

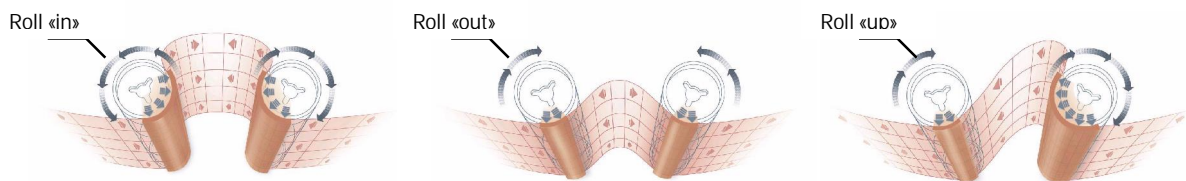
EFFICACY AND DURABILITY OF ENDERMOLOGIE® WITH CELLU M6®KEYMODULE *i* IN THE TREATMENT OF CELLULITE

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q INTRODUCTION

LPG® Technique (Endermologie® in Aesthetic field) is a non-invasive technique, consisting of a mobilization of the skin tissue between two rollers, creating a skin fold and stretching of the underlying tissue. Its clinical efficacy in cellulite and body contouring linked with circulatory, anti-edematous and dermatrophic properties^{1, 2, 3, 4, 5} is well documented^{6, 7, 8, 9}. The latest generation, Cellu M6® Keymodule *i*, now allows to obtain different shapes of skin folds (Fig. 1). Using several high-tech means of investigation and reliable clinical measurements, a study was conducted in order to precisely quantify efficacy and durability of Endermologie® with this new device in the treatment of cellulite.

Fig.1: CELLU M6® KEYMODULE *i* /SKIN FOLDS



q MATERIALS AND METHODS

30 women from 23 to 54 years old with grade II cellulite and fulfilling rigorous inclusion/exclusion criteria, completed 16 sessions with Cellu M6® Keymodule *i* (2 sessions per week, 35 minutes duration/session). At the end of this initial treatment, patients were randomly allocated into 3 groups for 6 months follow-up treatment (0 session/ month, 1 session/ month or 2 sessions/month – groups 0, 1, 2 respectively). Evaluation including circumference and cutaneous fold measurements, sonography 20MHz (measurement of dermo-hypodermal interface length), image analysis of cutaneous prints (measurement of dimpled surface), standardized photographs and self questionnaires, were carried out at W0 (before treatment), W4 (after 8 sessions) W8 (at the end of the 16 sessions) and after 6 months of follow-up treatment (W32).

q RESULTS

All the results showed a significant improvement (Fig. 2) with a duration-dependent effect from W0 to W8. At half time (W4), particularly mean reduction relative either to skin fold thickness, to interface length or to dimpled surface, is strictly half of those of W8 (Fig. 3). At 6 months and in comparison with W8, follow-up treatment gives good results though group 2 has the best additional effect: this latter is particularly clear for circumference and interface length reductions (40% and 50 % respectively) and for dimpled area (40%) (Fig. 4).

Fig.2: CUTANEOUS PRINTS (DIMPLED AREA)

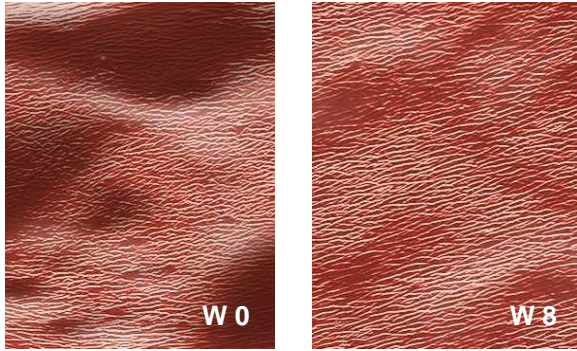
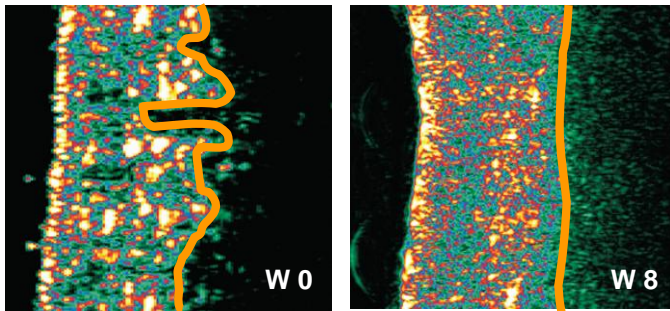


Fig.3: SONOGRAPHY 20 MHz



VARIATION OF DERMO-HYPODERMAL INTERFACE LENGTH (mm)

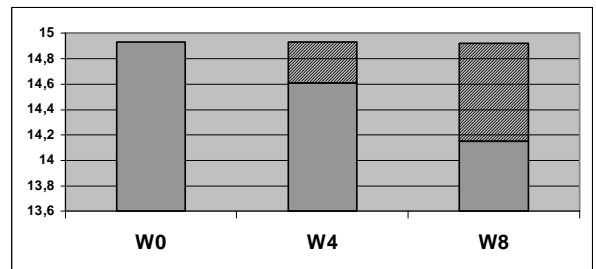
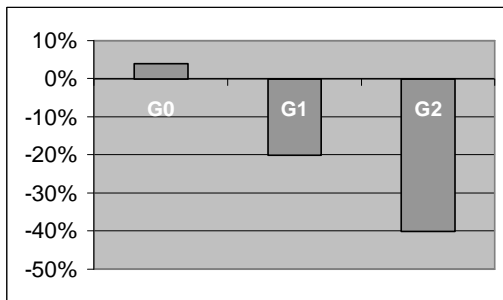


Fig.4: EVOLUTION OF DIMPLED SURFACE FOR EACH GROUP BETWEEN W8 AND W32 (%)



q CONCLUSION

This study confirms a duration-dependant effect of the Technique not only for circumference measurements, already noticed in previous studies, but also for cutaneous fold, length interface and dimpled surface measurements. In addition, it shows a remanent effect up to 6 months and underlines the interest of the follow-up treatment (2 sessions/month) which greatly enhances the initial effect of 16 sessions.

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