

# SYNCHRONIZED RF & HIFEM: EDGE TREATMENT MRI STUDY

## A NOVEL APPROACH TO SHAPING THE LATERAL ABDOMEN: SIMULTANEOUS APPLICATION OF HIGH-INTENSITY FOCUSED ELECTROMAGNETIC (HIFEM) THERAPY AND SYNCHRONIZED RADIOFREQUENCY AT THE FLANKS: A MULTICENTER MRI STUDY

Joel Cohen, MD, FAAD, FACMS<sup>1</sup>, Suzanne L. Kilmer, MD<sup>2</sup>, Barry DiBernardo, MD<sup>3</sup>,  
Carolyn Jacob, MD, FAAD<sup>4</sup>, Stanley A. Okoro, MD, MBA, FACS<sup>5</sup>,  
Young Cho, MD, Ph.D.<sup>6</sup>,

1. AboutSkin Dermatology and AboutSkin Research, Greenwood Village, CO, USA, 2. Laser & Skin Surgery Center of Northern California, Sacramento, CA, USA, 3. New Jersey Plastic Surgery, New Jersey, NY, USA, 4. Chicago Cosmetic Surgery and Dermatology, Chicago, IL, USA, 5. Georgia Plastic & Reconstructive Surgery, Marietta, GA, USA, 6. Integrated Aesthetics, Spring, TX, USA

Published in the Aesthetic Surgery Journal, March 2024, DOI: 10.1093/asj/sjae024

---

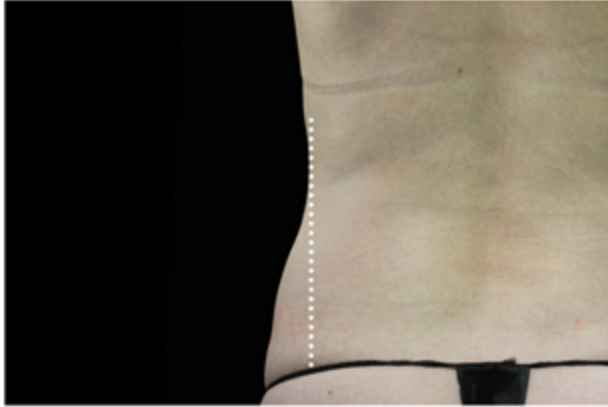
## HIGHLIGHTS

- **73 patients were recruited** (22-63 years, 20.2 - 33.9 kg/m<sup>2</sup>, skin type I-VI)
  - **MRI scans were used** to evaluate changes in the treated area. Four HIFEM+RF procedures (5-10 days apart) were applied over the lateral abdomen using Edge applicators
  - **Changes in Muscle at 3-Month Follow-Up**
    - External Oblique thickness increased by **26.5%** on average
    - Internal Oblique thickness increased by **25.8%** on average
    - Transverse Muscle thickness increased by **29.2%** on average
    - The cross-sectional area of the Oblique (Internal and External) Muscle and Transverse Muscle increased by **29.0%** on average
  - **Changes in Fat at 3-Month Follow-Up**
    - The lateral flank adipose tissue showed a decrease in thickness of **28.9%** on average
    - The posterior flank adipose tissue showed a decrease in thickness of **28.8%** on average
    - On average, the cross-sectional area of adipose tissue in the lateral abdomen decreased by **30.5%**
  - **81.8%** of patients reported feeling more toned in the treatment area
-

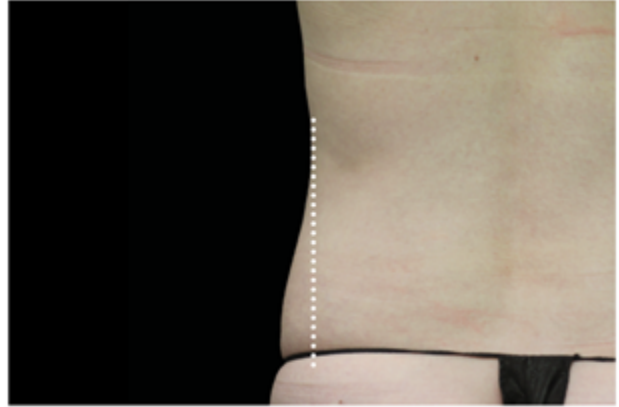
---

## RESULTS

BEFORE



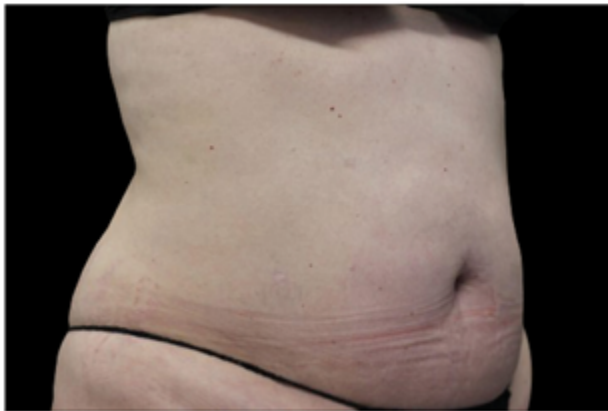
AFTER **EMSCULPT®**



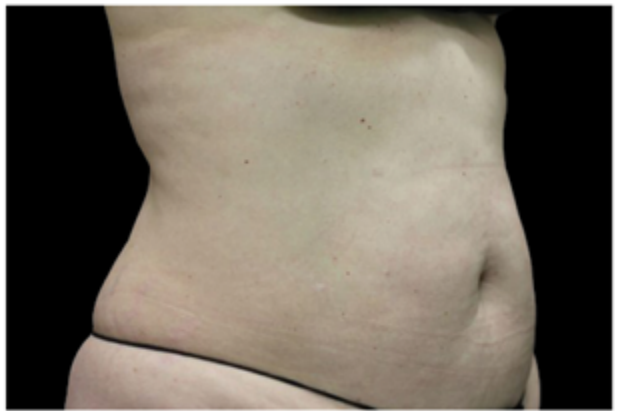
3 MONTHS AFTER THE LAST TREATMENT, COURTESY OF: JOEL COHEN, M.D.

A 40-year-old female patient with a BMI of 23.3 kg/m<sup>2</sup>. Three months after the treatments, the patient was satisfied with the results. Courtesy of Joel Cohen, MD.

BEFORE



AFTER **EMSCULPT®**



3 MONTHS AFTER THE LAST TREATMENT, COURTESY OF: JOEL COHEN, M.D.

A 52-year-old female patient with a BMI of 31.6 kg/m<sup>2</sup>. The patient feels more toned after the treatment (4 out of 5 on the 5-point Likert scale). Courtesy of Joel Cohen, MD