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Preserving Muscle Mass With GLP-1RA

Preserving Muscle Mass During GLP-1RA Induced Weight Loss Using Combined HIFEM and Synchronized Radiofrequency Technology

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Highlights

- A chart review was conducted on 63 patients, which were divided into three groups:
- **Group GLP-1RA & HIFEM+RF** (n=21, 6 males, 15 females, 26-73 years)
  - Patients underwent a combination of GLP-1RA and HIFEM+RF treatments
- **Group GLP-1RA-only** (n=21, 2 males, 19 females, 21-75 years)
  - Patients underwent only GLP-1RA treatment
- **Group HIFEM+RF-only** (n=21, 7 males, 14 females, 25-72 years)
  -Patients underwent only HIFEM+RF treatments
- Analysis was performed using InBody scans, which measure body composition (muscle and fat content) based on bioelectrical impedance

+1.0 lbs

Average muscle gain in the GLP-1RA & HIFEM+RF group (Equivalent to 8 weeks of resistance training)

-2.9 lbs

Average muscle loss in the GLP-1RA-only group

- **Total body weight changes:**
  - **Group GLP-1RA & HIFEM+RF:** -7.1 lbs (-8.1 lbs of fat, +1.0 lbs of muscle)
  - **Group GLP-1RA-only:** -14.7 lbs (-10.2 lbs of fat, -2.9 lbs of muscle)
  - **Group HIFEM+RF-only:** +1.2 lbs (-1.7 lbs of fat, +1.8 lbs of muscle)

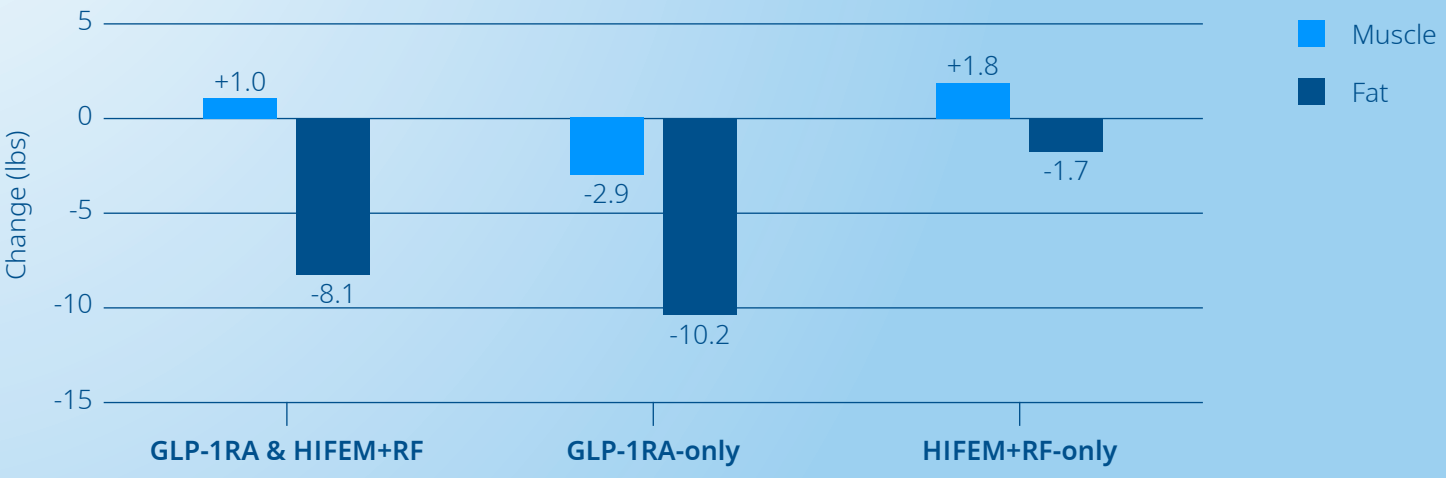

Figure 1. Graphical representation of fat and muscle change in study groups. Despite achieving a similar reduction in body fat, the GLP-1RA & HIFEM+RF group gained +1.0 lb of muscle mass, whereas the GLP-1RA-only group lost -2.9 lbs of muscle mass. Group HIFEM+RF lost -1.7 lbs of fat and gained +1.8 lbs of muscle mass.