



INSTITUTO MÉDICO LASER

ULTRASHAPE: ULTRASONIC TRANSDERMIC LIPOLYSIS

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Background and objectives: The risks of currently available invasive procedures in body contouring motivate a need for safer, non-invasive technologies for improving the appearance of body silhouette. A new device has been developed that uses focused therapeutic ultrasound to reduce adipose tissue non-invasively. The aim of this study was to assess the efficacy and safety of the UltraShape™ *Contour I* (UltraShape Ltd, Israel) in reducing localized fat deposits to improve body contours.

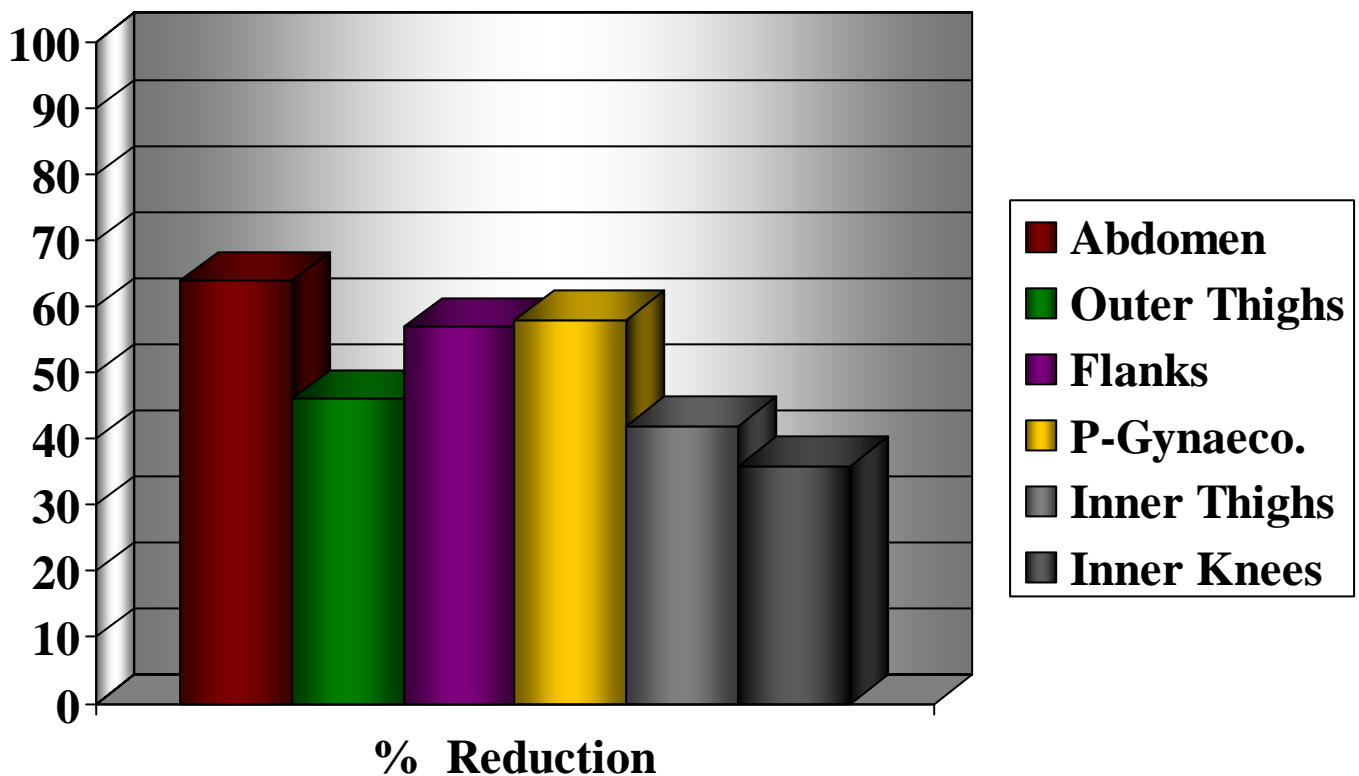
Study design / Patients and methods: A prospective study was conducted on 1.003 healthy patients. All patients underwent three treatments, at one-month intervals, and were followed for one month after the last treatment. Areas treated were the abdomen, inner and outer thighs, flanks, inner knees, and breasts (males only). No other body contouring procedure was used during the study.

Areas	Total (%)	Females	Males
Abdomen	360	210	150
Outer thighs	315	312	3
Flanks	260	120	140
Pseudo-gynaecomastia	12	0	12
Inner Knees	30	30	0
Inner thighs	26	24	2

Efficacy was determined by change in fat thickness, assessed by ultrasound measurements, and by circumference measurements. Weight change was monitored to assess whether reduction in fat thickness or circumference was dependent on or independent of weight loss. Safety was determined by clinical findings, assays of serum triglycerides, and liver ultrasound evaluation for the presence of steatosis.

Results: All patients showed significant reduction in subcutaneous fat thickness within the treated area. The mean reduction in fat thickness after three treatments was 2.28 ± 0.80 cm. Circumference was reduced by a mean of 3.95 ± 1.99 cm. Weight was unchanged during the treatment and follow-up period. No adverse effects were observed.

All areas: Average of reduction



Conclusions: This study shows the efficacy and safety of the *Contour I* as a non-invasive method for reducing unwanted fat deposits in the body. Multiple treatments combined with appropriate patient and treatment area selection can produce dramatic improvements in body contour.