

ASK DR. IMBER



Gerald Imber, M.D., is a world-renowned plastic surgeon, with more than 40 years of medical experience, and director of Youth Corridor Clinic in New York City.

How can I get rid of love handles?

Everybody knows what love handles are, and nobody loves them. Most adult men have some of that ring of flank fat—skinny and fat and athletic guys, even trainers.

Getting rid of them is anatomically complex. Over the years, a layer of fat develops over our oblique muscles, which sit on the sides of our torsos. That subcutaneous fat, just below the skin, is what hangs over your waistband. And diet and exercise can't always solve it.

If it bothers you, there are medical interventions that can help. For decades, liposuction was the go-to treatment. But in recent years, noninvasive devices that freeze or melt fat are becoming mainstream. CoolSculpting is a fat-freezing technology. You can expect around 20 percent fat destruction. Each treatment takes about an hour.

Newer to the game is truSculpt 3D, which heats fat to destruction using a radio-frequency handpiece. It's a painless, 15-minute procedure with no downtime afterward. Patients even report significant skin tightening, which also helps diminish the appearance of love handles. (This is not surprising, as we have used radio-frequency heating to build collagen and tighten skin for years.)

Treatment for each of these methods starts at \$750, and the number of sessions you need depends on the individual.

Whichever you choose, results will be better if you have good muscle tone, so eating right and working out your core are important. But know that love handles don't have to be forever.

HAVE A QUESTION FOR DR. IMBER?

Email him: AskDrImber@MensJournal.com

A DIET THAT FIGHTS CANCER

In the category of diet buzz backed by legit science, one of the few approaches that makes the cut is the Mediterranean

diet. And research from *The Journal of Urology* lends more credence to a regimen heavy in olive oil, seafood, fresh produce, and nuts. Of 2,000 men, those who stuck most closely to the Mediterranean diet had a 30 percent lower risk of aggressive prostate cancer, the second-leading cause of cancer death among American men. According to study author Adela Castelló, it's likely the diet's combination of diverse, nutrient-rich foods is what makes it so effective against the disease. Fish, in particular, is linked with a lower incidence of deaths from prostate cancer; extra-virgin olive oil may help kill malignant cells; and lycopene—an antioxidant in tomatoes—may lower chances of prostate cancer recurrence.



Your Dog Could Be Making You Sick

People who feed their dogs raw food may be endangering their own health. Sold on the idea that a pup's diet should mirror that of its wild ancestors, more owners are feeding their canines raw meat, which often contains bacteria harmful to humans. Veterinarians in the Netherlands analyzed 35 store-bought raw meats and found half contained listeria and 80 percent had antibiotic-resistant *E. coli*. Pets can pass these pathogens to their owners through saliva and poop, or people may be infected by simply preparing the food. The middle ground between beef tartare and doggy junk food? The Farmer's Dog. It's a new subscription service that sends you whole-ingredient [and human-grade], customizable meals in single-serving pouches.

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