

## عنوان مقاله:

HN-01700120\_The Effect of Combination Therapy of Cryolipolysis and Ultrasound Cavitation as A Non-Invasive Selective Intervention on Fat Reduction

## محل انتشار:

سومین همایش بین المللی تغذیه بالینی ایران (سال: 1398)

تعداد صفحات اصل مقاله: 1

## نویسنده:

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## خلاصه مقاله:

**BACKGROUND:** Fat removal and body reshaping are increasingly popular in cosmetic procedures. Considering the invasive nature of liposuction and its inherent risks, there has been ongoing research for the development of non-invasive methods. The purpose of this study was to evaluate the efficacy of non-invasive combination therapy with Cryolipolysis and ultrasound on localized abdominal fat. **Methods:** There were 90 female participants aged 18-65-years-old who were eligible for inclusion criteria. They enrolled in one of three groups of 30 individuals in an 8 weeks duration. These three groups comprised; first receiving diet alone (control group) (group 1), Cryolipolysis and diet (group 2), and Cryolipolysis, ultrasound cavitation and diet (group 3). The variables that were measured before, during and after the interventions included: total body weight, body fat mass, fat-free mass, abdomen circumference, and body mass index. **Results:** There were significant reductions within each group in all variables ( $P < 0.01$ ). Combination therapy improved weight, body fat mass, BMI and abdomen circumference significantly as a comparison to the control group ( $P < 0.01$ ). Fat-free mass was not decreased significantly in the combination therapy group in comparison to other groups ( $P = 0.66$ ). No significant difference was found between combination and cryo groups. **Conclusion:** Treatment by diet and cryolipolysis with ultrasound cavitation combination is no more effective in improving the indices of anthropometric than Cryolipolysis and diet alone.

## کلمات کلیدی:

Body contouring, ultrasound cavitation, ultrasonic cavitation, HIFU, high-intensity focused ultrasound, Cryolipolysis, combination therapy, Fat reduction, Adipose tissue, Body sculpting

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