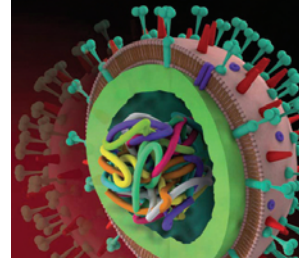




Fighting the Common Cold

It's that time of the year again. Instead of hitting the malls for holiday shopping, many of us will be stuck in bed with a cold. Though there is no cure for the common cold, there are many ways to help alleviate it. Some popular modern day cold remedies are aromatherapy, herbal tea, all of the vitamins you can get your hands on, especially Vitamin C and Zinc, and of course, chicken noodle soup. ♦



Flu Facts

Every winter it's a fact of life—the headache, dry cough, body aches, fever and sore throat that signal the onset of the flu. From November to March, 35 to 50 million Americans come down with the epidemic. Spreading the virus is not hard to do, so make sure to use tissues and avoid sharing cups and utensils whenever possible. ♦



Cure That New Year's Eve Hangover

We all know that a hangover is much easier to get than to get rid of. Odd remedies exist in our culture, and as outlandish as some sound, most of us have tried them. For some people, a greasy breakfast of sausage and eggs works best, while for others, staying hydrated, sleeping in and taking a couple of Ibuprofen seems to do the trick. ♦

Ask Dr. Clark

Email your health questions or concerns to Orlando Plastic Surgeon Dr. Clifford Clark: info@orlandoai.com



Dr. Clark—

I have heard about Liposculpting, Smart Lipo and Vaser Liposelection®. Which one is the best?

It is confusing with all the advertisements, but basically these techniques are all methods used to remove and

emulsify the fat cells. Liposuction has been attempted since the early 1900's, but it only became widespread in the 1970's. The first techniques utilized hollow wands to physically remove the fat cells. Later developments utilized a fluid called "tumescent solution" to make the fat removal easier and less uncomfortable. The term "Liposculpting" has been used very freely by those who claim to offer a more artistic approach to the science of fat removal in order to produce a balanced and beautiful result. Unfortunately, the term is frequently misused. The next great advance in liposuction was the use of ultrasonic energy to emulsify the fat prior to removal. The third generation of this method is Vaser Liposelection®, which has proven very helpful in some difficult areas such as the male breast. This device is used

to perform "high definition liposculpture" which has received a lot of press. This technique sculpts definition into an area such as the abdomen.

"The next great advance in liposuction was the use of ultrasonic energy to emulsify the fat prior to removal."

Smart Lipo is laser-assisted liposuction. It has benefited from a massive marketing campaign, but the benefits of using a laser for fat removal have not been fully established. The only peer reviewed study found no difference between Smart Lipo and standard liposuction. As it's hard for the consumer to make sense of all of this, good advice from a board certified plastic surgeon is a great place to start. ♦