



AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

ANALYSIS OF A PROGRAM OF MULTICIDPLINARY STRATEGIES IN OBESE PATIENTS

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Background: The great discussion of the present day involves the causes of obesity and points to a triad involving the genetic component, the influence of the environment and habits. "Afine-se" is a weight loss program that treats overweight and obese patients, through a multidisciplinary team that seeks to lose weight through changing habits. The use of aesthetics and dermatology treatments to assist the reduction of the localized adiposity also makes part of this program, seeking also to treat the consequences of the slimming.

Objective: The objective of this study was to analyze the profile of patients in this program.

Materials and Methods: Five hundred and forty healthy volunteers, female, aged between 18 and 50 years, BMI between 25 and 35 kg / m², BMI, waist circumference, lean mass, fat mass, evaluated using the Omron HBF 516 scale. The volunteers were divided into two groups, one that was followed up and treated in 02 months (A) and another in 04 months (B).

Results: The results showed a significant reduction of all parameters evaluated and an increase in lean mass ($p < 0.001$). The values of fat mass, BMI, body mass and abdominal circumference were reduced by almost the same amount in each group after treatment: fat mass in the A group reduced a mean of 4.32 in the B group 5.68; BMI reduced approximately 4 kg in both groups; the abdominal circumference decreased between 10 cm and 12 cm in both groups. In relation to lean mass, values increased during treatment in both groups. The increase, although significant ($p < 0.001$), is low because it is a muscular hypertrophy analysis.

Conclusions: The "Afine-se" program has proven to be an effective tool for weight reduction





and consequences of obesity.

