissue as an additional component, for example for cellulite and/or stretch marks (striae). These are fields of application frequently requested by the patients. In addition you can achieve skin tightening in general and support lymphatic drainage.

**ÄD:**

**How do you assess cryolipolysis™, especially in combination with shockwave therapy compared to other non-invasive treatments for fat reduction?**

**R. Gansel:**

For many patients it is extremely important to get rid of unwanted fat deposits without surgical intervention involving pain and downtime. Other patients would like to be treated effectively but without chemicals. Another important aspect for us is that the results are more predictable than with the ultrasound wave systems known to us.

**ÄD:**

***Is the treatment suited for everyone? Are there any unwanted side effects?***

**R. Gansel:**

Cryolipolysis™ is suited for most patients. Of course, the usual exclusion criteria apply, for example in case of cardiovascular disease and/or liver and kidney disease and it is not done during pregnancy. As for all Cryo procedures, side effects may occur. There may be a temporary skin discoloration. In rare cases patients may experience redness, swelling, haematoma, and numbness. These are generally temporary side effects – a study proves that even the numbness symptoms subside completely. It is theoretically possible that freeze burns may occur.

**ÄD:**

***Which patient feedback do you receive with regard to tolerability and success rate?***

**R. Gansel:**

One could say that our patients virtually have been waiting for such a combination. They particularly appreciate the simple and painless application without downtimes and with visible results. Furthermore, we offer a couple of other additional procedures.

**ÄD:**

***Mr. Gansel, I thank you for your time.*** ■

The interview was conducted by F. Höppner.