No Cosmetic care for cellulite fat

Question: I have tried a number of commercial treatments to reduce the cellulite deposits on my thighs and buttocks. All have been unsuccessful. What esactly is cellulite and how does one get rid of it?

- Overweight in Southfield

Despite the fact that most medical and nutrition athorities contend that there is no such thing as cellulite, that it is just plain fat tissue of a different consistency, the cosmetics industry insists cellulite does exist.

Cellitie is the term used to describe a peculiar type of fatty tissue, causing the overlying skin to appear dimpled like an orange peel. Proponents claim it is due to 'trapped fail' in the connective tissue, a major layer of the skin, which creates the unsightly bulges. Cellutie is believed to be different from normal fat storage in

that, if pinched, the squeezed tissue produces lumps and bumps rather than a smooth surface.

Cosmeticians estimate that more than two-thirds of all women

SEMTA appoints director

Rachel Shrauner, former manager of scheduling and service evaluation for the Southeastern Michigan Transportation Authority (SEMTA), has been hamed its director of operations. Ms. Shrauner, 31, heads SEMTA's language the part of the Southeastern Michigan Transportation 4, 1974, and 197

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WHETHER THIS cosmetic condition is unique and can be specifically treated is indeed questionable.

Exorbitant fees are often charged for unfounded "cures" based on a variety of prescriptions for treatment. Unfortunately, the primary reduction often occurs in the subscribers' billfords.

While vigorous exercise and caloric restriction wil cause a gener-al reduction in body fat stores, there is no conclusive scientific evi-dence that massage, sauna, special skin creams, body wrappings or pseudoelectric devices will break up or reduce cellulite deposits.

Dr. Franklin is co-director of cardiac rehabilitation at Sinai Hospital and a faculty member in the Wayne State University School of Meicine. Send him questions in care of this newpa-





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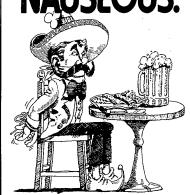
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