

A French Physician Speaks on Mesotherapy; An Interview with Dr. Jules Marthan

By Wanda Minnis-Dyson, M.D.

Mesotherapy is an alternative to plastic surgery for reducing cellulite and problem areas such as love handles, double chins, and saddlebags. This technique also has applications in the treatment of thinning hair and facial rejuvenation. Mesotherapy is a relatively painless technique, which involves multiple injections of medications, vitamins, minerals, homeopathic medications, and amino acids just below the skin surface. A topical anesthetic is applied prior to the treatment. Mesotherapy may be performed manually or with the use of a delivery system termed a mesogun. This innovative technique has been featured in print media as well as national and local news features. The technique originates in France and has been practiced there for decades. Therefore, the thoughts and opinions of a French practitioner of Mesotherapy are invaluable. The following is an interview with Dr. Jules Marthan a French physician who has practiced Mesotherapy for many years.

Dr. Marthan, I consider it an honor to have trained in Mesotherapy with a French Master like yourself. I appreciate your taking time from your busy schedule to complete this interview.

How long have you been practicing Mesotherapy?

I have been practicing Mesotherapy since 1974.

Where did you train in Mesotherapy and with whom?

I trained with Dr. Michel Pistor the pioneer of Mesotherapy. I received degrees in Medical Aesthetics and Mesotherapy from the University of Paris and Bordeaux. I am president of the Languedoc Roussillon French Society of Mesotherapy. I am a member of the International Society of Mesotherapy and the French Society of Mesotherapy. I have been a Master of training since 1980. I am one of the pioneers of the "Mesolift" procedure a technique for facial rejuvenation. My practice in France includes Mesotherapy, medical aesthetics, acupuncture, and osteopathy.

How do you use Mesotherapy in your practice?

In medical aesthetics, trauma, sports injury, and pain management.

Do you find Mesotherapy to be effective?

Mesotherapy is very effective in the areas mentioned before. In the area of aesthetics, there are two techniques, which provide excellent results for patients. First, mesolift which provides rejuvenation of the face with improvement in the glow and tone of the skin and secondly Mesotherapy for the treatment of cellulite

Are your patients pleased with the results of Mesotherapy?

Patients are 80% satisfied.

Americans seem to be worried about the side effects of the medications used in Mesotherapy. Have you ever experienced any side effects with the use of the Mesotherapy medications?

There are very few secondary effects (side effects). Some are related to allergy to one of the products administered. Most often allergic reactions are due to procaine or vitamins mainly B12. If an excessively viscous cocktail is used damage to the skin may occur.

I am often asked if there have been any studies on Mesotherapy, have any studies been done in France?

I have participated in clinical studies mainly in sports medicine in the area of Achilles tendonitis, post operative pain, shoulder or knee pain, and studies on low back pain involving the use of Mesotherapy versus osteopathic manipulations or infiltrations (injections). Mesotherapy involves the delivery of a fraction of the usual dosage of medication directly into the painful area for relief of pain.

Americans seem to be most interested in the use of Mesotherapy for cellulite and spot fat reduction; you also use Mesotherapy for pain management. Can you elaborate on the use of Mesotherapy for pain management in France?

Mesotherapy in France is mainly used in movement pain, joint pain, shoulder pain, tendonitis, and arthritis inflammation.

Many American practitioners of Mesotherapy treat with manual injections. There is currently controversy regarding the use of the mesogun in America. How do you administer Mesotherapy?

Using the mesogun for Mesotherapy injections provides more accurate depth of injection with minimal pain for the patient. I have a large experience with mesoguns. I tried the first ones on the market many years ago. I use only the mesomega mesogun because it is simple, reliable, and practical for performing professional Mesotherapy.

Americans are worried about where the fat goes when it is dissolved, they are afraid it will be deposited in the arteries. How is the fat disposed of after Mesotherapy?

The dissolved fat is eliminated by the hepatic (liver) system and the kidneys. There is no deposit of fat in the blood vessels.

Do you think that there are medications that are injected during Mesotherapy for cellulite treatment or spot fat reduction that are dangerous?

The use of diuretics or thyroid hormones is not advised in Mesotherapy. The exception is osmotic diuretics, which may shrink the fat cells.

How can you get the best result from Mesotherapy in the treatment of cellulite?

The combination of Mesotherapy and lymphatic drainage massage works best. Mesotherapy acts locally to dissolve the fat, improve the local circulation, and eliminate water retention while lymphatic massage enables the elimination of the fluid by drainage into the lymphatic system.

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