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Where the Exchange on Aesthetic Perspective Begins

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Insulin-resistant diabetic patients benefit dramatically from large-volume liposuction

Physician reports insulin levels reverted to normal and remained that way for one year after procedure

By Karen Nash

Staff Correspondent

New York — Recent research by **Sharon Y. Giese, M.D.**, indicates that large-volume liposuction may have some unexpected and far-reaching medical effects for those suffering from insulin-resistant diabetes or prediabetic conditions. She also contends that liposuction can have a bigger role in a weight-loss program than when used as a body-shaping procedure.

All of the weight loss that patients experienced was a direct result of reducing fat cells via liposuction.

"I can't get them to their ideal body weight with liposuction, but if they incorporate one or more additional weight loss plans into their lives, such as a healthy lifestyle or exercise, they will lose at least another 10 pounds relatively quickly," **Dr. Giese** said. "It seems that we change something within the body. They lose the weight from liposuction, and if they change something else, they generally will continue to quickly lose more weight."

Dr. Giese thinks the benefits are clearly related to the size and volume of the surgery because so much of what goes wrong with the body, and so much of what puts someone at risk for diabetes, is related to being overweight.

She said that the way liposuction patients lose the weight — surgically, rather than by diet — may be at least partially responsible for the results.

"Liposuction differs from any other weight loss method because it is the only one that permanently removes fat cells," she said. "When you diet, fat cells shrink, so if there is a problem with fat cells

not functioning well, maybe taking out fat cells is solving some of the problem."

"I've found it to be an extremely useful tool for a lot of women who have had a lot of problems with weight loss," **Dr. Giese** said. "The average person I see is one who has been a chronic dieter and who has not been able to get the weight off — something is really not working right with their metabolism. I'll commonly see women who are, otherwise, very high achievers. They're very disciplined, but they cannot get control of their weight — that also carries a heavy psychological toll.

"So, the benefits aren't just the health and the weight loss, but it's also psychological — patients feel much better after they have undergone the liposuction procedure." **CST**