

Body Contouring: Improved body contour by Combination - treatments

Dr. Gerd Gauglitz, MD | Germany

Body contouring has become a trend. In this way, more and more Germans want their thick lining with different processes of the body of optimizing the silhouette. Non-invasive treatments combination of radiofrequency and cryolipolysis promise good results reported by PD Dr. Gerd Gauglitz, Munich, during an event in the framework of this year's dermatology practice in Frankenthal.



Fig. 1: PD Dr. MD. Gerd Gauglitz (Munich), lecturer during the event in Frankenthal.

Body contouring is a scarce commodity - the area is a growing market with growth rates of up to 15%, said PD Dr. Gerd Gauglitz, Department of Dermatology and Allergology, Ludwig-Maximilians-University of Munich. Procedures for body contouring were now in greater demand in Germany. While the method is highly advertised with colorful images of slim candidates (which usually require no shaping), he sees patients in daily practice.

Different constellations: With skin laxity and well-defined fat deposits, those with good skin quality, but clearly overweight, as good as people with bad skin and overweight both quality and those with good skin quality and distributed fat deposits. The subcutaneous fat tissue or perspiration (superficial subcutaneous adipose tissue) can be used both by invasive processes (Liposuction, abdominoplasty, etc.). – With all known risks and side effects - as well as non-invasive, Gauglitz reminded.

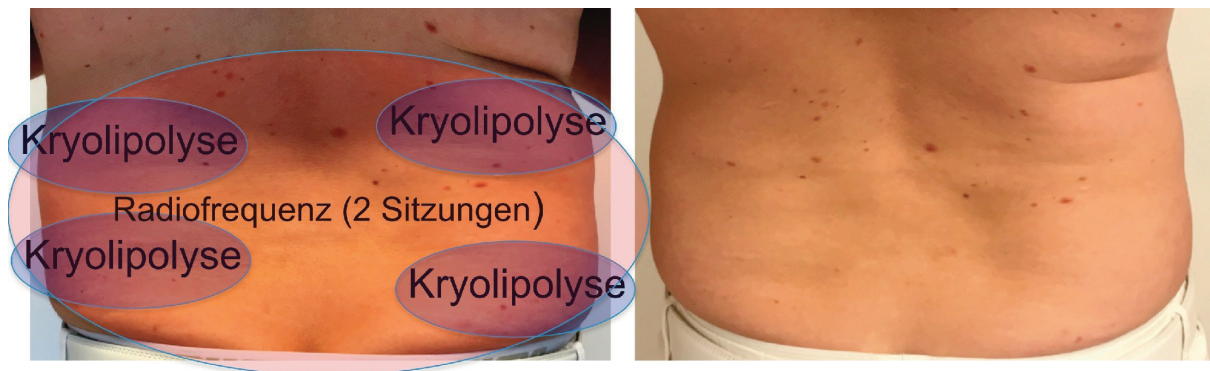


Fig. 2a-b: Appearance (L.) and 2 months after (R.) Cryolipolysis (two areas per side) as well as double Radiofrequency treatment (Pulse width 160, Frequency 0.78, 42 Grad).

In the context of the non-invasive Body contouring, it is possible to make the SAT by means of several mechanisms: by destroying the adipocytes (apoptosis, necrosis) - This is irreversible - or by extracting the fat content of the cell (Mechanical pressure, meso treatment), this effect is reversible. The destruction of the cells can be generated, mechanically, or thermally and often causes a long-lasting or permanent effect, only one treatment is needed. However, no immediate results are visible in most cases and some procedures can be painful. In contrast, the extraction of the cell contents by mechanical pressure or the introduction of physiological signals trajectories results in a rapid effect, however, which is not permanent, so most treatments are usually required, explained by Gauglitz.

The reduction in the volume range of the current approach is wide: in addition to cryolipolysis and radiofrequency, ultrasound, shock waves, lipolysis and lasers are also used. The documentation of the picture was very demanding especially to consider before / after images of the body and place high demands on the skills and equipment, Gauglitz gave advice to colleagues: "If you want body contouring treatment, you must either invest in vintage cameras called Body Stations, to 30,000 Euro cost, or they deal with methods that really work." He has been referred to a recently published work (Z. Alizadeh et al. Int J Endocrinology Metab.2016 OCT; 14 (4): e36727), which original publications contour the three main methods of the body: Cryolipolysis, radiofrequency and HIFU (High intensity focus ultrasound). In these methods, significant effects were observed (Reduction in circumference 2-4 cm).

Cryolipolysis for local Fatty deposits

The Cryolipolysis is based on the fact that the adipocytes are significantly more sensitive than other serine cells. In animal models, low temperatures (-3, -5, and -7 degrees) appear to be associated with better response Gauglitz reported. "You can reduce up to 35 percent of subcutaneous adipose tissue with a session," he said. The method is a good response (> 70%) and can be performed effectively as a delegating performance independently of the practitioner. Gauglitz and his team used the device Clatuu™ Company CLASSYS Inc, which are currently working on a study. The unit has several cooling levels, which can be varies to 9 degrees, it builds a strong vacuum (Stage 1-4: 50 kpa) and works very well, he reported. This has to be considered in patient selection, so not "too good to get results".

The cryolipolysis is generally more suited for localized fatty deposits, so you cannot work on the surface, so no holistic improvements can be achieved with the corresponding findings. It will reach to reduce fat, but no significant improvement in the Skin Laxity and the results only after two to three Months. For these reasons, describing the reward of the combination with other procedures, Gauglitz's experiences:

"We can learn from other body areas-so we have better outcomes In the last few years, it has seen that it is useful in the facial area to combine several methods to achieve the holistic results that the patient expected. "Therefore, he recommended combining cryolipolysis with a subsequent radiofrequency treatment.

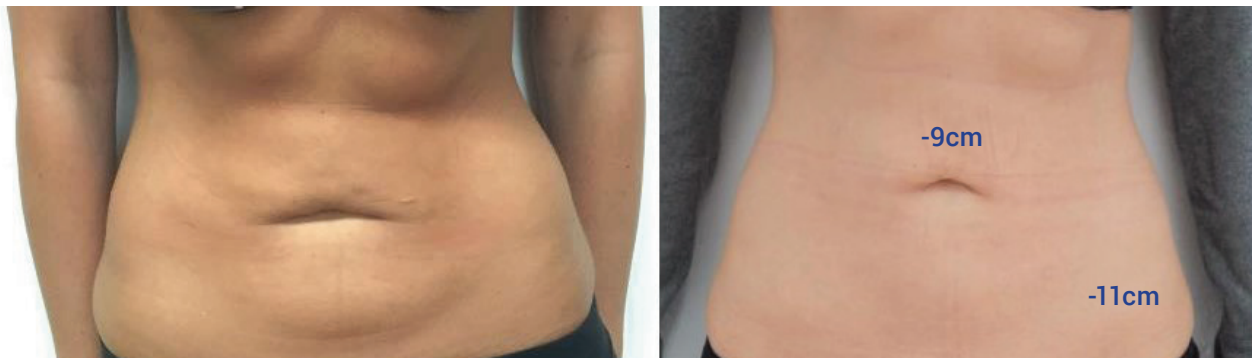


Fig. 3a-b: Fat reduction and improvement of skin quality by combination of cryolipolysis and radiofrequency action. Appearance (L.) or after (R.) of the combination treatment.

Protocol treatment:

20.05.16 Cryolipolysis Hip: Perimeter hip 90 cm

27.05.16 Cryolipolysis upper and lower abdomen: Extensive upper abdomen 75 cm, lower abdomen 90 cm

29/08/16 interim result: Extensive upper abdomen 69 cm, Hip/ lower abdomen 84 cm

17:10:16 every week 7 week 7 x radio frequencies with DMA on the abdomen

15:12:16 End result: abdominal circumference above 66 cm, Hip / lower abdomen 79 cm

Radiofrequency skin tightening

Radiofrequency treatment produces heat in various tissues by converting electromagnetic energy. In the subcutaneous fat layer of the heat development accelerates the fat metabolism and release of the liquid fat from the cells in the extracellular matrix. A large number of studies have already been carried out on the effectiveness of the process of reducing fat, the tissue (Cellulite) and the rejuvenation of the skin, according to Gauglitz.

There are large differences between the different devices, and a wide variety of protocols. The method has to be executed multiple times and becomes a handler-dependent; he described the limits of the procedure. As a plus he booked that radiofrequency therapy proved good response rates (71-97%) and high patient satisfaction. The method can also be used on a flat surface and quickly visible effects - such as an improved Skin Laxity - are generated - to achieve your holistic results. Further benefits of the Gauglitz. are "Nice common-Result of the economic effects of the combination of the cryolipolysis radiofrequency technology because it offers the device Pollogen Legend™ from Lumenis," says Gauglitz. This way you may not only remove localized fatty deposits - . Silhouette will change significantly.

Gauglitz is presently known as a veterinarian in a special way of working with the cryogenic crytolysis in the radiofrequency area: The cryolipolysis of the door was found on the hemispheres on the bovine binder, and the radiofrequency was found on the radio.

Although this "impressive results", according Gauglitz certainly could not be reached with each foot-ten differences there are quite different, he said. "The combination of the methods is advantageous in many cases, addition of fat reduction by Cryolipolysis with radiofrequency adjustment on skin and generally a much more homogeneous result which receive-the other hand, the positive effect the patient can immediately see".

[Source: Lecture from PD Dr. Gerd Gauglitz "Body contouring – For the Dermatological Conference Praxis 2017, March 17, 2017, Frankenthal]