

Survey of Aesthetic Concerns and Treatment Patterns Related to Loss of Lean Muscle Mass With GLP-1-Associated Weight Loss

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OBJECTIVE

To assess the impact of lean muscle mass loss on appearance and treatment trends for patients who have lost weight with GLP-1 agonist medications, as reported by healthcare providers (HCPs)

CONCLUSIONS

HCPs across multiple specialty areas associate loss of lean muscle mass following GLP-1 medications with skin laxity, an aged appearance, loss of muscle contour/tone, and cellulite.

These results add to our previous findings that HCPs view stubborn pockets of fat and skin laxity as top aesthetic concerns related to GLP-1 medications.

These findings may help inform integrated approaches combining weight-management and body contouring strategies.

INTRODUCTION

Background

- Glucagon-like peptide-1 (GLP-1) receptor agonists are increasingly used to help individuals attain weight-loss goals.
- This weight loss can often be accompanied by substantial loss of lean muscle mass that can have both health and aesthetic consequences.
- Prevention and treatment strategies may help mitigate loss of lean muscle mass.
- We sought to assess the impact of lean muscle mass loss on appearance and related treatment trends for patients who have lost weight with GLP-1 medications, as reported by healthcare providers (HCPs).

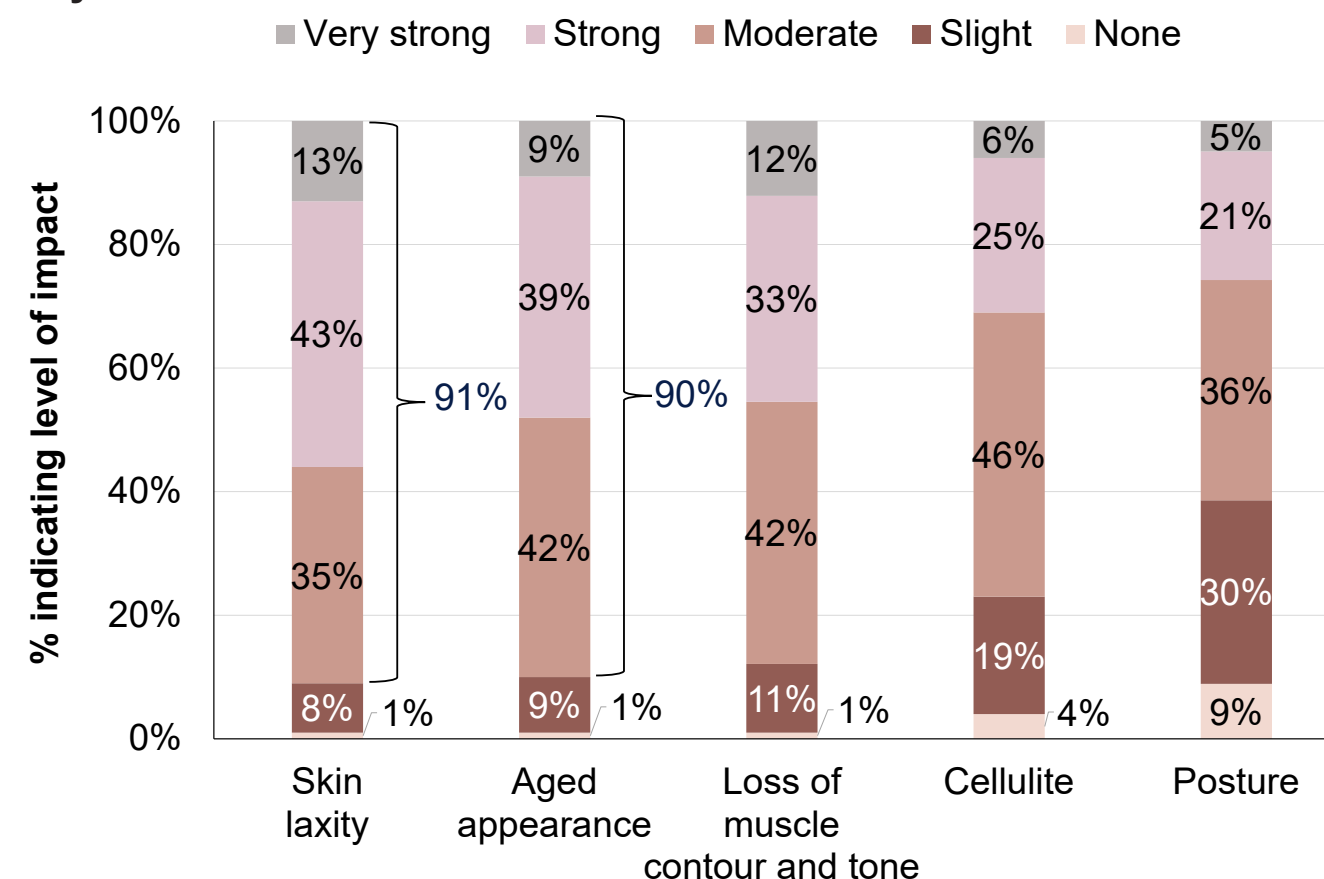
RESULTS

Of 2,669 HCPs who clicked on the online survey, 406 qualified and completed the survey. Of the 406, 327 offered body contouring procedures in their clinic.

	N=406
Years in practice, mean (range)	14.4 (2-20)
Cosmetic patients treated per year, mean	1249
Specialty*	
Dermatology	100 (25%)
Plastic surgery	100 (25%)
Other physician specialty / dentistry	105 (26%)
Registered nurse (RN), Nurse Practitioner (NP), or Physician Assistant (PA)	101 (25%)

*Numbers add to >100% due to rounding.

Loss of lean muscle mass most strongly impacts skin laxity (91% ≥ moderate impact), followed by aged appearance (≥ 90% at least moderate impact), as reported by HCPs



Q: Among GLP-1 weight loss patients, to what extent are the following exacerbated by the loss of lean muscle mass? N=327

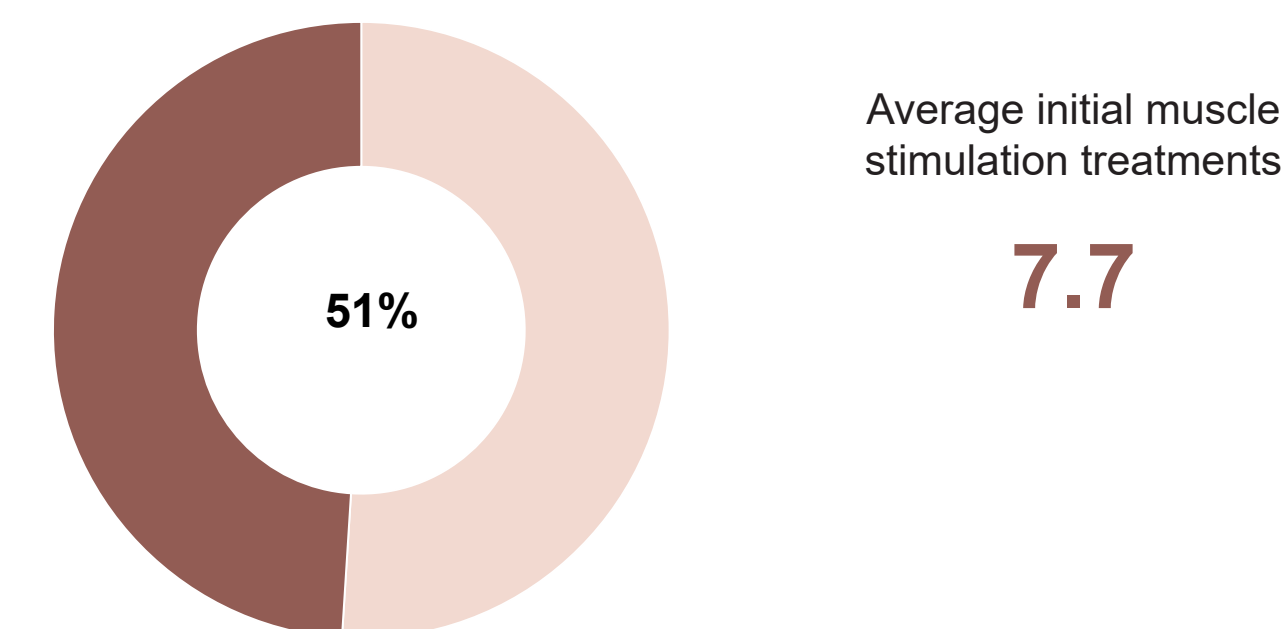
METHODS

Data were obtained from an electronic survey of healthcare providers (HCPs) in the United States who had experience treating patients with aesthetic concerns associated with GLP-1 agonists.



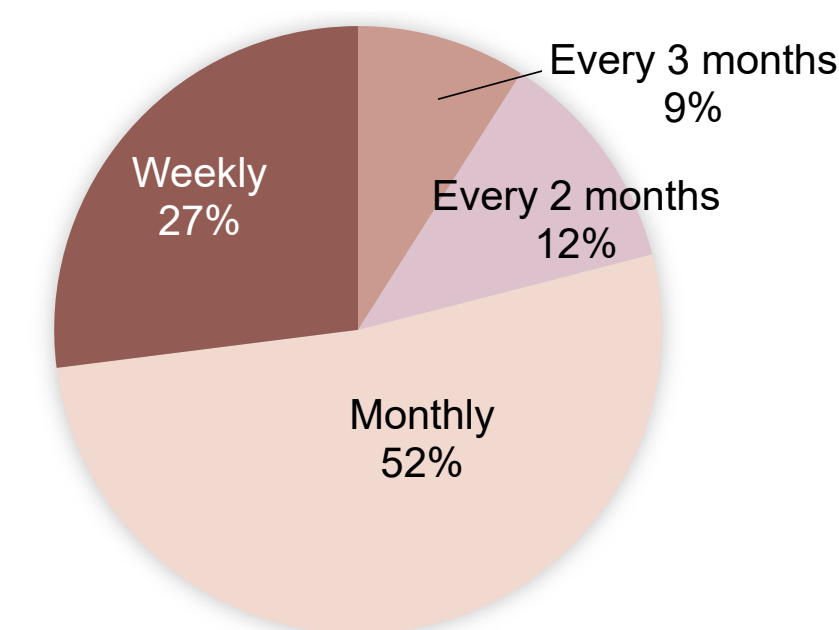
- HCPs in relevant specialties who were part of independent, third-party databases were invited to take the survey and received compensation for their participation.
- Key eligibility criteria
 - o Perform nonsurgical aesthetic procedures on ≥10 patients/month for each major category (neurotoxins and fillers)
 - o Had ≥30 active or recent GLP-1 agonist treated patients in 2024, ≥20 of whom also received an aesthetic treatment during or after weight loss

About half of HCPs owning a muscle stimulation device offer muscle stimulation treatments to GLP-1 treated patients concerned with lack of muscle tone and begin with an average of 7-8 treatments



Q: For patients who are concerned with lack of muscle tone or strength post GLP-1 related weight loss, do you offer muscle simulation treatments? N=162 with muscle stimulation device

Over half of HCPs who use muscle stimulation for GLP-1 treated patients schedule maintenance treatments for muscle mass on a monthly basis



Q: For GLP-1 weight loss patients, how frequently do you typically schedule maintenance treatments for muscle mass after the initial regimen is completed? N=82 treating GLP-1 patients with muscle stimulation device

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