

Safety and Future of Mesotherapy

By: Robert P. Pitera M.D.

Is Mesotherapy Safe?

Intuitively the answer is yes, it is safe. Mesotherapy to me is simply a theory and injection technique with the premise of injecting a medication where it is needed and will do the most good, nothing more. With a 50+ year history that includes probably billions of injections performed over that time, you would think that if there were any glaring problems with Mesotherapy, they would have been documented over the past 1/2 century. While I contend that Mesotherapy is safe, it does not mean that every practitioner has equal skill. This is no different than in any other form of medicine.

Mesotherapists fundamentally are like any other physicians; we inject patients, as does the Pediatrician or Neurosurgeon. What makes Mesotherapy different is the specific injection technique used for that particular patient and purpose with the injection technique ranging from the very superficial to deeper injections.

Another difference is that Non-Mesotherapy practitioners think of giving only one injection for whatever treatment they are performing. So when treating tendinitis for example, they might give an NSAID injection for pain and inflammation followed by PO meds. Mesotherapists on the other hand would give multiple smaller injections surrounding the inflamed tendon usually forgoing oral medications. Although the Mesotherapy treatment involves multiple injections, the total amount of medications given is actually much less than one large dose given by the traditional physician. There can be side effects as there are in any medical/surgical procedure. These in many cases can be minimized by thorough knowledge and good technique.

The Future of Mesotherapy:

At this point in time, Mesotherapy is not something that you can learn in any US Medical School or Residency program so it is looked down upon. This is slowly changing as prominent physicians learn of Mesotherapy's benefits. This is important, as the benefits of Mesotherapy must be brought into the academic setting if it is to be accepted by the Medical community. In June 2003 I gave a Grand Rounds lecture on Mesotherapy to NYU Residents and Attending Physicians in New York. I believe that this was the first lecture given on Mesotherapy in an academic setting in the USA. There are 2 additional lectures being scheduled for this year at other teaching institutions, so things are changing. With time, Mesotherapy may be accepted as a standard part of Residency training. Another positive sign is that there is now a Hospital Clinic for Mesotherapy at the Rush Medical Center in Chicago

Whether Mesotherapy can become part of Dermatology, Plastic Surgery, Internal Medicine, Physical Medicine residency program, any or all of them, who knows? This will be decided over time as Mesotherapy proves itself and become respected

About the Author:

Robert P. Pitera M.D. was one of the first practitioners of Mesotherapy in the United States and has a successful practice in New York City. He is on staff at a NYC Teaching Hospital. Dr. Pitera gave the first CME accredited lecture on Mesotherapy to Resident and

Attending Physicians in a US Teaching Hospital setting in June 2004. Dr. Pitera is the current Vice President of the American Board of Mesotherapy and serves on the Board of Directors of the American Journal of Mesotherapy. Dr. Pitera has lectured on Mesotherapy Internationally and is available to lecture on request. Dr. Pitera offers intensive hands on Mesotherapy & Lipo Dissolve training to M.D or D.O physicians in a private or semi-private setting

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