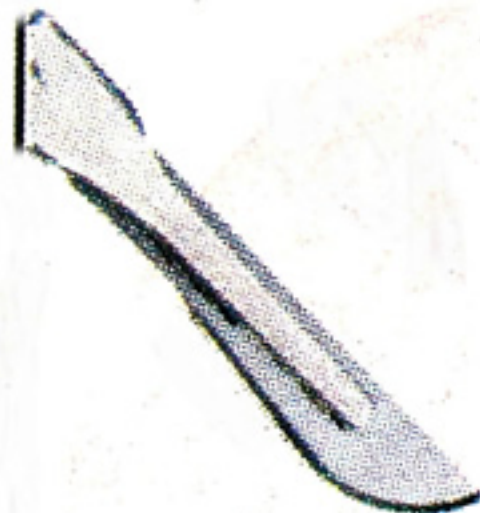


INSPIRE

Nip & Tuck

Dr Tracy Mountford

Q I'M FIT and healthy for 56, but no matter how much I exercise and eat well, I can't shift weight from my thighs and bottom. I am a size 14, but used to be quite overweight in my 30s, so I don't know if that's why I find fat in that area hard to burn off. I've tried specific exercise, but nothing works. What else can I do?

A SADLY, you are not alone. Stubborn fat distributed around the bottom and thighs can be genetic, but it can also occur during the menopause or because of general weight gain. Traditionally these areas could have been treated only with liposuction, which involves a general anaesthetic. But patients are usually

Help! I exercise but can't lose fat from my thighs

required to wear support garments and have a fair bit of downtime after the procedure.

However, if you wish to seek a safe non-invasive alternative to liposuction, I would recommend a cryolipolysis treatment such as Coolsculpting.

This fat-freezing treatment has recently received U.S. Food And Drug Administration approval for the area of fat below the bottom. We can also treat the back of the thighs at the same time.

Fat freezing works by using

controlled cooling to target and kill fat cells in a specific area.

Results are long term as once the fat cells have been crystallised they're gone for good and weight doesn't go there again. Patients often find their skin is smoother after the procedure.

It costs approximately £800 per treatment.

■ *IF YOU* have a question for Dr Mountford, email drtracymountford@dailymail.co.uk. All correspondence will be printed anonymously.