

“A Cambridge formula-diet weight loss programme is a very effective symptom-reducing treatment in overweight patients with knee osteoarthritis” (study conclusion)

Danish research workers from the Parker Institute, Frederiksberg Hospital, Copenhagen reported in May 2009, at the European Obesity Congress in Amsterdam, that in a randomised controlled trial of Cambridge formula diets (the largest ever conducted) 192 patients with knee osteo-arthritis treated with a 415kcal/d or an 810kcal/d diet for eight weeks followed by a 1200kcal/d diet for eight weeks achieved:

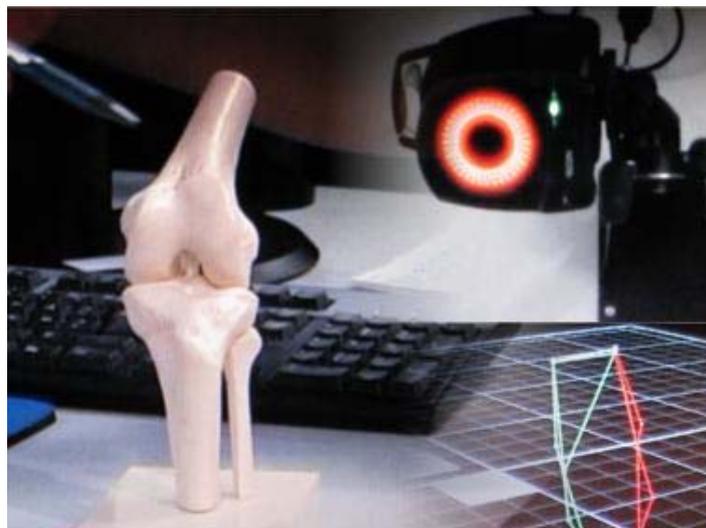
- Significant weight reduction (mean 13.3kg and 12.2kg by 16 weeks in the 415 and 810kcal/d groups respectively - more than 12% of initial body weight in both groups),
- Significant reduction of pain, thus enabling more activity.
- Significant improvements of cardiac risk factors (blood pressure and blood lipids) also occurred.



Pia Christensen and Birgit Falk Riecke present their findings at the European Obesity Congress, May 2009.

The patients are now following a one-year Cambridge maintenance programme, an exercise programme or a control programme (in which they apply the information learned in sessions held weekly with the dietitians). At the end of one year the patients will enter one of two five-year active intervention Cambridge maintenance programmes designed to determine the best way to achieve weight maintenance by diet alone.

All patients have specialised scans of their knee cartilage at baseline and annually thereafter and, in a specially designed



laboratory, undergo computer analysis of how well or badly they walk (see above) and how this changes with weight loss. The Cambridge Health and Weight Plan team are pleased to be part sponsor of this multi-million Kroner study in a world centre of excellence. The Danish team anticipate that their work may well change the management of ‘bad knees’; *reducing the numbers going forward for surgery and therefore reducing treatment costs*, getting some people back into work and improving mobility and quality of life.

Swedish scientists at the Karolinska Institute, Stockholm have completed a study of Cambridge very low calorie formula diets in men with sleep apnoea. The paper is in press at the British Medical Journal. Sleep apnoea, which causes raised blood pressure and serious road traffic accidents through falling asleep at the wheel, is found in 25% of people with diabetes, and most individuals who have had a stroke. The sixty participants will move into a one-year weight maintenance phase to investigate whether the anticipated symptom improvements can be maintained without reversion to use of mechanical positive pressure machines (the conventional treatment for the condition). *Effective treatment of sleep apnoea could possibly reduce the numbers of fatal road traffic accidents thus reducing the huge burden on individuals, families and the massive costs to society caused by such accidents.*

British scientists at Imperial College, London are about to start a study of Cambridge formula diets in preparing obese patients for surgery *to work out the ideal duration of pre-operative treatment thus optimising the effect and reducing costs.* The internationally renowned scanning unit will generate whole-body images showing changes in fat content with weight loss.

Anthony R Leeds, Medical Director
Cambridge Health and Weight Plan, 15th September 2009