

## New procedure promises to freeze fat away

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NASHVILLE, Tenn. - A new technology promises results similar to liposuction, but without breaking the skin.

Theresa Payne underwent the procedure Thursday, wanting to get rid of the bulges on her back.

"You see it this time of year especially, when you put on a sweater, and you have these lumps in your back that you didn't have when you were younger," said Payne.

The treatment, called [Zeltiq](#), promises to freeze fat away.

"It kind of feels like there's an ice pack. There's no pain at all," she said.

A plate-like device is put directly onto the skin where the fat needs to be reduced.

When the fat cells are exposed to the controlled [Dr. Brian Biesman](#) is currently the only physician in Nashville offering the treatment.

"People often ask, 'Where does the fat go?' Basically, it's just a gradual absorption by the body and a natural way to break down the fat," said Dr. Biesman., they begin a process of natural

The fat cells don't disappear immediately. They're gradually flushed out of the body over a few months.

He says the best candidate for the procedure is someone who is relatively fit and wants to get rid of love-handles, back fat or belly fat.

"It's for patients who don't have a lot of extra fat, but are hoping to get some reduction in thickness, and the reductions we see are in the 20% to 25% range, so it's a good option for them," said Dr. Biesman.

Zeltiq takes about an hour for each area that is treated.

Theresa spent two hours in the office, one for each side of her back.

She said, "I've got my reading materials, my iPod," and when the procedure was over, Theresa was able to go on with her normal daily routine.

Theresa told News 2 the procedure was painless. She had a little bruising that went away in a day or so.

The price of the procedure varies, depending on the size of the area treated. It ranges from \$1,100 to \$1,500 per session.

