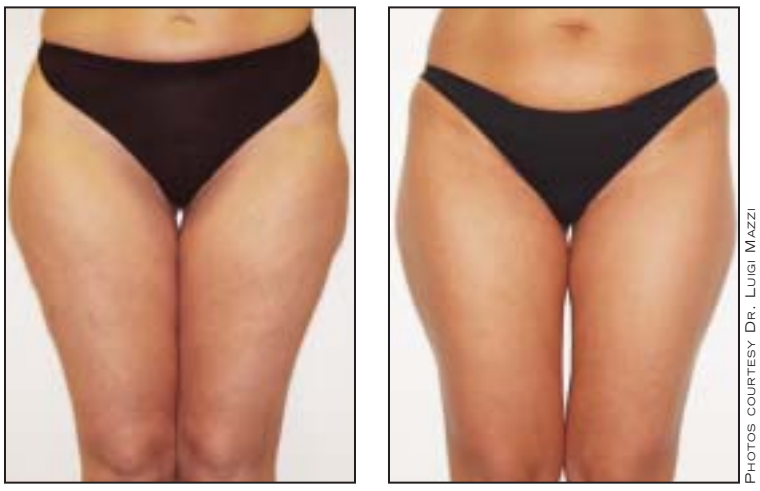

A 45-year-old woman is shown before undergoing combination therapy to treat localized fat on her outer thighs (left). She is shown again after undergoing one treatment with ultrasound plus four treatments with VelaSmooth (right).

Photos courtesy Dr. Luigi Mazzi

# Combo Treatment Improves Body Contouring Outcomes

BY SHARON WORCESTER
*Southeast Bureau*

KISSIMMEE, FLA. — Body contouring using an external focused ultrasound device and a device that uses infrared light, bipolar radiofrequency energy, and mechanical massage is more effective than is ultrasound alone for treating localized fat, a study suggests. The combination approach also requires fewer treatments to achieve similar results, Dr. Luigi Mazzi reported at the annual meeting of the American Society for Laser Medicine and Surgery.

Over 15 months, 198 patients—mostly women aged 24-52 years—were treated for localized fat, including 54 who were treated with UltraShape Ltd.'s Contour I ultrasound device and 144 who were treated with the Contour I in combination with Syneron Medical Ltd.'s VelaSmooth device.

Patients received up to three ultrasound treatment sessions targeting localized fat on the abdomen, flanks, and/or outer thighs—most patients received treatments on multiple areas during each session—followed immediately by a VelaSmooth treatment. VelaSmooth also was used weekly between ultrasound treatments, said Dr. Mazzi, who is in private practice in Verona, Italy.

**An average circumference reduction of 4 cm per patient was noted after the last treatment with ultrasound plus VelaSmooth, versus 3 cm with ultrasound alone.**

During the study period, 1,082 ultrasound treatments (an average of 20 per patient) and 1,164 combination ultrasound and VelaSmooth treatments (8 per patient) were performed.

The outer thighs were the most commonly treated area (44% of treatments), followed by the abdomen (33% of treatments) and flanks (23% of patients), he noted.

An average circumference reduction of 4 cm per patient was noted after the last treatment with ultrasound plus VelaSmooth, versus 3 cm after the last treatment with ultrasound alone. Better results with fewer treatments were seen in the abdomen and flanks, whereas upper thighs with sclerotic fat tissue typically required more treatments to obtain satisfactory results, said Dr. Mazzi, who received honoraria from Syneron.

Side effects were comparable in both groups, with minor discomfort reported in 23% of patients; mild and transient erythema reported by 76%; and burning reported in 1%.

These treatments are indicated for the patient with a body mass index below 29 kg/m$^2$ who desires treatment of localized fat and does not want to undergo more invasive treatments, such as liposuction.

The treatments are not intended for weight loss or for treating cellulite or skin laxity, although Dr. Mazzi believes the combined approach used in this study appears to result in improved skin tightening.

The Contour I device is used in Europe and Canada but is not yet approved for use in the United States. Approval by the Food and Drug Administration is anticipated later this year, he said. ■



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