

Aesthetics & Functionality

FUNCTIONAL COSMESIS: RESHAPING PEOPLE'S LIVES

By Frank J. Ferrin, M.D.



W Wanting to be slim, trim, and healthy is not a new trend. Everyone has a perfect body ideal that they aspire to, yet often encounter challenges in achieving it. Having a well proportioned body and a complimentary chest-waist-hip ratio is a fantastic goal; however, it is not always an easy one. Many will opt for surgery in an attempt to reach their aesthetic goals, while others will turn to extreme dieting or excessive workouts.

However, an extreme pursuit in only one of the above areas will often leave the individual with something more to be desired, not to mention an overdoing of anything may lead to poor health. To achieve the look one desires, a balance of weight management, energy and fitness training, and a detailed contouring of the body and face is most

certainly the surefire and effective way for an individual to obtain his/her ideal physique.

FUNCTIONAL COSMESIS

A new trend, known as *Functional Cosmesis*, is currently being pioneered by the world's leading cosmetic surgeons. The

basic task of fitting beautifully into clothes.

More importantly, Functional Cosmesis is about consistency, overall health, and longevity. For example, having a sculpted face and a sagging or oversized belly lacks fluidity; it keeps a body from looking natural. The opposite is also true; an aging

To achieve the look one desires, a balance of weight management, energy and fitness training, and a detailed contouring of the body and face is most certainly the surefire and effective way for an individual to obtain his/her ideal physique.

idea is simple: when body parts work better, they look better. Functional Cosmesis can pertain to facial rejuvenation, abdominal tightening, breast contour, or the

face with a fit and proportioned body just does not make sense. Too often, individuals will focus all of their energy on only one aspect of their body, causing a disproportion

in their appearance. When seeking a transformation, it is crucial to consider the entire body from head to toe, as well as in and out. As I briefly mentioned before, for our bodies to look flawless on the outside, they must also be flawless on the inside.

Patients no longer have to bear the risk and time constraints of traditional cosmetic procedures. Cosmetic surgery has undergone its own makeover. Now, with a plethora of medical advances, cosmetic surgeons can provide their patients with

Elite MD ensures optimum surgery results by making sure the body is toned and healthy prior to any kind of surgical procedure.

So how do we get this perfect combination of weight management, fitness, and contouring? How can we be sure our personal trainer, nutritionist, and cosmetic surgeon are all on the same page when it comes to our aesthetic goals? One solution is finding a facility that addresses all three of these equally important elements. My practice, Elite MD works in unison with leading personal training and nutrition experts to provide patients with a complete body makeover that leaves them looking and feeling great.

Elite MD ensures optimum surgery results by making sure the body is toned and healthy prior to any kind of surgical procedure. After a certain level of fitness is achieved, minimally invasive body contouring can be done to perfect stubborn areas and rejuvenate skin. Combining fitness and minimally invasive cosmetic procedures provides patients with a more natural look, as well as better health and reduced recovery time.

minimally invasive procedures that are more effective than ever.

WATER LIPOLYSIS

The Body-Jet is one example of the type of cutting-edge procedures being done by Elite MD. This technique involves a new type of liposuction that utilizes the flow of water to dislodge fat, while simultaneously suctioning out newly liquefied fat. The results are simply exquisite and provide patients with a mere fraction of the bruising and discomfort that comes with traditional liposuction. Plus, the added bonus of the Body-Jet is the collection of “fresh” fat from the body, which can then be redistributed to enhance breasts, lips, buttocks, and rejuvenate aging skin.

THE MINI TUMMY TUCK

Another groundbreaking procedure is the Mini Tummy Tuck. Similar to a traditional tummy tuck, the Mini Tummy Tuck leaves a significantly less





less downtime, more affordable, and when combined with fitness and nutrition, they can provide patients with their ultimate aesthetic ideal. Whether it is the removal of excess fat, revolutionary anti-aging procedures, or superior skin rejuvenation, complete body sculpting by Elite MD is the solution.

BODY SCULPTING SUCCESS

When considering body sculpting, there are three key facets that are essential to success. The first is the control and modulation of weight. Being overweight can cause various health complications and can lead to failure of the body's organs. It is important to be in good health before undergoing any type of surgical procedure.

Second, the incorporation of a fitness program that will enhance energy and increase muscle tone and endurance is essential. All too often, patients plan to forgo exercise and go straight for surgery; however, they soon find the result is less than appealing. The issue is that once the fat is removed, there is no muscle tone underneath which inevitably makes for an unnatural look. By building muscle first, patients can rest easy knowing once the excess fat is removed, they will have beautiful muscle tone underneath.

The third and final facet of body sculpting is to shape and contour the body to a more pleasing appearance. Consider fitness and nutrition as the structural base on which your ideal body is built. Once those two things are in place, Elite MD

works in conjunction to sculpt the body to precision. All three aspects together will lead to improved self-esteem, better posture, less back pains and leg cramps, and more durability as we gracefully age with improved functional capacity.

It is important to keep in mind the importance of complete overall health. When looking in the mirror, it is essential that individuals feel their inside reflected on their outside. Furthermore, the improved self-esteem associated with body sculpting will assist them in virtually every aspect of their lives. The old saying "fit for life" still holds true. Patients who have undergone the transformation are both mentally and physically satisfied, a gift that can last a lifetime. This fusion of aesthetics and functionality is literally reshaping people's lives. **fit**

conspicuous sign of scarring and can be used in conjunction with liposuction or the Body-Jet to achieve flawless results. Once again, the patient's recovery time is notably shorter and experienced with less bruising and discomfort. This is a great solution for younger women who wish to remove excess skin and belly fat left behind from pregnancies.

NOW AND BEYOND

So what is the common trend with all of these new procedures? They are less risky,



About the Author

Frank J. Ferrin, M.D., has over 25 years of surgical experience, and is among the few select and highly-trained surgeons in the country to employ the cutting-edge methods of water-assisted liposuction (Body-Jet), as well as laser assisted body-sculpting in the contouring of the face and body. For more information, visit Dr. Ferrin's website: www.elite-md.com.



PLEASE PRINT CLEARLY USING BLACK INK.

NAME _____
 SPECIALTY _____
 COMPANY _____
 STREET ADDRESS _____
 CITY _____
 STATE ZIP CODE _____
 TELEPHONE FAX _____
 EMAIL _____
 TOPICS OF INTEREST _____

PLEASE SIGN AND DATE BELOW TO BEGIN YOUR SUBSCRIPTION (REQUIRED)

 SIGNATURE DATE

SPECIALTY

____ DERMATOLOGIST ____ MEDICAL SPA ____ OTOLARYNGOLOGY
 ____ FAMILY PRACTICE ____ OB/GYN ____ PLASTIC SURGEON
 ____ ORAL & MAXILLOFACIAL ____ INDUSTRY EXECUTIVE _____ OTHER

PAYMENT METHOD:

PLEASE FILL OUT YOUR PAYMENT INFORMATION TO BEGIN YOUR SUBSCRIPTION (REQUIRED)

____ CHECK
 ____ PAYMENT ONLINE (PAYPAL)

SUBSCRIPTION TYPE

____ \$75 ANNUAL (U.S. ONLY)
 ____ \$129 TWO YEARS (U.S. ONLY)

PLEASE FAX TO: 786.206.7278

You may also mail your subscription form OR for more information, please contact:

AESTHETIC TRENDS & TECHNOLOGIES, INC.
 PO BOX 9536
 SOUTH LAGUNA, CA 92652 USA

PH: 800.277.1391
 www.aestheticstrends.com

ATnTJANFEB11

PLEASE PRINT CLEARLY USING BLACK INK.

NAME _____
 SPECIALTY _____
 COMPANY _____
 STREET ADDRESS _____
 CITY _____
 STATE ZIP CODE _____
 TELEPHONE FAX _____
 EMAIL _____
 TOPICS OF INTEREST _____

PLEASE SIGN AND DATE BELOW TO BEGIN YOUR SUBSCRIPTION (REQUIRED)

 SIGNATURE DATE

SPECIALTY

____ DERMATOLOGIST ____ MEDICAL SPA ____ OTOLARYNGOLOGY
 ____ FAMILY PRACTICE ____ OB/GYN ____ PLASTIC SURGEON
 ____ ORAL & MAXILLOFACIAL ____ INDUSTRY EXECUTIVE _____ OTHER

PAYMENT METHOD:

PLEASE FILL OUT YOUR PAYMENT INFORMATION TO BEGIN YOUR SUBSCRIPTION (REQUIRED)

____ CHECK
 ____ PAYMENT ONLINE (PAYPAL)

SUBSCRIPTION TYPE

____ \$75 ANNUAL (U.S. ONLY)
 ____ \$129 TWO YEARS (U.S. ONLY)

PLEASE FAX TO: 786.206.7278

You may also mail your subscription form OR for more information, please contact:

AESTHETIC TRENDS & TECHNOLOGIES, INC.
 PO BOX 9536
 SOUTH LAGUNA, CA 92652 USA

PH: 800.277.1391
 www.aestheticstrends.com

ATnTJANFEB11