

The Triactive System: a Simple and Efficacious Way of Combating Cellulite

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INTRODUCTION

Cellulite is an anti-aesthetic condition that affects almost all women, irrespective of age. Moreover, with the passing of time this condition gets worse and gives rise to physical and psychological problems.

Cellulite mainly affects hips, thighs, the inner part of the knee, shoulders and arms. Less frequently the breast area and stomach are affected.

From an etiopathogenetic point of view a genetic predisposition is recognized associated with concomitant causes of an endocrine, environmental, postural and iatrogenic nature.

The first noticeable change is in the permeability of the capillaries and venules. This results in an extravasation of plasma from the vessels towards the surrounding tissues. The invasion of the interstices compromises the nourishing exchanges between the capillaries and the adipose cells, giving rise to cellulitic oedema. The cells are consequently surrounded by the plasmatic liquid that creates a rigid layer around the adipocytes. The connective tissue is subsequently involved in the formation of nodules surrounded by a capsule of fibrous tissue that becomes hard and anelastic. When the connective and adipose nodules meet, the altered texture also becomes noticeable with palpation (1).

The resulting clinical aspect is that of a "padded cushion" with "orange peel" type skin. When the cellulite is extensive, the body contour becomes deformed. The skin surfaces change and take on a undulating, pebbled or quilted

aspect. On palpation, the hypertrophic lobes feel like subcutaneous nodes. The skin over the area affected may be colder or paler due to the pressure on the dermic circulation from the hypertrophic lobes. The presence of concomitant striae distensae is often observed.

There are various treatments that can be used for combating cellulite, including topical treatments with the application of creams and lotions; non-invasive physical treatments such as ultrasound therapy; physically invasive treatments such as electrolipolysis, ionophoresis or ozone-therapy; invasive physico-pharmacological treatments such as mesotherapy; and surgical treatments such as liposuction or lipo-sculpturing (2).

In addition, there is the TRI•ACTIVE system, a revolutionary instrument capable of guaranteeing positive results at low costs, with a limited number of sessions, and in the absence of side effects.

MATERIALS AND METHODS

The TRI•ACTIVE system is capable of restoring the normal homeostatic conditions to the skin due to three features:

- a **localised cooling system** capable of reducing the oedema;
- a **rhythmic massage** applying tension in various directions to reactivate the collagenic and elastic toning, and to stimulate the lymph-drainage, and;
- a **deep stimulation laser** that benefits the arterial, venous and lymphatic micro-circulation.

These progressive massaging and stimulation actions on the connective and adipose tissues reactivate the biological waste elimination mechanisms and oxygenate the tissues, creating a realignment of the connective fabric. These three combined effects dramatically lessen the anti-aesthetic aspects of the skin and facilitate tonic, elastic and firm skin and remodel the body contours. Moreover, they produce a reduction in the cellulite, and a reduction in fluid retention.

Ten patients affected by localised cellulite of the buttocks and thighs were subjected to 10 treatment sessions with the goal of an objective assessment of the TRI•ACTIVE system. Each treatment session lasted 20 minutes and was administered three times a week.

Apart from the clinical assessment of the extent of the cellulite, the circumference of the areas was measured, and the plicometry, skin elasticity and thermography assessed.

Measuring the area circumferences shows the extent of the adipose panniculus requiring treatment. Via the plicometry we were able to assess the extent of the cutaneous plicas, to obtain the percentage of body adipose tissue.

The skin elasticity allowed us to gauge the skin tone correlated to the functionality of the elastic fibers and collagen.

Thermography shows the extent of cellulite and allows for detection of problems in the microcirculation. The thermographic picture which is typical of cellulite is known as “moucheté” or “leopard skin”.

RESULTS

The treatment was well tolerated by all the patients. At the end of the 10 sessions we observed a clinically evident reduction in the cellulite on the hips and thighs (Fig. 1-2), a reduction in the area circumferences and the plicometry, and an increase in skin elasticity.

Important results were observed in relation to the thermographic picture showing a homogeneous aspect instead of “leopard skin”

(Fig. 3-4). This result is particularly important as it highlights the action of the TRI•ACTIVE system on the microcirculation.

Besides these objective results, the patients were very satisfied as the TRI•ACTIVE system ‘s reduction of fluid retention and sensation of heaviness and swelling of their lower limbs. The patients noted these benefits after only 2-3 sessions. Subsequently, the patients noticed better skin tone and a reduction in the circumference of the areas treated.

DISCUSSION

The problem of cellulite affects almost all females and they are always in search of new, non-invasive treatments capable of overcoming this anti-aesthetic phenomena.

There are certainly various treatments available that are more or less non-invasive and more or less efficacious. However, the TRI•ACTIVE system is truly innovative. It combines 3 actions in the one instrument that work to combat cellulite in an efficacious manner and improve the diminished microcirculation that are at the root of this problem. These important results are shown by the improved thermographic picture.

The reduction in the cellulitic oedema through the combined massaging action, gives rise to remodelled collagen fibre. In this way the nutritional exchanges between the capillaries and the adipose cells are no longer obstructed by the capsule of fibrous tissue that surrounds the adipose lobules in the case of cellulite.

No side effects or contraindications have been observed with the TRI•ACTIVE system. Moreover, the system fits today’s frenetic lifestyle. The sessions do not last long (20-30 minutes) and the beneficial effects can be observed after the first sessions.

The results are extremely encouraging and we can safely claim that the TRI•ACTIVE system is efficacious, sure and without doubt, a revolutionary instrument in the treatment of cellulite.

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Fig. 1: Clinical situation before the first treatment.



Fig. 2: Clinical situation at the end of the treatment.



Fig. 3: Inhomogeneous thermographic situation at the beginning of the treatment.

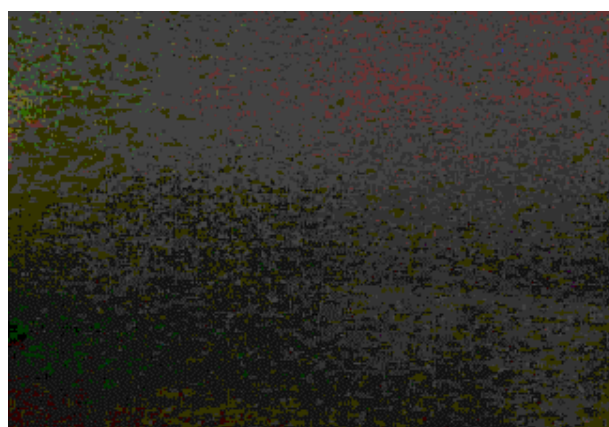


Fig. 4: The thermographic situation is more homogenous at the end of the treatment.



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