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LINDSAY LOHAN

# Star

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## THE NEW LIPO

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# The New Lipo: MIRACLE FAT Z

## ADMITTED TO LIPO



Then

The Rock's pecs are tighter!

**THE ROCK** The *Scorpion King* star admitted to having fat sucked out of his chest! "It was an aesthetic thing," he's said.



Then

He took it on the chin!

**HOWARD STERN** The satellite shock jock had lipo on his chin to remove that waddle. Too bad the doc couldn't trim his hair!



Then

**KATHY GRIFFIN** The funny gal had complications after lipo but went back for more!

## How it can melt your fat and tighten

**I**T'S faster than a **Lindsay Lohan** romance, it's easier than a stroll down a Malibu beach and it's destined to be the biggest fad to hit Hollywood since Kabbalah! Call it super-lipo — a revolutionary new pound-skimming technique from Italy that's set to be approved for use in the U.S. by summer's end! And don't be surprised if everyone from out-and-proud liposuction-lovers such as **Janice Dickinson**, **Carnie Wilson** and **The Rock** to the undercover A-list fans (think flabby to fabulous quick-change wonders like **Demi Moore** and **Janet Jackson**) become devotees!

"I've already had celebrities call who want to have it done," Dr. Bruce Katz, a clinical professor of Dermatology at NYC's Mount Sinai School of Medicine who is conducting the U.S. study of the procedure, tells *Star*. "This is a major advance!"

### LUNCHTIME LIPO IS HERE!

Why all the excitement? Quite simply this new procedure, called SmartLipo, is a speedy, safe — and thankfully noninvasive — choice for would-be skinnies. It works by sticking a tiny laser, less than a millimeter in diameter, into a shallow incision in the skin. The laser, directed by a trained surgeon who can see where it is, thanks to a tiny red light visible under the skin, immediately breaks up fat cells on contact and turns them into an oily substance that is later absorbed into the body.

"When you put the laser on, it melts the fat," says Dr. Katz. "The actual procedure takes about 20 minutes, and we use

local anesthesia so [patients] don't feel a thing at all!"

### QUICK RECOVERY

"People can stand up after, so we can see how they're looking," explains Dr. Katz about the treatment's almost immediate healing process. (Best results won't be seen until the newly released fat is completely metabolized by the body after about four weeks.) Thanks to the laser's ability to seal off surrounding blood vessels after it dissolves the fat cells,

## SMARTLIPO

**T**he new fat-melting procedure, **SmartLipo**, should have FDA approval by the end of the summer. Here are the details:

- \* Takes 20 minutes!
- \* Costs the same as regular lipo (\$3,000 to \$4,000 per area).

there is almost no tissue damage, so would-be skinnies will hardly notice any bruising or swelling. In contrast, traditional liposuction requires sticking a hollow tube into the patient, and it leaves permanent scarring and results in a grueling three- to four-week average recovery time. Yet for roughly the same cost (\$3,000 to \$4,000 per problem area), SmartLipo leaves no scars, and it makes lengthy post-lipo "vacations" to dodge public scrutiny a thing of the past! "We tell people to take off the day after the procedure and then go back to work the next day," says Dr. Katz.

So is there any catch? "Be-



# APPER!

## your skin in mere minutes!

cause of the drainage, [patients] wear a little garment, like a girdle or a band for a few days," he says. But, hey, who's going to let a little undergarment keep them from fat-free inner thighs?

### LESS FAT, MORE TIGHT SKIN!

Also gone are the days of traditional lipo's nastiest side effect: wobbly leftover folds of skin! SmartLipo's true beauty lies in its lasting results, thanks to the laser's ability to stimulate collagen growth — which creates

yet to review the results of Dr. Katz's study sees the huge upside. "Loose skin has always been a problem for liposuction patients with less resilient skin," Culver City, Calif.-based cosmetic surgeon Dr. Stephen Grifka tells *Star*. "Potentially, [SmartLipo] is a great thing."

### TAKE A NUMBER

Dr. Katz and any colleagues who wind up offering the procedure can expect their appointment books to fill up in no time. In addition to people who would consider traditional lipo, SmartLipo will surely appeal to those who were turned away by plastic surgeons in the past: Because of the tiny size of the SmartLipo laser, patients can zap away extra fat on hard-to-lipo areas like the face, calf and even ankles!

Dr. Katz still feels the procedure is ideal for blasting traditional tummy flab after pregnancy, as well as vexing deposits on the jowls, thighs and hips. Less fat can be removed per sitting with SmartLipo than with traditional lipo (although multiple treatments are an option), so subtle sculpting is much easier than the removal of mounds of unwanted fat. Plus, it's not a replacement for diet and exercise because if you regain weight, the body can regrow fat cells in the same spot!

Regardless, you can be sure the most image conscious of all — in other words, celebrities — will be first on line. "If SmartLipo is all it's cracked up to be, celebs will be lining up for it," says Dr. Grifka. "They'll consider it a business investment!"

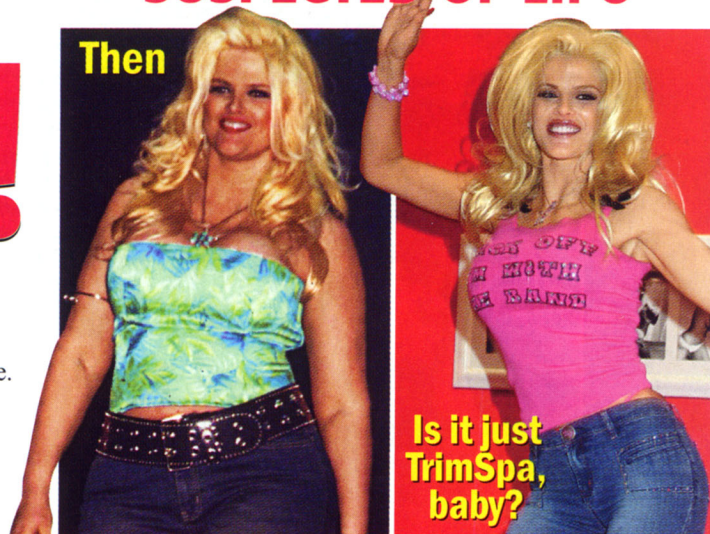
— SUZANNE ROZDEBA ★

tauter, sexier overlying skin — in the treated areas. (Like the metabolism of fat, skin cell regeneration takes a few weeks.) "A lot of candidates for traditional liposuction have fatty skin over the area," says Dr. Katz, who learned the new technique by studying in Italy and Brazil, where it's been popular for more than half a decade. "If you did liposuction, it could make the loose skin worse."

Dr. Katz adds: "Regular lipo is like deflating a balloon — once you take the air out, it looks limp and flaccid. But with SmartLipo, you don't have the deflated balloon look to your skin."

Even a plastic surgeon who has

## SUSPECTED OF LIPO



Is it just TrimSpa, baby?

**ANNA NICOLE SMITH** The former Playmate is famous for a see-sawing physique, but she looked a little too tight and toned in August 2004.



**STAR JONES REYNOLDS** The former *View* host admitted her dramatic weight loss is due to medical intervention — could that have included a lipo touch-up?



**DEMI MOORE** Experts say the beauty probably spent \$400,000, possibly including lipo, on her new look for the *Charlie's Angels* sequel.