

Sotiris Adamidis MD

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FROM METABOLIC SYNDROME
TO CELLULITE
THE MEDICAL SOLUTION

This book is lovingly dedicated to an eclectic yet distinguished female audience, which has helped me with their objective observations, joyful comments, and any difficulties they recorded, in the objective completion of this work, through a mutually rewarding and enjoyable journey. To my mother, my sisters, my daughters, the women in my life, and all the women we have loved and who have loved us.

Contents

Instead of a Prologue	11
FIRST PART	13
INTRODUCTION	15
CELLULITE: IS THERE A CURE?	20
CELLULITE: ETIOLOGY	22
UNIFIED SCIENTIFIC BASIS FOR UNDERSTANDING CELLULITE.....	24
NEW PERSPECTIVESOUR PERSPECTIVE	27
WHAT ROLE DOES LIFESTYLE PLAY IN A WOMAN DEVELOPING CELLULITE MORE EASILY?.....	30
COLLAGEN AND ITS ROLE IN CELLULITE	35
BMI AND CELLULITE: SLIM WOMEN WITH CELLULITE	38
THE ROLE OF HORMONES	40
WHAT ROLE DO EDEMA AND FLUID RETENTION PLAY IN CELLULITE? IS IT MEANINGFUL TO REMOVE THEM?.....	64
FROM METABOLIC SYNDROME TO ERECTILE DYSFUNCTION, POLYCYSTIC OVARIAN SYNDROME, AND CELLULITE.....	72
ADDITIONAL USEFUL INFORMATION FOR WOMEN WITH CELLULITE.....	74
MODERN INTERPRETATIONS OF THE PHENOMENON OF CELLULITE	89
POLYCYSTIC OVARY SYNDROME (PCOS)	102
CELLULITE IN ANOREXIA? THE CASES OF NANA KARAGIANNI AND ISABELLE CARO	105
INSTEAD OF A TRADITIONAL EPILOGUE	108
SECOND PART	111
APPENDIX	151
Frequent questions	153
Acknowledgments.....	157
References	158
Index	162

Instead of a Prologue

Sotiris Adamidis, in this scientific endeavor, applies his well-recognized, insightful scientific perspective to a very common issue: metabolic syndrome, and the not widely known path that connects it with cellulite and related disorders through insulin resistance, hyperestrogenism, polycystic ovary syndrome, and dietary behavior.

His proposed analysis and approach to addressing these disorders, in my opinion, is a substantial step toward understanding them, and a significant contribution to relevant research from a medical perspective that embraces the overall picture, avoiding fragmented views and the easy, simplistic solutions often suggested.

As President of the European Society of Diabetes, Metabolic Syndrome, and Obesity (ESoDiMeSO), Sotiris Adamidis has spoken to us on this topic many times at the Society's annual conferences, sharing his successful experiences from years of dealing with various cases and shedding light on the relevant scientific landscape in an understandable and convincing manner.

I had the opportunity to participate with my own talks at these scientific events and to collaborate with him, jointly highlighting the desired goal of better health, at a time when the assistance requested from us often concerns an issue viewed mostly from an aesthetic perspective. At this point, I would like to congratulate Sotiris Adamidis on his book, "From Metabolic Syndrome to Cellulite – The Medical Solution," as my long-term involvement in Cosmetic Dermatology and Surgery has brought me closer to this perspective, from which he addresses the entire topic.

Moreover, as the Scientific Director of IQ SKIN CLINICS, which are licensed as Day Clinics for Dermatology and Plastic Surgery and have been awarded Platinum & Gold Winner at the Medical Beauty Awards for four consecutive years, I strive to implement innovative methods and treatments in a framework of maximum safety and satisfaction for those who trust us. Specifically, for cellulite, we apply the innovative method Intensive Quality Cellulite Combined Elimination.

I am confident that the book will prove very useful and enjoyable, with its clear structure and writing, to both fellow doctors and the public, who will for the first time have in their hands a comprehensive proposal for health and beauty based on scientifically sound data.

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FIRST PART

Introduction

- Harmless skin condition or a systemic disease of the skin and subcutaneous tissue related to the microcirculation?
- Cellulite but not cellulitis
- Metabolic syndrome & cellulitis? ⁽¹⁾
- Lysis: drop out of western civilization?
- How “Harmless” Is Cellulite?
- A Metabolic Injustice for Women
- Can Medications Cause Cellulite?
- Stress and Cellulite
- Flat stomach and cellulite
- COVID-19 Pandemic & Metabolic Syndrome
- The Pandemic and Cellulite
- The “Golden” Metabolic Correction Pathway for Cellulite Elimination

Cellulite is one of the most common disorders affecting the skin and subcutaneous tissue, troubling millions of women. Known since the 1920s, cellulite was first described by Alquin and Pavot, who initially believed it to be “interstitial edema associated with increased fat content.” Since then, many other interpretations have emerged—some that come closer to understanding its pathophysiology and others that, despite the knowledge we’ve gained, persist in promoting oversimplified theories that aren’t worth addressing and with which we of course disagree.

We also disagree with many other views that present this condition without clear pathophysiology. An example from the Cleveland Clinic’s website:

“It’s also not known why cellulite is more common in women than men.”

We are not talking about just any random website here, but a reputable source of medical information, yet it claims that we don’t know why cellulite is more common in women. As we will explain below, we certainly do know the reason for this difference between women and men, and among other things, we also understand the significant role of inflammation. Yes, cellulite is rare in healthy men, but in conditions of androgen deficiency or in cases requiring estrogen treatment, cellulite can develop. This is further confirmation that cellulite is not an innocent skin alteration.

The first MRI microimaging study conducted many years ago by Mirrashed et al.⁽²⁾ demonstrated the diffuse pathology of “protrusion” and extrusion of subcutaneous fat into the skin and its direct connection to the stages of cellulite development. The central role of local edema—*cyclic edema of lymphatic origin*⁽³⁾—has also been confirmed, something we have discussed extensively in both scientific presentations at conferences and in the daily practice of treating cellulite. The removal of this edema has proven to be of great importance within the framework of the *Cellulite Removal Medical Protocol* that we propose. It is worth noting that in the previous reference, the authors speak of:

“... consensus about the histopathological findings, physiological hypothesis, and treatment of the disease...”

As you can see, they refer to cellulite as a *disease*.



For those of us who have studied the disorder for over a decade, it is not a dilemma whether it is “simply an aesthetic issue” or a “real disease.” This public debate must come to an end, for the benefit of the millions of women suffering from cellulite. And, of course, to avoid confusion with microbial inflammation, as we also point out in the preface, we emphasize: cellulitis is a bacterial infection of the skin, a cause of concern for serious complications, and is not the same as cellulite.