



BEATING THE BABY (FAT) BLUES *by Kip Morrison* It Takes More Than Weight Loss to Regain Pre-pregnancy Shape

Some women just naturally seem to drop those extra pounds after giving birth. Others get there eventually with time, determination, diet, exercise or a combination thereof. But weight loss alone does not fully restore a woman's body to its pre-pregnancy form, according to Richard P. Frieder, M.D. a Clinical Instructor of Obstetrics and Gynecology at UCLA and an obstetrician/gynecologist at Santa Monica-UCLA Medical Center.

According to Dr. Frieder, most women develop cellulite during pregnancy as a function of weight gain and hormones. But cellulite doesn't disappear as the pounds melt away. "Most patients gain weight all over but tend to lose it more from their upper body while keeping cellulite on the thighs," he says.

Frieder is one of the first ob/gyns in the country to offer patients Endermologie®, a patented machine assisted deep tissue massage technique with FDA clearance as an effective way to temporarily reduce the appearance of cellulite. Endorsed by physicians and skin care professionals across the U.S. and supported by independent clinical studies and laboratory research, Endermologie is a series of treatments that target the connective tissue beneath the dermis where cellulite originates.

How does Endermologie help postpartum women regain their pre-pregnancy figures? "It is used in conjunction with weight loss, exercise, and diet," says Frieder. "Patients who undergo a series of 15-20 Endermologie treatments show more inch reduction in the hips thighs and greater reduction of the appearance of cellulite."

According to Frieder, light exercise can begin about two weeks after delivery, with full workouts at six weeks. Endermologie treatments can be started about four weeks after delivery. If there is a C-section scar, the patient must wait about three months before the treatment can address the scar. Many women have a bulge over the scar that can be reduced with Endermologie.

Endermologie is a comfortable treatment that many women find to be both relaxing and invigorating. So, it may help both the postpartum blues and the baby fat blues. "For women who feel it necessary to get back in shape quickly after childbirth, this is an excellent catalyst, and patients report being very happy with the results," says Frieder.

