

Proven weight loss  
and long-term weight  
management with  
sustained health benefit ...



- ✓ Range of nutritionally balanced programmes
- ✓ Flexible energy intake and flexible combinations of formula and regular foods
- ✓ One to one support from an accredited Cambridge Consultant
- ✓ Proven benefit in obstructive sleep apnoea and osteoarthritis
- ✓ Improved Vitamin D status

# Comparing two low-energy diets for the treatment of knee osteoarthritis symptoms in obese patients: a pragmatic randomised clinical trial.

Authors: Riecke B F, Christensen R, Christensen P, Leeds A R, Boesen M, Lohmander L S, Astrup A and Bliddal H.

Published: Osteoarthritis and Cartilage (2010), doi:10.1016/j.joca.2010.02.012

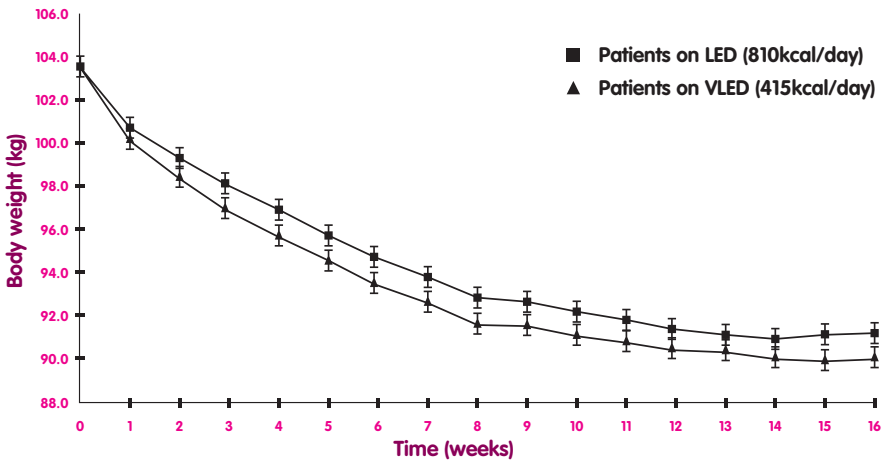
## Brief overview of the study

192 participants

- 80% female, 20% male
- Mean age = 62
- Average BMI = 37.3
- Primary knee osteoarthritis

Randomised to VLED (415kcal/day) or LED (810kcal/day) total meal replacement formula diet for 8 weeks under dietitian supervision, followed by 8 weeks on hypo-energetic diet of part-formula part-food diet of 1200kcal/day plus weekly education sessions in groups.

## Results at 16 weeks



- ✓ Effective reduction in body weight (>12%) and maintenance for one year
- ✓ Self reported improvement in pain, function and perception of disease
- ✓ Increase in mobility using 6 minute walk test
- ✓ Increase in quadriceps muscle strength relative to body weight
- ✓ Improved Vitamin D status and maintained bone density and bone mineral content after 16 weeks

*Patients with knee osteoarthritis using Cambridge formula diets showed significant weight loss and also reduced symptoms and improved nutritional status.*

\*See: Christensen P et al Improved nutritional status and bone health after diet induced weight loss in sedentary osteoarthritis patients: a prospective cohort study. *European Journal of Clinical Obesity* (2011) 60:1

# Effect of a very low-energy diet on moderate and severe obstructive sleep apnoea in obese men: a randomised controlled trial.

Authors: Johansson K, Neovius M, Lagerros Y T, Harlid R, Rössner S, Granath F and Hemmingsson E.

Published: British Medical Journal (2009);339:b4609 doi:10.1136/bmj.b4609

## Longer-term effects of a very low-energy diet on obstructive sleep apnoea in cohort derived from randomised controlled trial: prospective observational follow-up study

Authors: Johansson K, Hemmingsson E, Harlid R, Lagerros Y T, Granath F, Rössner S and Neovius M.

Published: British Medical Journal (2011);342:d3017 doi:10.1136/bmj.d3017

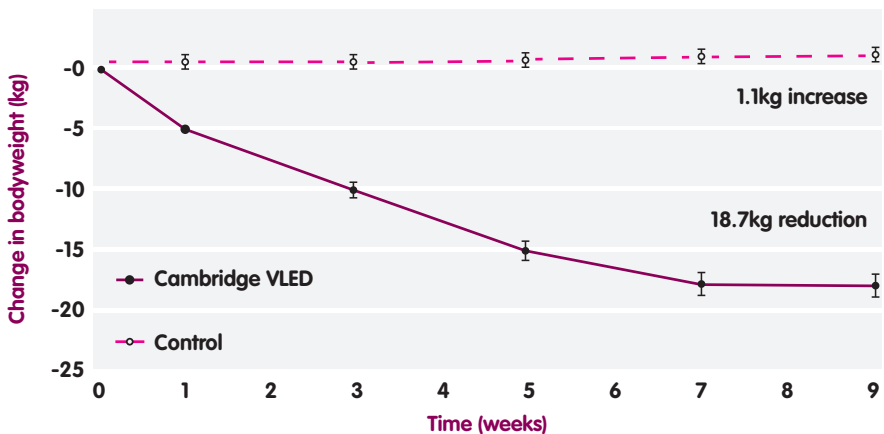
## Overview of the study

63 participants

- All male
- BMI between 30 and 40
- Age between 30 and 65
- Moderate to severe obstructive sleep apnoea

Randomised to VLED (554kcal/day) for 7 weeks, followed by 2 weeks of rising dietary energy intake in preparation for 1-year maintenance programme or no dietary intervention.

## Results at 9 weeks



- ✓ Apnoea-hypopnoea index reduction of 67% in intervention group
- ✓ AHI reduction maintained at 1 year
- ✓ Average weight loss of 18.7kg after 9 weeks and 12kg loss after 1 year
- ✓ 86% had improvement of symptoms after 9 weeks
- ✓ 16% were "cured" after 9 weeks

*A Cambridge formula diet can reduce body weight and the severity of obstructive sleep apnoea. Following a weight-maintenance programme, a large proportion of the effect on both weight and apnoea-hypopnea index can be maintained for one year.*

# Delivery of low-energy liquid diets by Counterweight, within UK primary care: a feasibility study.

Authors: Lean M E, Brosnahan N, Mackenzie M, McLoone P, Morrison D, Sloan W and McCombie L.

Published: HTP.021 Obesity Reviews 12 (Suppl 1) (2011) 276-277

## Overview of the study

91 participants

- 75 female and 16 male
- Average age 46
- Average BMI 47.8

Participant choice of Cambridge formula diet of 810kcal/day (n=83); homemade alternative (n=2); or a mixture of both (n=6) for 12 weeks or 20kg weight loss. All participants then had a period of food reintroduction in preparation for a long-term weight maintenance programme (results not yet published).

## Results after 12 weeks

- ✓ 56 participants followed diet for 12 weeks
  - ✓ 51 lost >5kg in first 4 weeks and had total weight loss of 18.1kg
  - ✓ 35 participants dropped out (reasons not given)
- Drop outs:
- before 8 weeks (n=21) weight loss 2.8kg at exit
  - after 8 weeks (n=14) weight loss 10.2kg at exit

*Cambridge formula diet helped 56% of dieters to lose more than 15kg over a 12-week programme.*



✔ Evidence based medical research

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✔ Range of product types to choose from:

- Shakes
  - Soups
  - Lactose free options
  - Porridge
  - Rice pudding
  - Bars
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✔ Wide variety of flavours to choose from

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✔ Comprehensive training provided for all Cambridge Consultants

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✔ Can be used as the sole source of nutrition or with conventional food

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