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## COOLSCULPTING UPDATE

The summer heat and humidity may have hit Ottawa, but the 'thrill of the chill' is the hottest (coolest?) news in town. CoolSculpting by Zeltiq, the revolutionary means of removing unwanted fat without surgery, has certainly had a welcome impact on the 'contours' of the city, and continues to soften the curves of many of my clientele.

Recent enhancements with newer, more shapely and comfortable hand-pieces, as well as the repeat sculpting of tricky areas at even shorter intervals, have really showcased the benefits of this unique cryolipolysis technique.

We have always been incredibly impressed by the results, but as the popularity of the treatment at KJD-MD sky-rockets, and the creativity in the approach continues to push the limits of the device's potential, we are seeing ever-improving end-points.

Inner and outer thighs, down to the level of the knee, are very popular and effectively-treated regions with the CoolFit, the newly-designed, straight-edged hand-piece, but not to be

regions with the CoolFit, the newly-designed, straight-edged hand-piece, but not to be outdone by the upper arm flaps, tenderly known as the 'bat wings'. These, too, improve quite beautifully.

Back fat and love handles respond even better to the CoolCurve, a novel hand-piece which more closely follows the curvaceous shape of the body than previous designs.

Repeat regional treatments at one-month intervals or less, for those who are really going for the maximal effect, seem to improve results more than additively, so fat loss is greater and is more rapidly seen.

As well, as the fat layer thickness decreases, the contours and tissue surfaces smooth with CoolSculpting, so the lumpy, bumpy appearance seems to diminish with Zeltiq, another added benefit for those unwanted areas of stubborn fat.

CoolSculpting is changing the shape of my patients, smoothly, naturally, and gently. It is performed with minimal impact on tight schedules, with no need for days off after treatment. For that extra boost to get you looking the way you want this summer, it couldn't be a better time to check it out, that is, if you haven't already!

I am thrilled to announce that the love affair with CoolSculpting continues to grow exponentially, which is truly a sign of a great technology meeting the right audience. I am very proud to provide it to my patients, especially as the only licensed physician to do so anywhere near the Ottawa/Montreal area.

I hope the heat is not taking you down, but if you're looking for a cool spot to hang out for a few hours, you know where to find us....

Happy July, and remember, the office is opened the rest of the month, but will be closed August 2-13, inclusively, for the annual conference, Controversies and Conversations in Laser and Cosmetic Surgery.

Cheers,

**TTFN**

**KJD-MD**