

Cellulite

1. What causes cellulite?
Cellulite is the appearance of uneven, lumpy skin, most commonly on the thighs, hips and buttocks. It is caused by fibrous connective tissue cords, that pull the skin to the underlying muscle. In between these cords, there are deposits of fats and the combination of the two, gives an uneven appearance on the skin. The common causes are female sex, genetics, race, hormones, weight gain and wearing of tight undergarments.
2. Cellulite has a genetic link, is there any way that you can prevent yourself from getting cellulite if your mother or grandmother has it?
There is no way to prevent someone from getting cellulite. However, good eating habits and exercise can keep the skin and muscle well-toned, thus decreasing the appearance of cellulite.
3. If you see the start of cellulite, is there a way to retard the development?
Exercise and weight loss might help to retard the development. Also eliminating risk factors like smoking and having a diet low in fats and carbohydrate may be helpful. Furthermore the wearing of loose fitting undergarments can prevent cellulite that might form due to tight elastic.
4. How do you lessen your cellulite pockets?
Once formed, it is very difficult to lessen the pockets. Weight loss can help increase the muscle and skin tone and improve the appearance. Vigorous massages can increase blood flow and reduce excessive fluid, thus improving the appearance of cellulite. Some people might benefit from compression garments.
5. Do creams and lotions work and what ingredients should you look for in a product that can help?
There are many creams that have been marketed for the cure of cellulite. However, there are no controlled studies, that proves that any of them works. One is unsure as to where beauticians obtain their data or how they make their claims. Only cream that may provide a sustained improvement in appearance after six months of use, is one which contains at least 0.3 percent of retinol. Other creams containing caffeine, vitamins, gingo biloba and amino acids only show temporary improvement in looks.
6. Does massage help?
Vigorous massage may help, by improving blood flow, removing toxins and reducing excess fluid in cellulite-prone area. Lipomassage also called Endomologie makes use of a machine to massage the skin with rollers. This does provide an improvement to the cellulite, however, it is usually short-lived.
7. What other options/treatments can you look at for cellulite? what do these entail, costs, etc.
There are many other options described for the treatment of cellulite. However none have been supported in the scientific or medical literature for long lasting results.
 1. The most promising option is the use of Radiofrequency devices. Some devices offer a combination of radiofrequency , negative tissue massage and infrared light which can have a superior effect.
 2. Pneumatic massage
 3. Heat therapy
 4. Endermologie
 5. Electrical stimulation
 6. Ultrasound
 7. Liposuction. Though traditional liposuction may worsen the look of cellulite, laser assisted liposuction can help destroy the fat cells while tightening the skin, thereby improving cellulite.
8. Are there foods/certain things you should avoid to prevent your cellulite from worsening?
One should avoid too much of fat, carbohydrates or salts and too little fibre. The use of tight undergarments can decrease the blood flow in the cellulite-prone areas and thus should be avoided. However, above all, good exercise will help a lot in improving the muscle and skin tone

9. Why are women so self conscious regarding their cellulite?
Women tend to compare themselves to models on TV or other women at gym and want to look like them. Females tend to over analyse things and it is rare to find a woman that is entirely happy about her body. The fact is that 8 out of 10 women will have some cellulite thus it can be considered as being normal.

Dr Rakesh Newaj