

At Kole Plastic Surgery Center, Dr. Kole offers a safe, nonsurgical procedure known as CoolSculpting to remove stubborn pockets of fat resistant to diet and exercise. Here, Dr. Kole performs the CoolSculpting procedure on a patient.



Shape Shifter

With CoolSculpting, Dr. Edward Kole offers a safe, noninvasive solution for eliminating hard-to-shed pockets of unwanted fat

by JENNIFER UPDIKE

It just doesn't seem fair: You eat well, exercise regularly and rarely overindulge. In fact, you seem to do all the right things in your quest to attain the ideal body shape. Despite your best efforts, unwanted bulges caused by pockets of fat—namely, love handles, a muffin top, a belly that is less than flat—linger and frustrate. You get to the point where you consider liposuction or even a tummy tuck, because nothing you do on your own seems to help.

Then something comes along that seems too good to be true: a noninvasive and highly effective treatment, performed by one of the region's most gifted surgeons, to remove these stubborn problem areas resistant to a proper diet and vigorous exercise. That

"something" is a safe, nonsurgical procedure known as CoolSculpting®.

Locally, this innovative treatment is performed by board-certified plastic surgeon Edward S. Kole, M.D., medical director of Kole Plastic Surgery Center in Southampton. For people who have exhausted all other means and have the patience to realize the changes they seek over a months-long period, CoolSculpting is perhaps the most compelling option available.

"This isn't for someone who is obese, but it is for someone who has worked to stay in shape and needs just a little help in order to achieve the body they want," says Dr. Kole. "Really, it is ideal for people who are almost at their ideal body shape and want to sculpt

or fine tune their physique by eliminating the stubborn areas that are not being taken care of by diet or exercise.

"Whether you want a flatter belly or you want to do away with the love handles and muffin top that refuse to go away, this is a very good option."

CoolSculpting is FDA cleared to address areas such as the abdomen, love handles and muffin top, according to Dr. Kole. "As physicians," he adds, "we've seen great results using CoolSculpting on the belly, love handles and more. Through CoolSculpting, I can sculpt away unwanted fat to reveal a more pleasing shape."

Developed by two Harvard scientists, the patented procedure uses a precise and con-

trolled cooling technology that targets fat cells under the skin and freezes them to the point of crystallization. Once the fat cells are crystallized, they endure a process called apoptosis, in which the fat cells actually die. The cells are then metabolized and eliminated from the body through the lymphatic system. Patients who opt for CoolSculpting start seeing results in as little as three weeks after the procedure and see the maximum benefit within three months, according to Dr. Kole.

"When cold is applied noninvasively to problem areas, you slowly shrink over that time and there's no damage to the skin," he says. "Lipids crystallize faster than normal cells, so there's a natural reduction in the fat bulge around a targeted area. It's a quick procedure, it permanently destroys the fat, and there is no need for major downtime."

CoolSculpting requires no needles or anesthesia, no incisions and no recovery time. During the procedure, patients typically read, work on their laptops, watch movies or

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—Dr. Edward Kole

only method of noninvasive fat reduction that uses this revolutionary cooling method.

"With liposuction, you go to the operating room, make an incision, put in a warm solution of saline and anesthetic that bathes the fat and then use a stainless-steel cannula to remove it," Dr. Kole says. "With CoolSculpting, you use an applicator head on the area of concern, and it draws in the fat and skin with gentle suction. Two cooling plates cool the skin, and the fat under the skin slowly dies."

"When you apply CoolSculpting to one area," he adds, "you can get up to a 25 percent or so reduction of fat in that area. If you are happy with those results, then that's great, but if you want greater results, you can have it performed a second time."

Real-life Results

Patients such as the women shown here see maximum results within three months of receiving CoolSculpting treatment.



Before



120 Days after Treatment



Before



60 Days after Treatment



Before



60 Days after Treatment

simply relax. Each session lasts one hour, making it easy to fit into a lunch break. After treatment, patients typically return to their everyday activities. As a viable alternative to liposuction, which is another procedure in Dr. Kole's repertoire, CoolSculpting is the



In private practice since 1998, and having served countless men and women throughout Bucks, Montgomery and Philadelphia counties, Dr. Kole has earned a reputation for being among the region's leading specialists in surgical and cosmetic medicine. He graduated with honors from the New York College of Osteopathic Medicine and then completed five years of general surgery training, as well as a second residency in plastic and reconstructive surgery. Although he limits his practice to plastic and reconstructive surgery, he is board certified in both general surgery and plastic and reconstructive surgery by the American Osteopathic Board of Surgery.

Besides CoolSculpting and liposuction, Dr. Kole and his staff perform a variety of plastic surgery procedures. These include tummy tucks; breast enhancements; procedures of the head and neck, including facelifts, forehead and eyelid lifts, rhinoplasty and otoplasty; cosmetic injectables; and microdermabrasion. Although most of his patients are women, he also performs cosmetic and surgical procedures on an increasing number of men.

Dr. Kole welcomes prospective patients to connect with his practice and see if they will be good candidates for CoolSculpting, among other procedures he performs, in efforts to help them enhance or, in some cases, rediscover their natural beauty. ■

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