

Lipo Can Be Heart-Healthy - KCTV CBS News Kansas City



Looking your best never felt so good – literally. A new study reveals that liposuction patients experience a reduction in triglyceride levels and white blood cell counts, possibly decreasing their risk for heart disease, stroke, and diabetes. Since liposuction is already the fourth most popular cosmetic procedure in the United States, patients can feel better about making the decision to improve their body's appearance.

Adam D. Schaffner, M.D., F.A.C.S., Director of Plastic Surgery at the renowned JUVA Skin & Laser Center in New York, predicts that these findings will have a positive impact on patients' outlook towards this type of procedure and will result in them looking better and being physically healthier as well.

"Not only does this new research offer positive side effects for those who undergo a liposuction procedure, but it also sheds some light on the fact that 'subcutaneous fat' that lies under the skin has more of an affect on cardiovascular disease and diabetes risk than we had originally thought," said Dr. Schaffner.

The study, which was presented at the 2011 annual meeting of the American Society of Plastic Surgeons (ASPS), measured triglyceride and cholesterol levels in 322 patients undergoing liposuction and/or a tummy tuck. The majority of patients, 71 percent, had liposuction only. Triglyceride levels in patients with normal pre-operative levels were unchanged. However, those patients with elevated, at-risk levels (greater than or equal to 150 mg/dl) experienced an average 43 percent reduction in triglyceride levels after surgery - about twice the effect achieved with a drug commonly prescribed to reduce triglyceride levels. The effect was similar in both men and women. According to the author, this does not mean liposuction can replace medications in patients with very high triglyceride levels.

"Liposuction has long been considered a purely cosmetic procedure but this study has found that white blood cell counts decrease, on average, 11 percent after liposuction," said Dr. Bruce Katz, Director of JUVA Skin & Laser Center and pioneer of SmartLipo®. "High white blood cell counts are associated with a raised level of inflammation within the body and have been linked to coronary heart disease, obesity, hypertension, and diabetes. This suggests that liposuction may translate into a procedure that has the ability to reduce a patient's health risk."

According to ASPS, more than 203,000 liposuction procedures were performed in the United States in 2010.

The study, "Prospective Clinical Study Reveals Significant Reduction in Triglyceride Level and White Cell Count after Liposuction and Abdominoplasty and No Change in Cholesterol Levels," was presented Sunday, September 25, 2011.

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