# NON INVASIVE FAT REDUCTION METHODS COMPARED TO CONVENTIONAL WEIGHT LOSS METHODS ON THE ANTHROPOMETRIC PARAMETERS

**PARISA NEJATI**

Iran University of Medical Sciences, Tehran, Iran
E-mail : parisanejati2@gmail.com

Fat reduction methods have been popular over recent decade. Criolypolysis and cavitation are one of the popular methods. We evaluated two groups of overweight or obese people (BMI 25-35) via a RCT. The people in the control group (17 subjects) received exercise therapy (200 kcal energy expenditure per day, 5 days a week) and diet ( BMR + 200 kcal/day for each person). The people in the intervention group (17 subjects) received exercise and diet same as the control group plus combination of cryolipolysis and cavitation. They got two sessions of cryolipolysis in the abdomen and flanks at the beginning and the end of study. Three sessions of cavitation were used every 2 weeks in the same area between the cryolipolysis sessions. The outcomes were anthropometric parametres like weight, body fat percentage, waist to hip ratio ,etc.. Two months after intervention, there is not any significant difference between two groups statistically (P-value > 0.05).