

# Diagnosis

## Cellulite

There are high-tech methods developed to determine the presence and extent of cellulite such as ultrasound and electrical impedance, which are expensive and unnecessary. However, a woman can determine for herself if she has cellulite using the skin-pinch and roll technique.

First, a woman sets up a reference point for later comparisons. Using her fingers, a woman should gently pinch a large fold of skin in an area not known for having cellulite. Then she should do the same with skin in the buttock, thigh or hip areas. Comparing the first pinch with later experiences, she should see if there are signs of cellulite such as skin thickening, dimpling, broken veins, cold skin, and lumpiness.

## Prevention

Cellulite is a normal occurrence in the human body and predetermined by genetics. Some women will naturally have more cellulite than others.

However, diet and exercise can keep the body fit and trim.