



Saima Malik

Liberty Medical Center,
Qatar

Biography

Saima Malik, is a clinician and researcher with several years of experience in aesthetic medicine. She holds an MBBS, MPhil in Public Health (by research), MCPS in Family Medicine, and a Diploma in Dermatology. She is also board certified in Aesthetic Medicine by ABAMS, USA. She has six publications on local and international platforms. Since January 2025, she has been working as a General Practitioner at Liberty Medical Center (Aesthetic Clinic), with aesthetic privileges in process.

Prospective Comparative Studies Among Aesthetic Devices In Slim Clinic Weight Loss And Body Contouring- Liberty Medical Center-Doha

Abstract:

The main objective of this article was to study the comparative benefits for weight loss and body contouring among aesthetic devices individually as well as in combination therapy. Our study conducted had cross-sectional design on leading non-invasive aesthetics techniques for reducing bodyweight and body contouring in slim clinic -liberty medical center. Doha. For better health quality of life weight reduction treatments and body contouring treatment goes side by side In this study, we have observed effectiveness in cases with combination of various leading devices and drugs for weight reduction and body contouring and compare their effectiveness from individual device /drug effectiveness, in our setup we are dealing with crystal profreeze, lipolytic injections and Maniarou for weight reduction and then for body contouring we have Morpheus and Cu-life. We studied variables like satisfaction rate. effectiveness of device. downtime. complications and result rate comparison for individual devices, drugs as compared with combinative package effectiveness. The study results showed mean age of the respondents was 35.43±5.6 years. the mean body mass index was 26.67±2.30 Kg/m² and decrease in body mass index was observed in 3 months after last session. the mean afterwards was 23.56±1.56 Kg/m² ($p < 0.004$). Regarding the overall satisfaction of the patients. there were 27 (39.7%) satisfied patients. results close to expectation seen among 28 (41.2%) patients downtime of procedure noted among 10 (14.7%) patients and complications were reported among 03 (4.4%) patients. All of the study variables were significant for combined treatment methods plus CFU-Life related to satisfaction rate. result close to expectations and complications related to procedures followed by crystal pro-freeze technique ($p < 0.05$) except procedure downtime.