



Article

Early and Long-Term Effects of Abdominal Fat Reduction Using Ultrasound and Radiofrequency Treatments

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Abstract: Background: Abdominal obesity, together with atherogenic dyslipidemia, increased blood pressure and impaired glucose tolerance, was included in the components of metabolic syndrome identifying patients at high risk of cardiovascular diseases. Subcutaneous adipose tissue is a buffer for dietary fatty acids (FAs). It was reported that the fatty acid composition of adipose tissue reflects the dietary intake of FAs in the previous 6 to 9 months. Therefore, we decided to evaluate the early and long-term metabolic effects of lipocavitation and/or thermolipolysis on abdominal fat reduction. Material and Methods: The study population comprised 60 women. Subjects were randomly allocated into one of three subgroups, 20 women per subgroup, and each subgroup received 10 treatments with ultrasound (U group), radiofrequency (RF group), or combined radiofrequency and ultrasound (RF/U group) for the abdominal region. Treatments were provided three times a week using the multifunctional device (Professional Beauty Equipment, HEBE, Warsaw, Poland). Each treatment to reduce adipose tissue, regardless of the method used, involved 20 min of massage with the dedicated applicator head on a rectangular 20 cm × 10 cm area of the abdominal region. Fatty acid composition and biochemical and anthropometric parameters were measured before the first, after 10 treatments and 6 months after the last treatment. Results and discussion: The series of 10 treatments to reduce abdominal adipose tissue using ultrasound, radiofrequency or both methods resulted in a cosmetic effect which was reflected in weight loss and BMI reduction. Reduced waist circumference was also found in patients who received radiofrequency or two types of intervention (RF + U) but not ultrasound treatments. The long-term cosmetic effect (lasting for at least 6 months) was achieved only with RF treatment and was reflected in reduced body weight, BMI and waist circumference. None of the treatments had a direct, short or long-term effect on the lipid profile, insulin resistance markers, inflammation markers, or blood pressure. Consequently, did not modify the risk of cardiovascular diseases.

Keywords: abdominal fat reduction; ultrasound treatment; radiofrequency treatment; fatty acids

1. Introduction

Abdominal obesity is a recognised, significant factor increasing the risk of cardiovascular diseases, both through the development of major classical risk factors and through other mechanisms, including dyslipidaemia or insulin resistance, eventually leading to

Abdominal Obesity Factors Reduction Long Term

Jean-Pierre Despres, Vincenzo Di Marzo

Abdominal Obesity Factors Reduction Long Term:

Epidemiology of Chronic Disease: Global Perspectives Randall E. Harris, 2019-04-11 Epidemiology of Chronic Disease Global Perspectives is the most current and authoritative resource on the epidemiology etiology pathogenesis risk factors and preventive factors of over 50 major chronic diseases and conditions This comprehensive text provides readers with an excellent basis for examining current hypotheses regarding chronic disease epidemiology **Abdominal Obesity and the Endocannabinoid System** Jean-Pierre Despres, Vincenzo Di Marzo, 2008-11-24 This internationally renowned author team provides a unique and thorough analysis and distillation of the endocannabinoid system and its relationship to abdominal obesity diabetes and cardiovascular disease The endocannabinoid system ECS plays an important role in cardiometabolic risk as well as modulating energy balance feeding behavior he **Clinical Obesity in Adults and Children** Peter G. Kopelman, Ian D. Caterson, William H. Dietz, 2008-04-15 Highly Commended in the 2006 British Medical Association Book Awards Endocrinology This Second Edition brings together more than 20 internationally recognized experts in the field to provide a timely review of current knowledge The text remains an invaluable resource for all healthcare professionals involved in the care of patients who are obese New features of this Second Edition include Addition of two new co editors Professor Bill Dietz USA and Professor Ian Caterson Australia Increased number of contributors from around the globe providing a truly international perspective Includes new information about the causes of obesity its complications and new and novel methods of prevention and treatment Reorganized into sections that address obesity and its social and cultural aspects biology associated diseases life stages pediatric and adult management and environmental and policy approaches **Nutrition in the Prevention and Treatment of Abdominal Obesity** Ronald Ross Watson, 2014-02-26 Nutrition in the Prevention and Treatment of Abdominal Obesity focuses on the important roles that exercise dietary changes and foods play in promoting as well as reducing visceral fat Nutritionists dieticians and healthcare providers seeking to address the abdominal obesity epidemic will use this comprehensive resource as a tool in their long term goal of preventing chronic diseases especially heart vascular and diabetic diseases Experts from a broad range of disciplines are involved in dealing with the consequences of excessive abdominal fat cardiology diabetes research studies of lipids endocrinology and metabolism nutrition obesity and exercise physiology They have contributed chapters that define a range of dietary approaches to reducing risk and associated chronic diseases They begin by defining visceral obesity and its major outcomes they also discuss the importance and the challenges of dietary approaches to reduce abdominal obesity as compared to clinical approaches with major costs and risks Offers detailed well documented reviews outlining the various dietary approaches to visceral obesity with their benefits and failures Includes chapters on types of foods exercise and supplements in reducing obesity and its chronic clinical companions especially diabetes and cardiovascular disease Helps nutritionists dieticians and healthcare providers approach patients in making decision about nutritional therapies and clinical treatments for abdominal obesity from an evidence based

perspective

Interventions to Prevent or Reduce Unhealthy Habits in Children and Adolescents during

Restricted Conditions Mojtaba Keikha, Mostafa Dianati, Motahar Heidari-Beni, Mohammad Hossein Ebrahimi, 2024-12-27

The prevalence of childhood overweight and obesity has increased worldwide in recent decades. Childhood obesity is associated with serious health problems and the risk of premature illness and death later in life. In addition, there is a growing concern over the effects of sedentary lifestyles on young people's health. Low physical activity and sedentary behaviour are associated with metabolic and mental health during childhood and adolescence. Parallel to obesity and low physical activity in children and adolescents, excessive use of the virtual space, including increased screen time, activity on the internet, and smartphone addiction, is among the most important health-threatening factors for children and adolescents.

The Science of Occupational Health Ulf Lundberg, Cary Cooper, 2010-12-01. The Science of Occupational Health is an evidence-based resource for all members of the health care team working with those affected by work-based stress, whether individuals suffering physical or psychological symptoms or organizations trying to provide optimum conditions for healthy and productive employees. The authors offer a unique psychobiological perspective, discussing the modern workplace as a cause of stimulation and well-being as well as of distress and illness. They provide a rigorous but highly accessible scientific account of the effects that stress has on mind and body, with key chapters on Responses to Stress, Stress-Related Health Problems, and Stress Hormones at Work. This book offers the reader practical guidance on health promotion and preventive strategies at both individual and organizational levels. It concludes with a discussion of present occupational conditions around the world and predictions of likely trends in the future.

Immune imbalance in obesity-associated diseases Yifu Qiu, Tuo

Deng, Willa Ann Hsueh, Pingping Li, 2023-08-30

Practical and Professional Clinical Skills Vinod Patel, John

Morrissey, 2011-09-15. Practical and Professional Clinical Skills sets out the full range of clinical skills that medicine students must be able to demonstrate to become effective medical professionals. Compiled by editors with expertise in clinical skills education, the book has a focus on professionalism and on treating the patient with respect, dignity, and kindness.

Recent Advances in Metabolic Syndrome - II - ECAB R R Kasliwal, Anoop Misra, 2012-06-11. India, in particular and South Asia in general, have witnessed a rapid increase in the prevalence and incidence of cardiovascular disease over the past 25 years. Lifestyle changes, unhealthy diet, lack of regular physical exercise, and obesity have all led to a rising prevalence of metabolic syndrome. It is no wonder that metabolic syndrome is being increasingly recognized as a clinical entity which is believed to be associated with an increased risk of cardiovascular disease beyond individual risk factors, though this is at times debated. This monograph addresses the total nuance of metabolic syndrome in its entirety and answers questions frequently asked on this subject. The authors are internationally respected investigators in their own right, having made major contributions in the particular field and are revered teachers as well. The book itself has clear sections which makes it very user-friendly and divided into two volumes. The book rightfully deals with management of the syndrome and lays emphasis not only on lifestyle

measures which are a cornerstone but also judicious use of pharmacotherapy and also surgical techniques currently in use

Evidence-Based Cardiology Salim Yusuf, John A. Cairns, A. John Camm, Ernest L. Fallen, Bernard J. Gersh, 2008-04-15 This second edition is a ground breaking clinical text with a strong emphasis on rigorous evidence. Leaders in the field discuss best practice in the light of systematic reviews and randomised control trials and how best to treat where the information is less clear. Case histories provide intriguing discussions on how to apply the evidence in real life situations. Evidence based Cardiology also includes free access to the latest evidence which is automatically posted on a companion website.

AACVPR Cardiac Rehabilitation Resource Manual American Association of Cardiovascular & Pulmonary Rehabilitation, 2006. AACVPR Cardiac Rehabilitation Resource Manual is the companion text to Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs. It complements and expands on the guidelines book by providing additional background material on key topics and it presents new material concerning cardiac rehabilitation and secondary prevention. AACVPR Cardiac Rehabilitation Resource Manual combines reference based data with practical information from the field. It applies current position statements, recommendations and scientific knowledge from medical and scientific literature to aid in designing and developing safe, effective and comprehensive cardiac rehabilitation programs. Useful for practitioners as well as students and instructors who are learning and teaching key concepts. AACVPR Cardiac Rehabilitation Resource Manual provides strong background support to topics addressed in the guidelines such as risk factors for coronary heart disease, secondary prevention, psychosocial issues and patients with special considerations. In addition, each chapter opens with a cross reference box so that readers know where to reference the topic in the guidelines book. In addition to supporting information for the guidelines, the manual contains new information to help round out cardio programs. Topics include the atherosclerotic disease process, cardiovascular and exercise physiology, exercise prescription and the electrocardiogram. AACVPR Cardiac Rehabilitation Resource Manual is divided into three parts. Part I examines the development and prevention of coronary artery disease including reduction of risk factors, psychosocial issues and strategies and contemporary procedures for revascularization. Part II delineates the role of exercise in heart disease including the exercise and coronary artery disease connection, cardiovascular and exercise physiology and exercise prescription. Part III focuses on special considerations including heart disease as it relates to women and to the elderly and considerations for people with diabetes, chronic heart failure and heart transplants. AACVPR Cardiac Rehabilitation Resource Manual contains pertinent detailed information on the topics involved in contemporary cardiac rehabilitation and secondary prevention of coronary artery disease. Teamed with Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs, the book provides professionals and students with the full range of guidelines and background materials needed for teaching and understanding the key issues in cardiac rehabilitation and secondary prevention.

The Johns Hopkins Textbook of Dyslipidemia, 2010. The first comprehensive text on dyslipidemia from a major academic institution, this book covers all

aspects of dyslipidemia as it relates to human disease including coronary artery disease cerebrovascular disease peripheral vascular disease and pancreatitis The material is presented in a clinician friendly format and includes references for additional reading Reflecting current guidelines from the National Cholesterol Education Program the book explains why when and how to treat dyslipidemia Coverage includes dietary treatment drug treatment and recommendations for special populations such as patients with coronary heart disease patients at high risk for coronary heart disease patients with diabetes women older adults young adults and racial and ethnic groups

Braunwald's Heart Disease - E-Book Peter Libby, 2021-10-15 Current comprehensive and evidence based Braunwald's Heart Disease remains the most trusted reference in the field and the leading source of reliable cardiology information for practitioners and trainees worldwide The fully updated 12th Edition continues the tradition of excellence with dependable state of the art coverage of new drugs new guidelines more powerful imaging modalities and recent developments in precision medicine that continue to change and advance the practice of cardiovascular medicine Written and edited by global experts in the field this award winning text is an unparalleled multimedia reference for every aspect of this complex and fast changing area Offers balanced dependable content on rapidly changing clinical science clinical and translational research and evidence based medicine Includes 76 new contributing authors and 14 new chapters that cover Artificial intelligence in Cardiovascular Medicine Wearables Influenza Pandemics COVID 19 and Cardiovascular Disease Tobacco and Nicotine Products in Cardiovascular Disease Cardiac Amyloidosis Impact of the Environment on Cardiovascular Health and more Features a new introductory chapter Cardiovascular Disease Past Present and Future by Eugene Braunwald MD offering his unique visionary approach to the field of cardiology Dr Braunwald also curates the extensive bimonthly online updates that include Hot Off the Press with links to Practice Update and Late Breaking Clinical Trials Provides cutting edge coverage of key topics such as proteomics and metabolomics TAVR diabetocardiology and cardio oncology Contains 1 850 high quality illustrations radiographic images algorithms and charts and provides access to 215 videos called out with icons in the print version Highlights the latest AHA ACC and ESC guidelines to clearly summarize diagnostic criteria and clinical implications Provides tightly edited focused content for quick dependable reference Flexible format options include either one or two volumes in print as well as a searchable eBook with ongoing updates Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices

Fibrinolysis in Disease - The Malignant Process, Interventions in Thrombogenic Mechanisms, and Novel Treatment Modalities Pia Glas-Greenwalt, 1995-10-09 Fibrinolysis in Disease reviews the state of the art of basic and clinical aspects of the fibrinolytic enzyme system The text authored by outstanding and internationally known investigators is presented in two books The Malignant Process Interventions in Thrombogenic Mechanisms and Novel Treatment Modalities discusses the molecular biology of the system's key components and their fundamental roles in a variety of thrombotic and metabolic disorders

Molecular and Hemovascular Aspects of Fibrinolysis presents the latest findings and concepts of the association between plasminogen activator u PA overexpression and abnormal growth regulation in a variety of solid tumors and in leukemia One chapter deals with various successful interventions in thrombotic mechanisms ranging from exercise and diet to anticoagulants and direct and indirect thrombolytic agents It concludes with a projection of exciting novel treatment modalities in thrombotic and malignant diseases *Lifestyle Medicine, Second Edition* James M. Rippe, 2013-03-15 There is no doubt that daily habits and actions exert a profound health impact The fact that nutritional practices level of physical activity weight management and other behaviors play key roles both in the prevention and treatment of most metabolic diseases has been recognized by their incorporation into virtually every evidence based medical guideline Despite this widespread recognition physicians and other healthcare workers often cannot find a definitive and comprehensive source of information on all of these areas Designed for physicians and other health care workers *Lifestyle Medicine Second Edition* brings together evidence based research in multiple health related fields to assist practitioners both in treating disease and promoting good health Sections cover nutrition and exercise behavioral psychology public policy and management of a range of disorders including cardiovascular disease endocrine and metabolic dysfunction obesity cancer immunology and infectious diseases pulmonary disorders and many more **Encyclopedia of Human Nutrition** Lindsay Allen, Andrew Prentice, 2005-07-20 *Encyclopedia of Human Nutrition Second Edition* is a thorough revision and 20% expansion of the 1998 release reflecting the continuing scientific advances in the field of human nutrition Now a four volume set nearly 300 articles with concise up to date information are complemented by an award winning indexing system Included is expanded coverage of epidemiology of diet related diseases functional foods food safety clinical nutrition and gastrointestinal disorders Virtually everyone will find the *Encyclopedia of Human Nutrition* an easy to use resource making it an ideal reference choice for both the professional and the non professional alike Also available online via ScienceDirect featuring extensive browsing searching and internal cross referencing between articles in the work plus dynamic linking to journal articles and abstract databases making navigation flexible and easy For more information pricing options and availability visit [www info sciencedirect com](http://www.info sciencedirect.com) **FEATURES OF SECOND PRINT EDITION** Now a four volume set with over 250 articles Expanded coverage of epidemiology of diet related diseases functional foods food safety and gastrointestinal disorders among other topics **ONLINE FEATURES AND FUNCTIONALITIES** Browse the whole work by volume authors or article titles Full and extensive subject index can be searched or browsed online and takes you directly to the indexed paragraph section figure or table Basic and advanced search functionality across the entire work or by specific volume Users can build save and re run searches as well as combine saved searches Extensive internal cross referencing and dynamic linking from bibliographic references to primary source material increasing the scope of your research rapidly and effectively All articles available as full text HTML files or as PDF files that can be viewed downloaded or printed in their original format *Cardiometabolic*

Update HK Chopra, 2018-03-31 Cardiometabolic refers to heart disease that develops in people who have diabetes. Compared with people who don't have diabetes, people who have diabetes are at higher risk of heart disease. Heart disease may develop at a younger age and may have more severe heart disease. With nearly 1000 pages, this manual is a complete guide to the diagnosis and management of cardiometabolic. Divided into nine sections, each chapter addresses a separate and distinct issue of clinical relevance. The book provides an insight into clinical spectrum, diagnostic methodology, management strategies, nutraceutical and obesity care, arrhythmia management, coronary intervention, cardiac surgery, rehabilitation, and future directions in cardiometabolic care. Additionally, the text features discussion on strategies to reduce the growing prevalence of diabetes and the current pathophysiological understanding of cardiovascular comorbidities in patients with diabetes. More than 500 clinical photographs, illustrations, tables, and boxes further enhance the comprehensive text. Key points. Nearly 1000 pages providing in-depth discussion on diagnosis and management of cardiometabolic. Each chapter addresses a separate issue of clinical relevance. Includes future directions in cardiometabolic care. Highly illustrated with more than 500 images, tables, and boxes. *The Brigham Intensive Review of Internal Medicine* Ajay K. Singh, Joseph Loscalzo, 2014. Based upon the popular review course from Harvard Medical School, *The Brigham Intensive Review of Internal Medicine* is a comprehensive study guide for the American Board of Internal Medicine certification or maintenance of certification examination, as well as for general practice review by physicians and residents. This authoritative, thorough resource provides in-depth coverage on all specialties of internal medicine, as well as palliative care, occupational medicine, psychiatry, and geriatric medicine. Editors Ajay K. Singh and Joseph Loscalzo recruited leading authorities from Harvard, as well as former chief residents at Brigham and Women's Hospital, to contribute to this book. Featuring over 600 board review questions with numerous tables and figures, chapters offer detailed discussions with emphasis on essential learning points. Over 100 chapters are organized into 10 broad sections, with one additional section dedicated to board simulation. As the required content for the American Board of Internal Medicine continues to evolve, studying can prove challenging. *The Brigham Intensive Review of Internal Medicine* is the ideal study guide for anyone preparing for certification or recertification.

Endocrinology of Aging John E. Morley, Lucretia van den Berg, 1999-11-05. Distinguished physicians critically review the clinical consequences of the endocrinological changes that occur with aging in both men and women and examine the use of hormonal therapy to reduce them. Topics range from bone disease and water balance in all older people to androgen deficiency in aging males, gynecomastia, and menopause. The authors also discuss Type II diabetes in persons over 65, emphasizing the cognitive benefits of good glycemia control and the interaction of nutrition and metabolism, focusing on hypocholesterolemia, obesity, the anorexia of aging, trace elements, and vitamins. The aging of the sympathetic nervous system and its impact on hypertension in the elderly is also covered. Timely and authoritative, *Endocrinology of Aging* offers endocrinologists, geriatricians, and primary care physicians critical insight into the endocrine problems of our rapidly growing

elderly population *Cardiology E-Book* Michael H. Crawford, John P. DiMarco, Walter J. Paulus, 2009-09-18 With your heavy case load you can't afford to waste time searching for answers *Cardiology 3rd Edition* by Drs Crawford DiMarco and Paulus offers you just the practical problem based guidance you need to quickly overcome any clinical challenge 8 color coded sections cover the 8 major clinical syndromes of cardiovascular disease each section a virtual mini textbook on its topic 40 new chapters keep you up to date with the latest advances in the field while more than 2 000 lavish high quality illustrations color photographs tables and ECGs capture clinical manifestations as they present in practice It's current actionable information that you can put to work immediately for your patients Offers a problem based approach that integrates basic science diagnostic investigations and therapeutic management in one place for each cardiovascular disease so you can quickly find all of the actionable knowledge you need without flipping from one section to another Features introductory bulleted highlights in each chapter that present the most pertinent information at a glance Presents abundant algorithms to expedite clinical decision making Includes more than 2 000 lavish high quality illustrations color photographs tables and ECGs that capture clinical manifestations as they present in practice and promote readability and retention Includes 40 new chapters including Inherited Arrhythmia Syndromes Implantable Cardioverter Defibrillators and Cardiac Resynchronization Therapy in CHD Management of the Cyanotic Patient with CHD Special Problems for the Cardiology Consultant Dealing with Bariatric Gastric Bypass and many more that equip you with all of the latest knowledge Presents Special Problem sections many new to this edition that provide practical advice on problems that can be difficult to treat

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Abdominal Obesity Factors Reduction Long Term**

In a global inundated with displays and the cacophony of immediate conversation, the profound energy and emotional resonance of verbal art usually diminish in to obscurity, eclipsed by the continuous assault of sound and distractions. However, situated within the musical pages of **Abdominal Obesity Factors Reduction Long Term**, a charming work of literary splendor that pulses with raw thoughts, lies an remarkable journey waiting to be embarked upon. Penned with a virtuoso wordsmith, that interesting opus instructions visitors on an emotional odyssey, lightly revealing the latent possible and profound influence stuck within the elaborate web of language. Within the heart-wrenching expanse of the evocative examination, we shall embark upon an introspective exploration of the book is main themes, dissect its interesting writing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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Abdominal Obesity Factors Reduction Long Term Introduction

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