

Back in 2004, Bradley and Sunay each had access to a team of trainers and nutritionists to help them whip their bodies into beach mode. They managed to get up early every morning and hit the gym, found time for eating healthily, drinking less and learning what their bodies needed in order to feel good and look great. After three months of this rigorous regime, Sunay had lost 3.8kg and Bradley had lost a whopping 9.8kg. Both looked fit and radiant and felt fantastic. However, as the years rolled by and their careers at Top Billing soared, their exercise regime and healthy eating plan slipped away. Sunay is now the producer of *Top Dogs* and *No Reservations*, while Bradley is the producer of *Top Travel* and *Top Dogs*. Due to their increased workloads and responsibilities, they have both been on the road extensively filming their shows, as well as working long and unpredictable hours. Understandably, they just haven't had time to be in the gym or to watch what they eat. After much discussion and deliberation, they decided that it was time to explore alternatives to the time-consuming exercise programme. At the beginning of this year, both went under the knife to find out just how the new Vaser Lipo and Laser Light Lipo systems work, and to test the results for themselves. Vaser Lipo is a less invasive body-contouring system than traditional liposuction and has people flocking to have their hips, chests, knees, breasts, thighs and countless other body parts sculpted.

PATIENT CASE STUDY: SUNAY GRANT

Before the lipo, what was your exercise regime?

I wish I could say I was healthy and went to gym four times a week, but unfortunately my schedule didn't allow for my gym-bunny aspirations. My weight-training regime consisted of carrying the tripod on shoots. My cardio regime was somewhat interesting. I never use travellators and escalators, no matter how many times the boarding gate calls my name. Then, of course, running to the plane to avoid offloading! That's as far as my exercise programme went. With the rise of my career came the downfall of my body unfortunately.

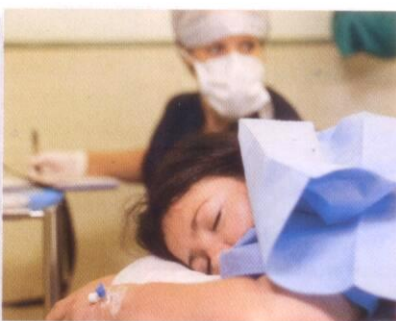
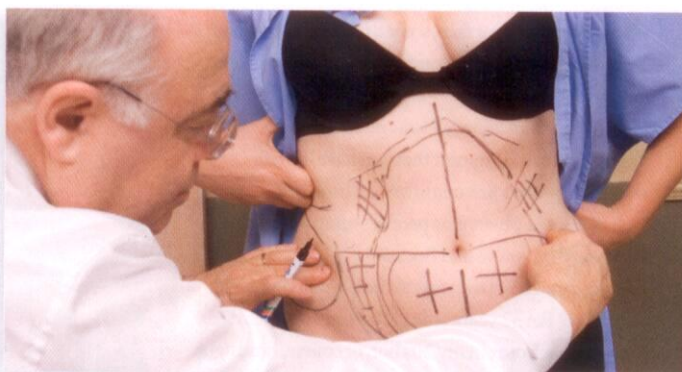
Before the lipo, how well did you eat? Most days I am on set and eating is not a priority, so I often found myself not eating or drinking anything until three in the afternoon. And then of course when the famine sets in, the biggest burger and chips is, of course, the only solution.

Why did you want this surgery? I wanted a quick fix and I wanted to get my waistline back without having to spend hours in gym. I didn't have time to do the body challenge Bradley and I did in 2004, but also didn't want to walk around feeling overweight and uncomfortable.

Which areas of your body were you unhappy with that you wanted targeted? It was mainly my waistline. I can't stand muffin tops! (The love handles that bulge over your jeans.) I experienced the joys of having a six-pack a few years before and wanted it again – but this time without the hard work!

Why did you choose Vaser Lipo over other surgery?

I researched lipo techniques and found that Vaser was the most effective and least invasive. I couldn't afford



weeks of recovery time so it seemed to be the best option.

What methods had you tried before – any surgery? Vigorous training six days a week, six small meals a day... I had the six-pack but nothing else. I became self-obsessed and didn't

have time for a social life and as much work. I've never had any form of surgery before. It was quite daunting but, at the same time, exciting.

How did you feel before going in? Nervous and excited I suppose... actually very nervous. I'm not a fan of needles and wasn't sure what to expect in terms of pain. I nearly cancelled just before but couldn't renege on my deal with Bradley.

How painful was the procedure? Not painful at all. It felt like a good dentist was extracting a tooth. The anaesthetist was excellent. I was awake but totally numb. I needed painkillers for three days after the surgery, but that was all. I have quite a high pain threshold, so others might experience it differently.

Was the change noticeable immediately? Yes, but I had to wear a compression garment for a few weeks after the surgery. It made me look like a Teletubbie and was uncomfortable.

The Vaser Lipo expert: Dr Duncan Hesketh

Why should you choose Vaser Lipo over other surgeries?

Vaser Lipo is less invasive, it's performed under local or conscious anaesthetic and the recovery time is quicker. There is limited or no bruising associated with Vaser as it does not destroy the fat cells. No heat is generated by ultrasound Vaser, making it safer.

Explain the procedure. The area to be treated is infused with tumescent fluid (local anaesthetic and saline mix) that expands the skin matrix. The Vaser probe is inserted below the skin and the area vibrates at the resonance of fat, causing micro-bubbles to implode between the fat cells, thereby separating them without causing damage to nerve and tissue endings. Vaser enables the fat to be reused for transplant into other areas of the body. In addition, there is the Vaser Hi-Definition procedure, which is selective sculpting of the abdominal muscles to create a more defined and enhanced look. In the final stage, the separated fat is removed by aspiration into canisters within the system.

How long does the procedure take? It can take from 30 minutes to around two hours, depending on the areas being treated and volume of fat removed. It is also dependent on the expertise and experience of the physician.

What is the recovery time? Patients can return to work in three to five days but must wear supportive garments for four to six weeks.

What is the cost? It varies depending on the treatment, from R15 000 for the first area and R5 000 per additional areas and depending where the procedure is performed and the expertise of the physician.

What scarring is left after the procedure? As an incision is made there's always a risk of scarring, but no heat is generated by Vaser, so there's no risk of internal scarring.

Will the weight stay off if patients carry on eating as they did before? Most of the fat cells are removed from the areas treated, but Vaser is not a cure for obesity. Patients are advised to change eating habits and patterns, otherwise they may develop weight in other areas, within the muscles or around vital organs.

Who are the best candidates for Vaser? Patients who struggle to lose weight through vigorous exercise, overweight patients looking for large volume reductions, patients with small, specific areas to be treated (chin, arms, knees) and patients who have realistic expectations.

How many times can the surgery be repeated on a person? It is recommended that patients wait at least six to eight weeks before having a further procedure performed.

For more info call Sound Aesthetics on 011-513-3538 or email info@soundaesthetics.co.za



Are there any scars on you now? I have two little scars, not visible though – even if I had to wear the smallest bikini you wouldn't see them. Would you recommend the surgery to others? Yes, the minimal pain versus the great results makes it worth it.



While Sunay's body was looking fantastic, she was also unhappy with the way her age was reflecting on her face, and while it may not have been something the public was complaining about, she felt the need to have a bit of work done. With the results of her Vaser Lipo being so good, it was the liquid facelift that Medi-Sculpt Clinic recommended that Sunay just couldn't resist. Sunay's liquid face lift was performed by Dr Reddy from the Medi-Sculpt Clinic (medisculptclinic.co.za) and was highly successful.

LIQUID FACELIFT INFO FILE

What is the liquid facelift? The liquid facelift is non-surgical (and therefore less invasive) than other procedures. It is designed to contour specific facial features. It is a combination of substances, including advanced facial filler and Botox injections.

How is the procedure performed? The procedure is performed under local anesthetic and takes between 30 and 40 minutes, but straight afterwards you can return to normal activity, making this a great solution for busy people who can't afford to be out of action. The dermal

fillers are better developed than before and by adding the Botox, the results are remarkable. The face looks lifted and younger immediately. **What are the side-effects?** There are no major side-effects. There may be some swelling or bruising for the first few hours, but this will soon disappear.

SUNAY'S FACE-LIFT Q&A

What did you have done on your face? Maintenance is what I call it: a

touch of Botox and filler here and there. **Why did you choose the liquid face lift?** Vanity is a strange thing. When you start to see the effects of 32 years appear on your face, something has to be done. This was the method recommended to me so I went for it. **Has the new look affected how people respond to you?** Yes. People can't pinpoint that you have 'done' something – they just comment on how 'rested' you look. It's not as obvious as people seeing you and knowing that you've had Botox. **Why did you feel the need to have work done on your face?** I'm 32 years old and I should have started preventative Botox in my 20s but, of course, hindsight doesn't help. Botox does help, however, and if I look good I feel good! **Were there any marks on your face or bruising afterwards?** No, not really. Maybe a little bit but nothing that a bit of concealer can't heal.

Dr. Anushka Reddy
A fresh look at anti-ageing and aesthetic treatments



Dr. Anushka Reddy, medical doctor, anti-ageing and aesthetic treatment specialist, and owner of Medi-Sculpt Clinic, has more than 13 years medical experience, including five years of non-surgical cosmetic experience. She's recognised as a leader in her field in South Africa, where she makes international best practices available to the public and constantly keeps abreast of international anti-ageing and aesthetic treatment trends. 'As technology has advanced, the procedures in addressing these issues have become simpler and safer. This allows us to sculpt peoples bodies the way they want them to be, through non-invasive or minimally invasive procedures,' explains Dr. Reddy. Her Medi-Sculpt Clinic in Ruimsig, Joburg, is always amongst the first to provide ground-breaking new treatments. These currently include facial volumising and cheek augmentation, chemical facial sculpting, facial and hand rejuvenation, liquid facelifts, Botox, dermal fillers, lip sculpting and treatments that address cellulite, pigmentation, spider veins and acne. Medi-Sculpt is one of the only SA clinics offering Vaser Lipo. Visit medisculptclinic.co.za

