

A woman in a black bodysuit is shown from the waist up, holding a white measuring tape against her waist and hip. The background is a soft, light-colored wall with a white curtain on the left. The overall aesthetic is clean and professional.

The Aesthetic Journal

Bonnie Marting, DNP, APRN

AESTHETICS FOR WEIGHT LOSS *Restoring Volume, Lift & Skin Integrity*

In *This* Issue

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COUNTERING THE EFFECTS OF WEIGHT LOSS

A surge in use of GLP-1's has resulted in rapid weight loss, which often results in the loss of *desired* fat, too. Here's how I'm helping clients replace lost volume, increase skin elasticity, and regain lift.

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MY SCALPEL-FREE FACELIFT

Using collagen-stimulants like *Sculptra*, which can be used on the face *and* body, as well as dermal fillers, my scalpel-free facelift is the best return on investment you can make to restore fullness.

BOOKING WITH DR. BONNIE

Our *approach* addresses both lifestyle changes and proven youth-enhancing procedures - but the first step begins with an *appointment*.

Countering The Effects of *Weight Loss*

The antidote to rapid weight loss that's restoring volume, lift & positive presentation

The rise and popularity of GLP-1 analogs has resulted in a tidal wave of weight loss throughout the States and the world. According to a recently published PwC study, anywhere from 8% to 10% of Americans are currently taking GLP-1s, while 30% to 35% of Americans have shown interest in using them. For many, especially those who have struggled to lose weight with traditional diet and exercise, it has been a reliable pathway toward rapid and remarkable results. And while much is to still be learned about the long-term effects of these products, in the short term, I'm seeing clients have mixed reviews about their aesthetic journey.

It's not that they're unhappy with the weight loss. Rather, such quick weight loss has, shall we say, universal effects. While patients may lose undesired fat

they will also lose *desired* fat: that which sits on the derriere, in the cheeks, and elsewhere throughout the body. Because GLP-1 analogs do not discriminate against the fat it targets, you can expect to lose fat *everywhere*. To that end, you will also lose muscle mass, which is no small matter. But we'll speak more to that later.

The truth is, fat often gets a bad reputation. However, it's healthy fat and strong facial muscles that help keep us looking and feeling younger. Therefore, losing weight can have an aging effect no matter the way the weight is lost. Once fuller, positive-looking faces often begin to show signs of cheek depressions and sagging skin. This leads to an impression of sadness or unhappiness. This may also happen to the glutes, arms, and abdomen, which just leads to sagging

skin, for example. I do get a lot of complaints about the newly flat, sagging butt!

Gratefully, as this weight loss renaissance continues to sweep the globe, we are also in a *golden age of de-aging*. Experienced injectors like myself have been successfully treating clients with reliable contouring products for over 20 years, which provide remarkable results. These non-invasive (without surgery), cutting-edge procedures can immediately counter the effects of fat loss, helping you look younger and more beautiful, often immediately. If weight loss has resulted in increased lines, wrinkles, and sagging skin, then I'd like you to learn more about my signature scalpel-free facelift!

SIGNATURE SCALPEL-FREE FACELIFT OPTIONS

When plastic surgery is not a desired option, and anti-aging fads don't work (think face tape, contour creams, microcurrent wands, etc.), then fillers and collagen stimulants can be the perfect solution. Facial fillers are definitely on the rise for women and men in search of an anti-aging solution, or as an adjunct after weight loss to regain much desired "Youthful Volume." The immediate results of a scalpel-free facelift using dermal fillers and collagen stimulants



are simply unsurpassed.

Among the wide range of filler choices, Sculptra® stands out as one of the very best choices for replacing lost fat volume naturally and beautifully. More than just a filler, Sculptra® stimulates your body to produce more of its own collagen, which then fills out areas that are sagging, falling, or even “crinkling”. The result is a youthful, soft, rested, and healthy look, instilling confidence in the procedure's natural and healthy outcomes. And Sculptra®, unlike other fillers, can be used throughout the body on the derriere, arms, and back, for example. Sculptra® has the added benefit of increasing skin integrity, countering the loss of fat under the skin which begins to make it appear crepey. Once the process is complete, the effects last for over 2 years, providing a long-lasting and satisfying return on your investment.

While Sculptra® takes some time to show its full results, you can achieve an immediate transformation in the face with fillers like Juvéderm® Voluma® or Restylane® Contour. These fillers replace lost volume instantly, allowing you to regain that youthful, positive look that you once took for granted.

Fillers are also a great alternative for

younger patients who want to look younger but are not ready for a facelift, and for those who have already had a facelift and just want to maintain the results. A few injections in some key areas can make a dramatic difference to fill in wrinkles and enhance contours.

Furthermore, Sculptra® has been FDA-approved for over 20 years. Its results and efficacy have been proven time and time again, so there is no fear of trying something “new to the market.” The amazing results, not to mention the science behind it, have skyrocketed its use throughout the world for multiple use cases. Not to mention re-lifting the buttocks!

“Our survey showed that anywhere from 8% to 10% of Americans are currently taking GLP-1s, while 30% to 35% of Americans are interested in using them.”

- PwC,
October 2024

THE IMPORTANCE OF MUSCLE MAINTENANCE

While GLP-1 analogs rise in popularity, we must remember that these products are still very new to the market. We're learning, for instance, that nearly everyone who takes these medications also experiences significant muscle loss. Not only that, but there can be side effects such as nausea, vomiting, diarrhea, and other gastrointestinal issues. Eating balanced, moderate meals regularly can help to decrease the muscle loss. Because it can be hard to decipher how much fat and muscle



is being shed (though, we do have machines to do this!), users are unable to gauge the true breadth of muscle loss.

You might wonder why this matters. A healthy, engaged muscle system feeds our entire body. From encouraging efficient blood flow to nourishing healthy bones and even managing our body's metabolism, a strong muscle system is imperative for a healthy, hearty body. We know that keeping our muscles stronger for longer also promotes longevity by maintaining all the systems of our body.

Therefore, if our goal is pro-aging, and you're taking a GLP-1, then a regular strength-training regimen must be adopted. In addition to this, you may also notice that some of the areas which showed atrophy, like the arms and glutes, will begin to regain shape. And for areas that cannot be strength trained, like the face, *my signature scalpel-free facelift tops the options!*

Bonnie Marting, DNP, APRN

PALM BEACH PLASTIC &
COSMETIC SURGERY

A Restorative Anti-Aging Experience

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THE CONSULTATION

During your visit with Dr. Bonnie, we'll review your *concerns*, your *lifestyle*, and prescribe a set of *recommendations* to meet your youth-restoration *goals* that will encourage inner and outer beauty and wellbeing.

02



THE PROCEDURE

From non-invasive injections to laser resurfacing and even restorative facials, we have all the state-of-the-art youth-enhancing treatments at our Palm Beach office, which we can begin administering directly following your consultation.

Now It's Your Turn

I'D LOVE FOR YOU TO
BOOK AN APPOINTMENT
WITH ME, DR. BONNIE, AT
MY NEW WEST PALM
BEACH WATERFRONT
LOCATION: PALM BEACH
PLASTIC & COSMETIC
SURGERY

Book an Appointment:

Call 561-833-4122

Palm Beach Plastic & Cosmetic Surgery | Fredric M. Barr, MD, FACS

1411 N FLAGLER DR #5800, WEST PALM BEACH, FL 33401

Phone: 561-833-4122 *Text:* 561-831-8686 *Email:* Bonnie@BonnieMarting.com