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Health Benefits Of Liposuction

*It is now scientifically proven that combining liposuction and exercise therapy contributes to a plethora of health benefits, including reducing cardiovascular risks.*

SINGAPORE, October 2019 — According to a compelling clinical study titled ‘1 Strategies For Reducing Body Fat Mass: Effects Of Liposuction And Exercise On Cardiovascular Risk Factors And Adiposity. Diabetes, Metabolic Syndrome And Obesity: Targets And Therapy’ by Benatti et al., combining liposuction and exercise appear to be safe and an effective strategy for the treatment of metabolic disorders.

How Liposuction Works Today

**VASER Liposuction** is a body shaping treatment that uses patented ultrasonic sound wave energy to remove stubborn fat deposits. It is a minimally invasive procedure that begins with making small incision on the surgical site, followed by infiltration of tumescent fluid to numb and shrink the blood vessels in the area. The doctor then introduces ultrasonic probe to create high-frequency vibrations that loosen, break down and melt the fat cells, which is then subsequently removed using a small cannula. Unlike other forms of fat reduction technique, VASER Liposuction is able to preserve the surrounding tissues more effectively.

VASER Lipo can be performed on multiple body areas such as the chest, arms, waist, hips, stomach, back, buttocks, and thighs. It can treat conditions like lymphedema, gynecomastia, lipodystrophy syndrome and lipomas.

Not known to many, VASER Lipo can also contribute to many health benefits.

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The aim at Amaris B. Clinic is not just to provide and perform body sculpting, but to give patients a head start to better long-term health. Thus, post-treatment, the clinic also offers in-house exercise therapy to complement a patient’s newly sculpted physique by impeding fat growth and blocking fat deposit. It encourages a healthier lifestyle and patients will reap the benefits from both improved body confidence due to permanent fat reduction and improvements in regards to health.
With VASER (Vibration Amplification of Sound Energy at Resonance) liposuction, we can perform targeted fat reduction precisely and permanently with the following medical benefits:

- **Lower Fat In Blood**: Reduction in triglycerides (a type of fat found in your blood) by 25%
- **Lower White Blood Cells**: Reduction in the total count of leucocytes (white blood cells)
- **Increased Metabolism**: Liposuction leads to fat loss, without causing any change in lean mass
- **Lower Body Fat**: A systemic 2017 review\(^2\) showed that liposuction improved metabolic balance and cardiovascular risk factors
- **Reduces Cardiovascular Risk**: Reduces vascular inflammation in the obese patient, reducing its cardiovascular risk
- **Boost Insulin Sensitivity**: Meta-analysis of 14 studies\(^3\) showed that liposuction improved insulin sensitivity in healthy obese women

**Amaris B. Body Sculpting & Fitness Programme**

Amaris B. Clinic provides not only surgical intervention for body fat reduction but also a holistic approach to body management. Dr. Ivan Puah, its Medical Director, has seen clients who have tried to lose weight and stubborn body fat with exercise and esoteric dieting but with less than ideal results. He recommends Amaris B. Exercise Therapy post VASER Liposuction.

It is believed that fat is harder to metabolise in areas with poor circulation. Amaris B. Exercise Therapy supercharges the body’s natural fat-burning system via its low impact, low intensity targeted exercise method that uses movement, vacuum and compression technology to increase circulation in areas where circulation is poor.

Pair VASER Liposuction with Amaris B.’s Exercise Therapy to stimulate the metabolic process by encouraging blood circulation to the fat stores, enabling your body to turn those as energy resulting in weight loss and cellulite reduction.

With this unique combination of VASER Lipo and patented exercise therapy, you can not only achieve a sculpted silhouette but also an overall improvement to your metabolism, health and fitness level. Wanting to remove excess stubborn body fat and improve one’s body confidence is not about vanity. It is, very much, about enhancing your quality of life - from every aspect, be it aesthetic, health or fitness.

Reference


ABOUT DR. IVAN PUAH

Dr. Ivan Puah obtained his VASER® Body Sculpting training in Colorado and Argentina. Additionally, he also received training and guidance in syringe liposculpture, fat grafting and thread lift by renowned French plastic surgeon, Dr. Pierre Francois Fournier. He further honed his surgical skill in gynecomastia surgeries in San Francisco under the mentorship of Dr. Miguel Delgrado. In Singapore, Dr. Ivan Puah is accredited by the Ministry of Health to perform surgical body sculpting procedures.

Dr. Ivan Puah holds a Graduate Diploma in Family Dermatology from NUS and Graduate Diploma in Acupuncture from TCMB. He is also the appointed trainer on Botulinum Toxin and Dermal Fillers for Merz, Newton Cog Thread and PICOCARE Laser from Venusys Medical.

OTHER SIGNATURE AESTHETICS & SCULPTING TREATMENTS AT AMARIS B. CLINIC

Started in 2004, Amaris B. Clinic has been providing medical aesthetics and body sculpting services. Amaris B Clinic’s forte lies in body sculpting - surgically removing stubborn fat pockets to sculpt and shape different areas of the body through a variety and combination of services offered. Amaris B. Clinic received recognition as the “2019 Body Sculpting Provider of the Year in Asia Pacific” by Global Health and Travel. The clinic’s signature treatments include:

- EyeArt Method
- PICO Fractional Laser
- Fat Grafting
- Gynecomastia Surgery
- VASER Hi-def Lipo
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