



## Time to Firm Your Festive Flab?

*It may seem like Summer is a long way off, but if you're still feeling a little self-conscious to take your shirt off, you may want some help to restore your confidence. Dr Kim Prescott discusses treatments that can help you trim and tone.*

osing excess weight around your middle is not simply a vanity issue; it's a major health issue too. As a general rule, if your waist circumference is more than half your height, you are likely to have insulin resistance, making it difficult to lose weight and placing your health at risk.

### Why is the waist measurement so important?

In one large study, men with the highest waist-to-height ratio (up to 80% of their height), lived 16.7 years less than the study average. Excess adipose tissue in the abdomen is metabolically active, producing hormones and inflammatory substances that are associated with diabetes, decreased immunity and other chronic diseases. Insulin resistance means that your body isn't processing your blood sugar effectively, and can leave you feeling lethargic, and hungry even after eating a meal, so it only adds to the challenge of weight loss.

### Concerned with toning and contouring?

Some people successfully lose weight overall but struggle to lose weight around the waist. For those who have resistant pockets of fat, or loose skin that remains after losing weight, then a number of body contouring platforms can play a role in reducing your waist circumference, help to tone abdominal muscles, tighten the skin and reduce excess adipose tissue.

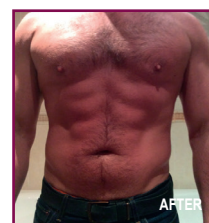


ABOVE: Before and after a course of LipoFirm TriLipo Triple Action Fat Reduction (photos courtesy of Pollogen)

**Emsculpt Neo®** combines two body-contouring procedures — radiofrequency fat reduction and powerful muscle toning — into a single non-invasive treatment. BLT Emsculpt® induces supramaximal muscle contractions that cannot be achieved during a workout, with the equivalent of 20 000 stomach crunches in 30 minutes. Because of the way the muscle pulse patterns work, the treatment feels like an intense workout, but is not painful and is adjusted to your comfort level. Your body rapidly metabolises fat for fuel for this workout as well as inducing a process which permanently destroys fat cells. The addition of radiofrequency in the Emsculpt Neo® enables greater fat reduction, muscle toning and skin tightening. A number of clinical trials and scientific publications demonstrate an average of 25% more muscle, and 30% fat reduction after a course of only 4 treatments.



**LipoFirm Triple Action Fat Reduction** has long been the celebrity favourite with treatments like the LP Buttock Lift and abdominal sculpting regularly featuring on social media. LipoFirm TriLipo also combines treatment modalities in a single delivery system: Dynamic Muscle Activation (DMA) and radiofrequency for fat reduction and skin tightening. DMA results in powerful muscle contractions that allow the body to burn fat efficiently, and radiofrequency is used for further fat reduction and skin tightening.



ABOVE: Muscle toning and fat reduction after a course of LipoFirm TriLipo (photos courtesy of Advanced Esthetic Solutions)

LEFT: Before and after a course of Emsculpt Neo.

**If you feel like your body is resisting your efforts to lose weight, and you need assistance, then a health professional may be able to help.**

Dr Kim Prescott consults from the Penrose Clinic and clinics in Cobham and Knightsbridge, as well as lecturing and training in aesthetic medicine. You are welcome to email [info@penroseclinic.co.uk](mailto:info@penroseclinic.co.uk) with any questions you might have. Emsculpt Neo and Lipofirm are offered at the Penrose Clinic in Fetcham Park House. Consultations to discuss medical weight loss are conducted through a CQC registered medical clinic.