

Summary of UltraSlim Blood Chemistry Studies

There were 380 blood draws to examine blood chemistry changes from days 1-2, 2-3, 3-4, 4-8, 1-3, 1-4, 1-8, and overall. The average overall changes for the 21 subjects:

	Insulin, serum	Glucose	Total Bilirubin	Direct Bilirubin	Indirect Bilirubin	AST	Alk. Phase	ALT	Protein	Triglycerides	Total Cholesterol	HDL	LDL	Non-HDL
Patients	18	21	21	20	21	21	21	21	21	21	20	21	21	21
Average	-22.5%	-3.4%	7.7%	#DIV/0!	11.1%	8.4%	-4.3%	0.2%	0.7%	-2.5%	-0.9%	2.0%	1.4%	-1.6%
Minimum	-87.8%	-36.6%	-25.0%	#DIV/0!	-25.0%	-25.0%	-26.7%	-33.3%	-17.3%	-57.3%	-19.0%	-20.3%	-31.3%	-21.4%
Maximum	93.3%	42.9%	66.7%	#DIV/0!	100.0%	117.6%	20.4%	71.4%	10.9%	78.9%	16.2%	24.0%	41.9%	26.9%

Researchers expected to see a spike in serum triglycerides following each UltraSlim treatment, however, triglycerides declined 5% from day 1 to day 2 and then rose slightly, ending the treatments with a 2.5% decrease on average.

Indirect bilirubin showed some increase (11.1%) and total bilirubin 7.7%, but the quantities measured are so small that any change is exaggerated and this overall increase might not be significant.

Glucose declined 3.4% overall.



Dr. O.J. Rustad, is our founding Dermatologist and Medical Director of **Advanced Dermatology Care**.

Dr. Rustad and his health care staff truly care about our patients and strive to provide the best patient care possible.

Some of the procedures performed include: Mohs and Skin Cancer Surgeries, Latest in Laser Treatments, Face Lifts and Liposuction. The Dermatology Excellence of ADC has been recognized as the Top Ranked dermatology practice in the Twin City area by Fairview Physicians' Association. Dr. O.J. Rustad has also received numerous nominations as Top Doctor in Mpls/St. Paul Magazine.



Dr. Ruth Rustad is the Medical Director of Advanced Esthetics. **Advanced Esthetics (AE)** is the Cosmetic Dermatology Division of Advanced Dermatology Care.

Dr. Rustad and her team of Certified Cosmetic Specialists stay current with the latest aesthetic treatments and advancements in technology to provide AE's patients with the best medically proven cosmetic treatments available. **Some of the treatments available include: Botox, Juvederm, Radiesse, Fraxel, Latisse and Skin Rejuvenation.**

ULTRASLIM RESEARCH PROPOSAL

Do Serum Lipid, Insulin, or Liver Function Levels Change with UltraSlim Treatments?

Purpose: To determine if there are changes in fasting serum cholesterol, liver function, glucose, endogenous insulin levels, temperature, blood pressure or weight from UltraSlim treatments.

Impetus for Study:

Body Shaping treatments release stored fat contents into the body. Clinicians and subjects are concerned about the possibility of increasing cholesterol levels with its associated cardiac/ stroke risk, increasing serum glucose and altered insulin levels with its associated increased risk for those with diabetes, and causing any inflammation to the liver.

Proposal:

Labs will be draw for lipid panel, liver function, glucose and endogenous insulin levels until we have attained a total of 63 groups of lab values for UltraSlim treatments. Accounting for subject drop-outs from study, more UltraSlim treatments and lab panels may be needed in order to obtain the needed 63 groups of treatment lab values. Due to time constraints, measurements will not be taken.

Protocol:

- Subjects volunteering to participate in this study will receive UltraSlim treatments and lab analysis of blood levels required for the study at no cost to them.
- Ruth Rustad, MD and OJ Rustad, MD will oversee the following research project
- Administration of the UltraSlim treatment protocol will be followed.
- The following subject information will be obtained: gender, age, BMI. Each pt will be assigned a number.
- Week 1: Weight will be obtained once weekly. Temperature, blood pressure, and Fasting serum cholesterol, liver function, glucose, and endogenous insulin levels will be drawn for testing blood levels prior to each UltraSlim treatment, then tested once daily for the next three days [without UltraSlim tx].
Labs: Yellow Tube Top
- Week 2: Weight will be obtained once weekly. Temperature, blood pressure, and Fasting serum cholesterol, liver function, glucose, and endogenous insulin levels will be drawn for testing blood levels prior to each UltraSlim treatment, then tested once daily for the next two-three days.
- Week 3: Weight will be obtained once weekly. Temperature, blood pressure, and Fasting serum cholesterol, liver function, glucose, and endogenous insulin levels will be drawn for testing blood levels prior to each UltraSlim treatment, then tested once daily for the next two-three days. OR [If this many blood draws is becoming a problem, painful, etc: The subject can skip USlim tx and labs for a week.
- Week 4: Weight will be obtained once weekly. Temperature, blood pressure, and Fasting serum cholesterol, liver function, glucose, and endogenous insulin levels will be drawn for testing blood levels prior to each UltraSlim treatment, then tested once daily for the next two-three days.
- Week 5: No UltraSlim tx during 5th week.
- Weeks 6-9: Repeat of Weeks 1-5.
- If subject completes Week 1, 2, and 4, at end of study, subject will receive a free USlim tx.
- If subject completes Week 1, 2, 3, and 4, at end of study, subject will receive 2 free USlim txs.

Week 1

Day 1: Yellow top: Fasting labs: cholesterol, liver, glucose, and insulin. Subjects reports height. Obtain: weight, Temperature and blood pressure. UltraSlim tx given.

Day 2: Fasting labs drawn: Yellow top: serum cholesterol, liver function, glucose, and insulin levels. Obtain: Temperature and blood pressure.

Day 3: Fasting labs drawn: Yellow top: serum cholesterol, liver function, glucose, and insulin levels. Obtain: Temperature and blood pressure.

Day 4: Fasting labs drawn: Yellow top: serum cholesterol, liver function, glucose, and insulin levels. Obtain: Temperature and blood pressure.

Week 2

Day 1: Yellow top: Fasting labs: cholesterol, liver, glucose, and insulin. Subjects reports height. Obtain: weight, Temperature and blood pressure. UltraSlim tx given.

Day 2: Fasting labs drawn: Yellow top: serum cholesterol, liver function, glucose, and insulin levels. Obtain: Temperature and blood pressure.

Day 3: Fasting labs drawn: Yellow top: serum cholesterol, liver function, glucose, and insulin levels. Obtain: Temperature and blood pressure.

Day 4: Fasting labs drawn: Yellow top: serum cholesterol, liver function, glucose, and insulin levels. Obtain: Temperature and blood pressure.

Week 3

Day 1: Yellow top: Fasting labs: cholesterol, liver, glucose, and insulin. Subjects reports height. Obtain: weight, Temperature and blood pressure. UltraSlim tx given.

Day 2: Fasting labs drawn: Yellow top: serum cholesterol, liver function, glucose, and insulin levels. Obtain: Temperature and blood pressure.

Day 3: Fasting labs drawn: Yellow top: serum cholesterol, liver function, glucose, and insulin levels. Obtain: Temperature and blood pressure.

Day 4: Fasting labs drawn: Yellow top: serum cholesterol, liver function, glucose, and insulin levels. Obtain: Temperature and blood pressure.

Week 4

Day 1: Yellow top: Fasting labs: cholesterol, liver, glucose, and insulin. Subjects reports height. Obtain: weight, Temperature and blood pressure. UltraSlim tx given.

Day 2: Fasting labs drawn: Yellow top: serum cholesterol, liver function, glucose, and insulin levels. Obtain: Temperature and blood pressure.

Day 3: Fasting labs drawn: Yellow top: serum cholesterol, liver function, glucose, and insulin levels. Obtain: Temperature and blood pressure.

Day 4: Fasting labs drawn: Yellow top: serum cholesterol, liver function, glucose, and insulin levels. Obtain: Temperature and blood pressure.