



NETWORK-Lipolysis-NEWSLETTER

ISSUE: DECEMBER 2008

**NETWORK
-Lipolysis**



Dear Reader,

You are reading the new Lipolysis News.
We have sought to improve the Newsletter for your benefit so that you now only see those texts in full that really interest you.
In addition, navigation through the Newsletter has been improved so that the important information also reaches you in a form that is pleasant to look at, and we hope that this issue is already successful in meeting your needs.

With kind regards,

A handwritten signature in blue ink that reads 'Dirk Brandl'.

Dirk Brandl
(Speaker NETWORK-Lipolysis)

**WELCOME to the new NEWSLETTER
of NETWORK-Lipolysis**

In this edition, you can learn more about the following topics:

- **Lipolysis today – "Dr. Franz" reviews the current status of research**
- **Useful aids for aesthetic & medical practice**
- **New Studies**
- **Therapy combination**
- **Members questionnaire - Lipolysis Report**
- **NETWORK-Lipolysis members lecturing on Conferences**
- **Workshop Schedule 2009**



© 2009

**NETWORK
-Lipolysis**

Lipolysis today - "Dr. Franz" reviews the current status of research

The Medical Director of the Network, MR Dr. Franz Hasengschwandtner, reviews the current status of research...

As a therapy, Injection Lipolysis (IL) has developed enormously since 2003 thanks to the activities of our members and the work of several universities.

This review has the aim of briefly summarizing the current state of the art.

1. The protocol developed by NETWORK-Lipolysis has been continuously upgraded.

- a. The list of contra-indications has been adjusted each year in line with the latest insights; the patient anamnesis form is now in Version 8.
- b. The list of indications is acquiring clearer form, thanks also to the feedback from our members. Today, we can describe the indications for lipolysis as follows:

II. Aesthetic indications that produce particularly good results:

- Double chin
- Jowls
- Belly
- Love handles
- Inner side of the legs
- Dorsal bulges

III. Aesthetic indications with variable results:

- Cheeks
- Nasolabial groove
- Axillary folds
- Saddle Bags
- Upper arms
- Knee

III. Cellulite 3-step therapy

IV. Lipomas

V. Pseudogynaecomasty (lipomasty)

VI. Skin tautening

- c. The NETWORK maintains a hotline for dealing with urgent questions and also a complications management system, even through our rate of complications is very low (0.00175%).
- d. 3 publications on the issue of safety based on retrospective studies by NETWORK members and by the NETWORK itself have already been published. A further publication is currently in preparation.
- e. The compound developed by the NETWORK has proved its efficacy. The side-effects have been reduced.





© 2009

**NETWORK
-Lipolysis**

2. Publications and studies

a. Publications

A total of 12 publications have appeared in prestigious medical journals in the course of the last 3 years.

b. Studies

- I. On the topic of lipoma, a team at Bochum University around senior physician Dr. Hoffmann and Dr. Falk Bechara has already produced 2 publications; a 3rd publication is due to appear in the near future.
- II. It should be noted at this point that there is 1 study published by Prof. Daisy Kopera of Graz which comes to the conclusion that lipolysis does not work. Both at the NETWORK and in university circles there are serious doubts concerning this study – not because the outcome doesn't suit us but because in our opinion the study design was such that it would inevitably produce redundant results.
- III. In contrast to this, an as yet unpublished study by Prof. Schuller-Petrovich of Vienna states that the active substances, polyenylphosphatidylcholin (PPC) and desoxycholic acid (DOC), massively destroy all the cells. Also in the case of this study, we suspect that the design does not meet the necessary standards. However, it will only be possible to say more once the study has been published.
- IV. In an animal study involving New Zealand rabbits, S.Klein, L. Prantl et al. of Regensburg University have demonstrated that Lipostabil can reduce fat. The results of the study have already been published. (Note: PPC and DOC are the correct chemical abbreviations, PC and DC are often used in literature and in US)
- V. In cooperation with the Institute for Pharmaceutical Technology (Dr. T. Blunk, A.Seitz), S.Klein, L.Prantl et al investigated both the individual substances and the combination of active substances contained in Lipostabil on live fat cells in vitro. The study is already completed, and a publication with the results has been submitted. Without wishing to anticipate the results, it can be stated that for the first time they furnish evidence-based proof of efficacy.
- VI. A study on the subject of cellulite by Prof. Nor El-Din of Cairo University is currently in progress. The goal of the study is to further improve the results of the IL 3-step therapy through combination treatments.
- VII. Already completed and due for publication in the near future is a study by Prof. Hanan Elkahki of Ain Shams University in Egypt on the topic of skin tautening using IL
- VIII. 2 further studies have not yet started but have either been already approved by the Ethics Commissions or are due for assessment by the responsible Ethics Commission. One, under Prof. Roy de Vita of Rome University, relates to the treatment of buffalo hump in HIV patients, the other, conducted by Regensburg University under the leadership of Dr. Lukas Prantl, investigates the treatment of smaller cushions of fat in vivo.



© 2009

**NETWORK
-Lipolysis**

3. Summary of the current state of the art

Based on evidence, we can state today that the cell membrane of adipocytes is destroyed by certain substances and substance combinations; we can also state what those substances are. It should, however, be noted that by no means all of the processes that take place have already undergone evidence-based analysis. We can see this from the feedback of our members concerning unusual results. These take the form of questions on specific results to which we are not yet able to provide answers. I would like to present these open questions at this point, also as a way of showing that a great deal of work still awaits the NETWORK and its members and that there are still many mysteries waiting to be unraveled:

- a. If the cell membrane is dissolved, why do different patients respond at different speeds – some already after only 1 treatment, others only after 2-5? If no reduction in volume can be determined after the 1st treatment, is this because the fat that has been released simply stays put in the region until a certain limit (dosage?) is exceeded that triggers the impulse for the loose fat to be transported away. The question also arises concerning the extent to which the substances employed, as well as destroying the membrane, also have an influence on removal of the fat through detergent effects.
- b. Sensitivity to pain varies from patient to patient. Nevertheless, the pain must be kept within a certain limit that the patient is well able to tolerate. In a very small number of patients, however, this limit is exceeded, and we have to ask ourselves why that is the case and what we can do to prevent it.
- c. A further issue is the non-responder rate. Our goal must be to reduce this figure to a minimum. To this end, we need unequivocal answers to the question as to what factors are responsible for non-response: the experience of the treating physician, the choice of patient, mental or physiological factors, diagnosis and anamnesis, consistency of the fat, or simply the number of treatments given, i.e. whether these patients really are non-responders or “simply” therapy dropouts.
- d. The process of metabolization is also theoretically understood, but so far there have been no enzymatic studies on the process whatsoever. Such studies could also shed further light on many of the questions raised here.
- e. The search for new combinations of active substances is in full swing. We firmly believe that although the results are already very good, they could be improved still further, either through reduction in the side-effects or through enhanced efficacy.
- f. To what extent the treatment intervals could be shortened through combination therapies is also a subject of discussion within the NETWORK.



© 2009

**NETWORK
-Lipolysis**



Useful aids for aesthetic & medical practice

NETWORK-Lipolysis now has an Online Shop for medical aids and products.....

An online shop with interesting aids – now also for non-members.

We would like to take this opportunity to present two product lines that are needed by very many physicians offering aesthetic or mesotherapy treatments

1. The multi-injector from meso-relle®
This handy aid can be used not only in injection lipolysis and mesotherapy but also in any other injection treatment in which a larger number of injections have to be given. The patient feels only “one” prick for up to 7 injections at the same time. The multi-injector enables the treatment time to be reduced by more than 50%.

The multi-injector is available in several versions:

- » 3 way out, linear, for 3 needles
- » 5 way out, linear, for 5 needles
- » 5 way out, circular, for 5 needles
- » 7 way out, circular, for 7 needles

2. **meso-relle® needles for aesthetic treatments**

The thinness of the wall and the special shape of the point of these needles in combination with an extremely smooth surface and very fine silicon coating reduces the pain for the patients significantly.

The needles are available in various lengths and diameters, from 4 mm to 25 mm in length and from 27 G to 32 G (0.4 mm – 0.26 mm) in diameter. These needles can especially optimize botulinum toxin A treatments

go shopping... >>

New Studies

Prof. El Kahky of Egypt recently concluded a study into the subject of skin tautening through injection lipolysis. The study is due for publication in the near future...

We only very recently incorporated skin tautening into the spectrum of NETWORK indications after being informed by many members that skin tautening treatment using IL can bring highly successful results provided the correct technique is used.

We are therefore all the more pleased that a study on this topic has already been conducted by Prof. Hanan El Kahki of Ain Shams University in Egypt. We will report on Prof. El Kahki's results after publication of the study.





© 2009

**NETWORK
-Lipolysis**

Therapy combination

The NETWORK protocol is being increasingly opened towards combinations with other therapies....

The boom in new treatment apparatuses for skin tautening or body contouring is continuing unabated. We receive offers involving new devices almost every day. We are no longer able to assess all these new products.

We have therefore adopted the following attitude towards the introduction of new products:

We would like at this point to briefly clarify our NETWORK philosophy and approach towards equipment manufacturers. In view of the rapid development in the medical apparatus sector, it has become very difficult, if not indeed impossible, for the NETWORK to make unequivocal recommendations either for or against.

We have therefore adopted the following course, which in the last few months we have consistently pursued: We are fundamentally prepared to enter into cooperation if we can obtain special terms from the manufacturer for our members or if, as a result of recommendations by members, we believe a product probably offers a certain benefit for all members. Not every device is suited for every medical practice and every range of treatment; our aim is, therefore, to provide the individual members with carefully compiled information that will enable them to decide for themselves what combination is best for their particular situation.

We therefore appeal to our members to send us user reports with the relevant treatment protocols.

Members questionnaire - Lipolysis Report

The new Lipolysis Report is in progress, first results.....

3 months ago, we released an extensive questionnaire for our members relating to the outcomes of injection lipolysis treatment. So far, over 100 members have completed the questionnaire, and in so doing documented over 55,000 individual treatments. However, this volume of treatments is still not sufficient for us. Our goal is to be able to document 100,000 treatments worldwide. This target is not unrealistic if it is considered that there are over 900 members actively cooperating within NETWORK-Lipolysis. The aim of the survey is to obtain statistical data on safety aspects, but also on the efficacy of the therapy, complications that have been found to occur, etc.

Publication is planned through a number of members of the Medical Advisory Board.

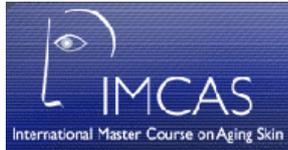


© 2009

**NETWORK
-Lipolysis**

NETWORK-Lipolysis members lecturing on Conferences

If you would like to get to know the lipolysis therapy better, you have the opportunity at many congresses all over the world to learn something about it...



IMCAS
International Master Course on Aging Skin
11th Annual Meeting - 8-11th January 2009
Paris, France

MR Dr. Franz Hasenschwandtner, Austria
Prof. Hanan El Kahky, Egypt
Dr. Bernard Mole, France

http://www.synovetics.com/EventsManager_EventDetails.aspx?id=48



EMADERM
Emirates Aesthetic
and Dermatology Conference
11-13th of January 2009 - Abu Dhabi, UAE

Dr. Birthe Sauter-Jenne, Germany



AMWC 2009
7th ANTI-AGING MEDICINE WORLD CONGRESS
19 to 21st March 2009 - Monte-Carlo, Monaco

MR Dr. Franz Hasenschwandtner, Austria

... to be continued.



© 2009

**NETWORK
-Lipolysis**



Workshop Schedule 2009

Forthcoming introductory workshops....

*For programs and registration documents
please contact our Registrations Manager, Mr. Muechler
+49 (0)25 06 / 30 61 922
workshop@network-lipolysis.com*

NETWORK-Lipolysis' Injection Lipolysis Therapy

24 January 2009	Dortmund, Germany (German language)
24 January 2009	Paris, France (French language)
7 February 2009	Frankfurt/Main, Germany (English language)
7 March 2009	Munich, Germany (German language)
14-15 March 2009	Seoul, Korea (English language)
20 March 2009	Herzlia Pitoach, Israel (English language)
25 April 2009	Frankfurt/Main, Germany (German language)
25 April 2009	Mexico City, Mexico (Spanish language)

... and more to come (visit our "[Workshops](#)" page on our website).

NETWORK-Contact

In case of questions please send us an e-mail to news@network-lipolysis.com
or call us at +49 (0)2506 / 3061901.

You are also welcome to visit our website: www.network-lipolysis.com.

Imprint

NETWORK-Lipolysis c/o Lichtblick GmbH; Eschstr. 4; 48167 Münster, Germany
Competent County Court: Münster, HRB 8088; Managing Director: Ulrich Bunzek