Study Uses Series of Quantitative Measures to Prove Efficacy of Endermologie® in Reduction of Cellulite

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Los Angeles, CA (PRWEB) November 12, 2005 -- A clinical study recently published in the international medical journal Les Nouvelles Dermatologiques shows that Endermologie®, a machine assisted deep tissue massage technique, is effective in reducing the appearance of cellulite, and keeping it at bay for at least six months.

Cellulite, a progressive disease of the connective tissues, affects 90 percent of women. Often referred to as the “fat that’s not your fault,” cellulite is resistant to exercise and reduced caloric intake.

The study, conducted by dermatologist J.P. Ortonne and a team of researchers based at L’Hopital Archet in Nice, France, involved a group of 30 women diagnosed with cellulite via clinical assessments including standardized photographs, perimeter and skin fold thickness measures, and skin imprint techniques.

Each of the women received two 35-minute Endermologie treatments per week for eight weeks, using the Cellu-M6 Keymodule. Endermologie is a non-invasive technique using motorized rollers to mobilize the cutaneous tissue. It is FDA-cleared for reducing the appearance of cellulite.

After the initial treatment period, the patients were divided randomly into three groups for a follow-up period of six months, each receiving 0, 1, or 2 follow-up sessions per month. A series of quantitative measurements were employed to monitor results and their duration.

Among key findings:

- The treatments produced a significant decrease in all of the patients of mean perimeter and skin fold thickness, as early as week four.

- By week eight, a decrease in skin fold thickness of up to 3.5 centimeters was observed in all the subjects.

- During the six-month follow-up period, in which the groups received varying frequencies of treatment, patients receiving one or two treatments per month continued to see reductions, and the patients who received no further treatments remained stable, with no change in skin fold thickness.

- Standardized photographs clearly demonstrate slimming of the thighs; Other quantitative tests performed with ultrasound and skin imprint/image analysis support these results, showing significant improvement in the skin’s structure after the course of Endermologie.

- The patients also participated in a subjective self-evaluation. They were able to record any changes in the firmness and smoothness of their skin, and to comment on their experience with the treatments.
- During the initial treatment phase, 95 percent of the patients reported an improvement in their cellulite as early as week four, also reporting “smoother and less dimpled skin.”

- 90 to 100 percent of the women characterized the treatment as “pleasant,” “relaxing,” or “producing a sensation of well-being.”

Copies of the study: “Treatment of cellulite: effectiveness and sustained effect at 6 months with Endermologie® demonstrated by several quantitative evaluation methods” are available from the American Cellulite Task Force*

*The American Cellulite Task Force is a multidisciplinary group of physicians from across the U.S. established to provide media, consumers and aesthetic professionals with the latest research, education and advocacy on cellulite.

Media may request additional information or interviews with ACTF members and doctors who view cellulite as a medical condition rather than lifestyle malaise by contacting the ACTF's Communications Officer, Kip Morrison at (310)274-6726.

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