

Turn unwanted fat into muscles—in one day! No, that's not the headline screaming out from some tabloid. That's a fair description of a procedure pioneered by New York City plastic surgeon Sydney R. Coleman, M.D., to beef up biceps, calf and pectoral muscles. Coleman extracts fat

from love handles and buttocks and infiltrates it directly into muscles, "marblizing" tissue like a fine piece of meat or cake with swirls of chocolate.

Wait a minute— isn't fat soft and squishy? "If you inject a blob of fat close to the surface of the skin, it is,"

### Your own fat can be used to pump you up

Coleman agrees. "But lipoinfiltration, which embeds fat deep into a muscle, makes the area firmer."

According to Coleman, male and female bodybuilders are choosing lipoinfiltration over body implants for several reasons. Deeply embedded fat doesn't shift or migrate, and patients won't be allergic to, or reject, their own fat. Fat is placed into the muscle rather than injected through a needle, but incisions generally require only one suture, so

## BEEFING UP BICEPS WITH FAT



scarring is minimal, and risks are similar to those of any plastic surgery procedure.

Survival of transplanted fat has traditionally plagued surgeons, but Coleman points out that there are doctors who "cut the fat into little pieces and beat it like eggs! I'm not moving indi-

vidual cells, I'm moving parcels of fat. If you destroy those parcels, the fat has no chance to live." Coleman eschews vacuum extractions to harvest fat, no matter how extensive the operation, believing that extraction by syringe is less damaging. Because centrifugal purification of the fat and the marblizing itself are such painstaking processes, costs begin at \$4,000.

Coleman, who has presented his findings on fat transplantation at scientific meetings since 1988, has now performed more than 250 lipoinfiltration procedures, roughly a fifth of them involving muscle-enhancing. He is convinced that the body does not absorb infiltrated fat, and maintains that six-year follow-ups of patients reveal no change. Even when his patients lose weight, he observes that the insinuated fat remains.

—Benjamin Epstein