

LONG-TERM FOLLOW-UP ON PATIENTS TREATED FOR ABDOMINAL FAT USING A SELECTIVE CONTACTLESS RADIOFREQUENCY DEVICE

September 2017 | Volume 16 | Original Article | Copyright © 2017
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J Cosmet Dermatol. 2017;00:1-5.

HIGHLIGHTS

- **The only** long-term efficacy **study of its kind** in the non-invasive body shaping industry, **proving permanent results of the BTL VANQUISH™ technology.**
- Patients from historical JDD-published study were followed for four years since their last treatment.
- **After 4 years** the 13 patients still had **4.42 cm off their waist** circumference when compared to the baseline, despite gaining weight (average +1.8 kg).
- Patients **maintained on average 75 % of the original** body contouring **effect** as measured by circumference.
- **Study has proven visible change in body contour even 4 years after the treatment** (evaluators recognized 82 % of 4-year images from baseline images).

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Long-term follow-up on patients treated for abdominal fat using a selective contactless radiofrequency device

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Summary
Background and objective: The aim of this study was to evaluate how abdominal circumferential reduction achieved after using a noninvasive radiofrequency device (BTL Vanquish, BTL Industries Inc, Boston, MA) evolves over a 4-year period.
Methods: This is a follow-up on patients who were treated in our practice for abdominal fat in an earlier published multicenter prospective study. Patients were recalled for biometric data collection 4 years (± 60 days) after the last treatment.
Body and weight measurements were compared to the historical data. Digital images of the treated area were taken. Independent panelists were asked to recognize the original baseline images from the 4-year follow-up images.
Results: The evaluation encompasses 13 subjects. In the original study, these patients lost on average 5.88 ± 4.14 cm of waist circumference ($P < .001$) while losing on average 1.29 kg. After 4 years, the same subjects had an average reduction of 4.42 ± 2.85 cm ($P < .001$) compared to the baseline, while gaining on average 0.50 kg. In both cases, the waist change was statistically independent of the weight change ($P < .01$). The patients preserved on average 75.2% of the original body contouring effect after 4 years as measured by circumference. None of the patients grew in circumference when compared to the baseline. Reviewers recognized the baseline patient images from the follow-up patient images in 82.1% cases. No long-term side effects were observed that would relate to the treatments.
Conclusions: In the study group, patients with ordinary weight changes preserved most of the original waist reduction after 4 years.

KEYWORDS
apoptosis, body shaping, fat reduction, long-term efficacy, radiofrequency



FIGURE 3 Patient ID6 photographs. Baseline, 1 month after, 4 years after (from left to right)

BTL_Vanquish_ME_CLIN_JCD-1709_EN100; 713-74VQMCLJC1709EN100