GYNOID LIPODYSTROPY – SHOULD YOU FIGHT IT?

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Introduction. Gynoid lipodystrophy is a term that modern cosmetology, unfortunately, does not want using, because it considers this condition only from the point of view of aesthetics. Although, intrinsically, it is a complex medical problem.

Psychoemotional state, lifestyle (diet, hypodynamia, bad habits), hormones (estrogens), metabolic disorders and obesity, violation of venous blood flow, and lymphatic drainage - all these factors lead to the development of non-inflammatory structural changes in the hypodermis.

As a result of local hypertrophy of adipocytes, which occurs when the metabolic processes in adipose tissue are disturbed, blood circulation and lymph drainage in the affected areas become difficult. Hypoxia leads to intercellular edema, waste products, and toxins accumulation. Elastic fibers are degraded and replaced by collagen.

Visually, this manifests by a change in the volume, structure, and relief of the skin; to the touch - it is not tender and silky. Therefore, this is the main reason for visits to the cosmetology clinic.

Materials and methods. Modern fashion dictates its conditions for women, and beauty standards consider cellulite as a newsworthy cosmetological problem nowadays. It noted in 80-98% of women over 20 years old. Whereas science is moving forward, multiple figure correction methods are known nowadays. They affect various links of pathogenesis. But, as it is not a shame to admit, even competently selected complexes do not give a sustainable result. Currently, there is no reliable and effective way to treat cellulite. A combination of methods only can guarantee the achievement of the desired result in the fight against gynoid lipodystrophy.

The basis of any anti-cellulite program should be diet therapy, restoration of the hormonal background and normalization of metabolism; balneotherapy in the form of special lipolytic compresses; classes in the gym with increased content of anaerobic loads (kinesiotherapy) to combat hypodynamia; and different types of massage.

Among the hardware methods, it is worth recommending LPG massage, pressotherapy, ultrasonic cavitation, ozone therapy, carboxytherapy, electrolipolysis, laser lipolysis, shock wave therapy, and thermal treatment. Mesotherapy with lipolytic is a highly effective technique.

Results. To ensure the main mechanisms of influence: stimulation of microcirculation
and activation of lymph flow; removal of excess fluid and toxic metabolic products from the body; destruction of fat cells; improvement of elasticity and elasticity of the skin; stimulation of collagen formation - various methods should be combined.

Our participants, clients of the cosmetology clinic, from 2007 till now, in addition to general recommendations, were offered anti-cellulite programs with the right to choose from a combination of manual or vacuum massage, wrapping, and mesotherapy with lipolytic or hardware procedures, such as pressotherapy, machine lipolysis, ozone or carboxytherapy.

The treatment course usually takes 2-3 months and is repeated after 6-9 months. Despite expertly recommended combinations and sequences of procedures, we cannot boast about perfect results, unfortunately. No one patient has achieved a desirable outcome after the first session. For this reason, we often encounter depression and loss of faith in the result. It required psychological help.

**Conclusion.**

The long-term follow-up analysis emerges a disappointing picture: the effectiveness of the management in this condition is too low. Only 30-40% of people who have been actively fighting this problem for more than one year notice a restoration of the skin's structure and appearance in problematic areas. At the same time, this result is not sustainable and lifelong.

Since gynoid lipodystrophy is not a disease, but an aesthetic problem only, due to the lack of flawless correction results of this condition, maybe it is not worth fighting it. Perhaps it should be recognized as another sexual sign of femininity and let most women stop mocking their bodies. Striving for an ideal that is incredibly difficult to achieve in practice impacts self-esteem and confidence.