

## List of Publications by Network-Lipolysis Memembers

\* **Klein SM, Prantl L, Berner A, Schreml S, Schubert T, Rennert J, Fellner C, Stopfer A, Angele P, Schreyer AG, Schreyer CI, Feuerbach S, Jung EM:** A New Method to Quantify the Effect After Subcutaneous Injection of Lipolytic Substances. *Aesthetic Plast Surg.* 2008 Apr 29. [Epub ahead of print] .

\* **Falk G. Bechara, Michael Sand, Klaus Hoffmann, Daniel Sand, Peter Altmeyer and Markus Stücker:** Fat tissue after lipolysis of lipomas: A histopathological and immunohistochemical study, *Journal of Cutaneous Pathology*, Volume 34 Issue 7 Page 552-557, July 2007  
[www2.bcdecker.com/productDetails.aspx](http://www2.bcdecker.com/productDetails.aspx)

\* **Franz Hasengschwandtner, MD; Franz Furtmueller, MD; Manfred Spanbauer, MD; and René Silye, MD (W.J. Linz)** Detailed Documentation of One Lipolysis Treatment: Blood Values, Histology, and Ultrasound Findings, *Aesthetic Surgery Journal* 2007;27:204-211

\* **Falk G. Bechara, Michael Sand, Daniel Sand, S. Rotterdam, Markus Stücker, Peter Altmeyer, and Klaus Hoffmann:** Lipolysis of Lipomas in Patients with Familial Multiple Lipomatosis: An Ultrasonography-Controlled Trial, *Journal of Cutaneous Medicine and Surgery*, Vol. 10, No 4 (July/August), 2006  
[www.blackwellpublishing.com/journal.asp](http://www.blackwellpublishing.com/journal.asp)

\* **Mark Palmer, MD, John Curran, MD, & Patrick Bowler, MD** Clinical experience and safety using phosphatidylcholine injections for the localized reduction of subcutaneous fat: a multicentre, retrospective UK study, *Journal of Cosmetic Dermatology*, 2006;5:218-226, Download: [www.blackwell-synergy.com/toc/jcd/5/3](http://www.blackwell-synergy.com/toc/jcd/5/3)

\* **Myers, P.** The Cosmetic Use of Phosphatidylcholine in the Treatment of Localized Fat Deposits, *Cosmetic Dermatology* 2006;Vol 19, NO.6:416-420

\* **Hasengschwandtner F.** Injection Lipolysis for Effective Reduction of Localized Fat in Place of Minor Surgical Lipoplasty, *Aesthetic Surgery Journal* 2006;26:125-130

\* **Hasengschwandtner, Franz:** Phosphatidylcholine treatment to induce lipolysis

*Journal of Cosmetic Dermatology* Volume 4, Issue 4, Page 308-313, Dec 2005,

[www.blackwell-synergy.com/action/doSearch=](http://www.blackwell-synergy.com/action/doSearch=)

hasengschwandtner&searchbutton.x=32&searchbutton.y=11

\* **Hasengschwandtner F.** Injection Lipolysis for Effective Reduction of Localized Fat in Place of Minor Surgical Lipoplasty, *Aesthetic Surgery Journal* 2006;26:125-130

\* **Hasengschwandtner, Franz:** Die subc. Injektion von Phosphatidylcholin zum Zwecke der Lipolyse

*Akt.Dermatol* 2005;31:549-552

\* **Duncan Diane, Hasenschwandtner, Franz:** Lipodissolve for Subcutaneous Fat Reduction and Skin Retraction

Aesthetic Surg J 2005; 25:530-543.

\* **Hasenschwandtner, Franz:** The non surgical liposculpture

J.of Cosm.Dermatology, 4-2005, 310-315

\* **Hasenschwandtner, Franz:** Examination of blood values after subcutaneous administration of PPC

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[www.europeancosmeticsurgery.org/php/Hasenschwandtner\\_article.html](http://www.europeancosmeticsurgery.org/php/Hasenschwandtner_article.html)

\* **Franz-Werner Olbertz,** Injektionslipolyse - ein Erfahrungsbericht nach einjähriger Anwendung, Dr. Frauenarzt Nr 6, 2007, S. 576,577

\* **Rein, Peter** Injektionslipolyse mit Phosphatidylcholin - Erfahrungen mit der "Fett-weg-Spritze", Der Deutsche Dermatologe 9, 2006, 619 - 620

Ninian Peckitt, FRCS, FFD, RCS, FDS, RCS



### **Evidenced Based Practice:**

#### **Phosphatidylcholine - A Review of Evidence for the Mode of Action in Injection Lipolysis**

Injection Lipolysis is a popular cosmetic medical procedure involving the subcutaneous injection into areas of adipose tissue of an intravenous preparation of phosphatidylcholine (PC) manufactured under the trade name of Lipostabil N® by Aventis.

Originally used "Off Label" in 1988 by Sergio Maggiori in the treatment of Xanthelasma, it was further developed in the use of fat cell lysis amid controversy and popularised by Dr Patricia Rittes in Brazil in the treatment of bulging lower eyelids. The lack of regulation, and popular use of PC by the Public, without medical supervision, led to a ban on the drug in Brazil.

In Europe and the United States the controlled use of PC by clinicians has been pioneered by Dr Franz Hasenschwandtner, who has been instrumental in setting up the Network-Lipolysis Group in 2003.

The mode of action of PC is poorly understood has not been published in detail. It is believed to act by the lysis of the plasma membrane of adipocytes, with fat clearance via the liver, in bile, and possibly the urine.

This is an uncommissioned independent publication, representing the views of the author. The Network Lipolysis Group has cooperated with the author in the production of this volume, but has had no editorial input with respect to presentation of the available science.

Evidence, available in the public domain, is presented and critically analysed. Reviews of relevant biochemistry, membrane physiology and mechanisms of apoptosis, explain the lipolysis process. It seems likely that the initiation of lysis is a function of asymmetrical phospholipid dynamics with plasma membrane pore formation and the induction of a rapid apoptotic Caspase cascade system via TNF supragene death receptors, mitochondrial pore formation and the resulting formation of apoptosome - the final trigger. The work presented is a compilation of the scientific evidence currently available, and it is hoped that this information will assist in some clarification of lipolysis which not only involves the process of cell lysis, but also of cell clearance and soft tissue re-modelling.

The author accepts the scientific and clinical controversies and concerns surrounding the regulation of this new treatment, and also the need for formal scientific investigation of phosphatidylcholine in this area, with respect to mode of action safety issues, patient selection and outcomes. Extrapolation of published scientific evidence into the clinical situation reflects the opinions of the author (NSP) and is not necessarily the opinion or position of either the Network-Lipolysis Group.

This publication should be regarded as a snapshot of current informed opinion and is an attempt to provide a balanced viewpoint on the current state of knowledge, at the time of publication. It is the essential and only published text for those engaged in the practice of Injection Lipolysis.

It is hoped that this publication will catalyse the creation of mechanisms for the appropriate assessment and regulation of drugs related to practice of cosmetic medicine, and stimulate further debate and the funding of appropriate scientific and clinical studies to confirm the mode of action, clinical safety and outcome of the use of phosphatidylcholine and injection lipolysis.

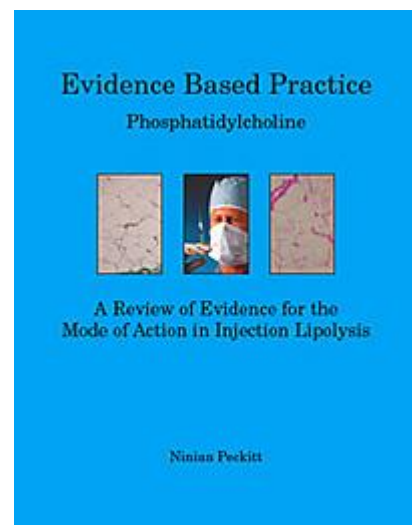
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**....and more important publications to that topic:**

- **Rose P.T., Morgan M. Histological changes associated with mesotherapy for fat dissolution J of Cosmetic and Laser Therapy. 2005;7:17-19**
- **Rotunda A. Lipomas treated with subc.deoxycholate inj. J.Am Acad Dermatol,53(6):973-8, dec2005**
- **Hexsel D. et al Cosmetic Use of Injectable Phosphatidylcholine on the Face, Otolaryngol Clin N Am 38 (2005) 1119-1129**
- **Ablon G, Rotunda AM. Treatment of lower eyelid fat pads using phosphatidylcholine: clinical trial and review. Dermatol Surg 2004;30: 422-7.**
- **Rittes PG. The use of phosphatidylcholine for correction of localized fat deposits. Aesthetic Plast Surg 2003;27: 315-8.**
- **Hexsel D, Serra M, Mazzuco R, Dal'Forno T, Zechmeister D. Phosphatidylcholine in the treatment of localized fat. J Drugs Dermatol 2003;2: 511-8.**
- **Young VL. Lipostabil: the effect of phosphatidylcholine on subcutaneous fat. Aesthet Surg J 2003;23: 413-7.**
- **Bellman B. Phosphatidylcholine reaction. Skin Allergy News 2003;34: 12.**
- **Victor S. Phosphatidylcholine works. Skin Allergy News 2003;34: 12.**
- **Bauman LS. Phosphatidylcholine. Skin Allergy News 2003;34: 24.**
- **Bates B. 'Fat dissolving' substance injects CCs of controversy. Skin Allergy News 2003;34: 1.**
- **American Society for Aesthetic Plastic Surgery. Lipoplasty (Liposuction) Without Surgery? (Internet). New York: The American Society for Aesthetic Plastic Surgery, October, 2002. Available from: [surgery.org/press/news-release.php](http://surgery.org/press/news-release.php).**
- **Rittes PG. The use of phosphatidylcholine for correction of lower lid bulging due to prominent fat pads. Dermatol Surg 2001;27: 391-2.**