

Abstract of Bella Contour Presentation at the Annual Conference of the
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An Evaluation of Safety, Efficacy, and Mechanism of Action of a Novel Low-Intensity,
Non-Focused Ultrasound Device for Body Contouring

Background: A novel non-invasive body contouring device (Bella Contour, Real Aesthetics, Jerusalem, Israel) uses low intensity, non-focused ultrasound along with electrical muscle stimulation and massage to reduce fat. This is a two phase study that first evaluated the safety and efficacy of the device and then evaluated the mechanism of action.

Methods: In the first phase of the study, 5 patients underwent 10 twice-weekly treatment sessions with subsequent assessment 4 weeks post-treatment. Standardized circumferential abdominal measurements were taken at each visit. In the second phase, 5 patients without a prior history of hyperlipidemia were randomized to “sham” treatment and active treatment groups. Two patients received “sham” treatments and 3 patients received active treatments. These patients received a total of 3 treatments over a course of 9 days. Each patient’s fasting lipid profile was evaluated pre-treatment, 60 -90 minutes post-treatment and then again 24 hours post-treatment. In both phases, each treatment consisted of 40 minutes of a dual-mode ultrasound treatment (3MHz and 1MHz) as well as 7 minute vacuum therapy.

Results: The first phase showed that there is a reduction in abdominal circumference (mean: 6 cm) without any side effects. The interim data from the second phase does not indicate a trend of increased lipid levels during the course of the treatments. Further analysis of the completed second phase will be reported.

Conclusion: Low intensity, non-focused ultrasound is a safe and effective method for non-invasive body contouring without long lasting effects on serum lipid levels.