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The 'other' miracles of mesotherapy

By Tessa C. Mauricio

Thanks to songstress Zsa Zsa Padilla's new body beautiful, the word "mesotherapy" is now the latest buzzword in cosmetic surgery. The 40-year-old celebrity publicly admitted that she has shed her curves for a toned and leaner frame through a procedure called "meso-lipo" at the Belo Medical Center.

The treatment, relays Padilla, involved a series of injections containing a mix of vitamins and amino acids until she achieved her desired body weight and form.

Soon after Padilla's announcement, news of other showbiz personalities scampering for yet another kind of mesotherapy exploded in the circles of cosmetic surgery. Senior actors Dexter Doria, Edu Manzano and Lorna Tolentino were reported to have undergone a "meso-lift," a kind of skin rejuvenation that makes use of antioxidant and amino acid injections to restore skin elasticity.

The "meso wave" does not end there. For in addition to these two procedures, The Life & Times has learned that the Belo Medical Center further administers a mesotherapy to promote weight loss, cellulite reduction and hair regrowth.

Relate the patients, the obvious advantage of the remarkable range of mesotherapy treatments is that they are non-invasive, painless, and therefore, a less dangerous means of cosmetic surgery.

But according to Dr. Vicki Belo, founder and medical director of the Belo Medical Center, the cosmetic benefits of the groundbreaking procedure is only a small component of the 50-year old branch of medicine.

"Seventy percent of mesotherapy is all about the treatment of pain," she informs The Life & Times. "There are people who've had



The tools of mesotherapy



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migraines for 20 years and have been cured by mesotherapy. It really is miraculous, and it is very exciting for the field of medicine."

How it works

Mesotherapy was developed in the 1950s by the French physician named Michel Pistor. Informs the Belo Medical Website, "It is a noninvasive procedure using micro-injections of conventional or homeopathic medication, and/or vitamins into the mesoderm or middle layer of the skin to deliver healing or corrective treatment to a specific area of the body."

Apart from the many cosmetic uses of mesotherapy, its medicinal applications is said to benefit patients suffering from muscle spasms, stress, insomnia, carpal tunnel syndrome, fibromyalgia, infections, RSD (reflex sympathetic dystrophy), and osteoarthritis, among other conditions.

"To put it simply," explains Dr. Belo, "mesotherapy is the direct treatment of the target area; putting the medicine straight where it's needed."

Citing an example she continues, "In hairloss among men, a pill called Propitia is usually prescribed for treatment. But before the medicine gets to the scalp, it still goes through the stomach, the liver, the bloodstream, that by the time it gets to the top, there's only a miniscule amount left. With meso, it makes sense to inject the medicine straight onto the scalp for swifter and better results."

But what Dr. Belo finds most significant in the Pistor discovery is mesotherapy being a safe procedure. "It has no side effects," she emphasizes.

The website Health Plus Web, "Your Unbiased Health Information Source on the Web," corroborates this information, and specifically endorses mesotherapy to athletes with sports injuries. It says that while mesotherapy is typically given once per week, more frequent treatments have shown to speed up the recovery of injured athletes, thereby allowing them to resume activities within a shorter period of time.

The possibility of miracles

Health Plus Web further reports that there are more than 15,000 practitioners of mesotherapy in France today, and that the technique is rapidly gaining acceptance in countries like Belgium, Columbia, Argentina, and throughout Europe.

The Philippines is on its way to catching on after Dr. Belo returned from the United States five months ago where she trained for the

cosmetic component of the procedure. And according to the cosmetic surgeon, she is due for further study in this final quarter of the year to complete the whole range of mesotherapy treatments.

"My practice has always been based on responding to patient need, and it goes without saying that a huge number of Filipinos would benefit from the availability of an effective cure for a wide spectrum of painful conditions," she asserts.

At the end of her study, Dr. Belo hopes to head a mesotherapy center, which she plans to incorporate into a 450-square meter "semi-hospital" in Alabang. Construction is ongoing for what she calls her "dream center" where patients can check in for cosmetic surgeries.

That being the initial plan, Dr. Belo is all the more eager to open shop next year because of mesotherapy. For not only can she improve bodies and faces with the range of treatments, but she can also deliver the more important miracle of this remarkable method of medicine. ♦

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