

“The combination therapy with a monopolar RF device and a direct bio-EMS device for body contouring in Asian patients”

Ayaka NISHIKAWA M.D.

Objectives: To examine the effectiveness of the combination therapy with a monopolar radiofrequency device and a direct bio-electrical muscle stimulation device for body contouring in Asian patients.

Introduction: The popularity of non-surgical procedures for body sculpting is growing. Both fat reduction and muscle enhancement are important factors for body shaping, but their treatments are still considered emerging procedures in Asia-Pacific. We present results from twenty patients treated in our clinic using combination therapy for abdominal body sculpting protocol.

Materials / method: We conducted a prospective study from February 2020 to June 2020. 20 Japanese patients were treated, each of whom received one treatment for RF device for abdominal fat reduction and five treatments for EMS device for muscle enhancement 1 week apart. We measured subcutaneous fat thickness, internal oblique muscle, outer oblique muscle, and transverse abdominal muscle with ultrasounds during inhalation with no tissue compression at baseline and 2 months after the last treatment., as well as body weight and digital photographs.

Results: We treated 20 patients in the study with an average age of 31.6 years old, ranging from 25 to 55 years old. Most patients were female (80%). Mean baseline body weight was 59.2kg (range: 43.7 – 81.1kg) with an average weight loss of (-0.59kg w.r.t. baseline) at 12 weeks post three treatments. Average reduction in subcutaneous fat thickness was 15.6%. Average increase in outer oblique muscle, inner oblique muscle and transverse were 40.4%, 41.9%, and 43.1%, respectively. No adverse events were reported.

Conclusion: Using this nonsurgical body-sculpting protocol, we safely treated abdominal subcutaneous adiposity and muscle enhancement in our clinic.