



Savremene anti-aging procedure – mezoterapija u estetskoj dermatologiji

Modern anti-aging procedures - mesotherapy in aesthetic dermatology

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Apstrakt

Mezoterapija je minimalno invazivna procedura koja obuhvata multiple intradermalne ili subkutane ubode tankim iglama kojim se unose različite supstance u malim dozama direktno na obolelo mesto- u medicinske ili kozmetske svrhe. Otac mezoterapije je dr Pastor koji je započeo lečenje mezoterapijom 1952. god. Mezoterapija nije vrsta terapije za određeno oboljenje, već način davanja leka. Termin *mezo* odnosi se na mezoderm-središnji deo derma, gde se supstance i smeštaju, kao i *mezo* u značenju srednje doze (veće od homeopatske, a manje od alopatske doze).

Indikacije za mezoterapiju su: anti-aging, hiperpigmentacije, ožiljci-strije i ožiljci od akni, celulit, lokalizovane masne naslage, opadanje kose- alopecia androgenetica ieffluvium telogenes, terapija bola.

Kontraindikacije za mezoterapiju su: osobe mlađe od 18 godina, alergije na supstance koje se ubrizgavaju, trudnoća, laktacija, osobe na antikoagulantnoj terapiji, poremećaji koagulacije, infarkt miokarda, moždani udar (godinu dana nakon), DM tip I i insulin zavisni tip II, aktivna maligna bolest, ciroza jetre, bubrežna insuficijencija, autoimune bolesti (pemphigus vulgaris, psoriasis vulgaris), infekcije kože (HSV, impetigo).

Starenje je fiziološki multifaktorijski proces koji zahvata sve organe, pa i kožu. Odlikuje se tankom, suvom i bledom kožom, kao i sa vidljivim borama i smanjenom elastičnošću. Na starenje utiču: UV zračenje, gubitak elastičnosti kože, ponovljeni pokreti mimične muskulature, redukcija volumena ili redistribucija masnog tkiva, resorpcija kostiju i hrskavice. Cilj mezoterapije je povećanje biosintetskog kapaciteta fibroblasta, stvaranje idealne fiziološke sredine za povećanu ćelijsku aktivnost- sintezu kolagena, elastina i hijaluronske kiseline. Mezoterapija se može izvoditi iglicama i špricom, ali i modernijim apartima kao što su Mesogun i Deromopen koji olakšavaju i omogućavaju primenu ove metode i od strane viših estetičara, ne samo dermatovenerologa i hirurga plastičara. Prednost mezoterapije u odnosu na druge metode biorejuvenilizacije se ogleda u dostupnosti i pristupačnosti opreme, brzog obuci, i lakoj i brzom promeni leka direktno na obolelo mesto.

Abstract

Mesotherapy is a minimally invasive procedure that involves multiple intradermal or subcutaneous injections with thin needles that intake various substances in small doses to the affected area. This procedure is conducted for medical or cosmetic purposes. The creator of mesotherapy is dr Pastor who started mesotherapy treatment in 1952. Mesotherapy is not a type of therapy for a certain disease, but a way of giving medicine. The word `meso` refers to the mesoderm — the central part of the dermis, where the substances are placed, and to the medium dose (higher than homeopathic and lower than allopathic dose).

Indications for mesotherapy are: anti-aging, hyperpigmentation, stretch marks and acne scars, cellulite, localized fat deposits, hair loss - alopecia androgenetica ieffluvium telogenes, pain therapy.

The contraindications to mesotherapy are: people under the age of 18, injectable substance allergies, pregnancy, lactation, anticoagulant therapy users, coagulation disorders, myocardial infarction, a stroke (one year after), Diabetes Mellitus type 1 and insulin dependent Diabetes type 2, an active malignant disease, a liver cirrhosis, kidney failure, autoimmune diseases (pemphigus vulgaris, psoriasis vulgaris), skin infections (HSV, impetigo).

Aging is physiological multifactorial process that affects all organs, including the skin. It is characterized by thin, dry and pale skin, as well as visible wrinkles and reduced elasticity. It is affected by: UV radiation, the loss of skin elasticity, repeated mimic muscle movements, reduction of the volume, adipose tissue redistribution, resorption of bones and cartilage. The aims of mesotherapy are to increase the capacity of fibroblast, create an ideal environment for physiological increased cellular activity- the synthesis of collagen, elastin and hyaluronic acid. Mesotherapy can be performed with needles and syringe but also with more innovative devices such as Mesogun and Deromopen which facilitate and enable the the use this method by the senior aestheticians, not only dermatovenerologists and plastic surgeons. The advantage of mesotherapy in relation to other methods of rejuvenization is reflected in the availability and accessibility of equipment, fast training, and easy and fast change of the drug directly to the affected area.