



NutroNews

Nutrologia uma nova Especialidade Médica
Nutrientes na Saúde e na Doença
Nutrologia para todas as especialidades

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NUTROLOGIA

Saúde; Nutrientes;
Alimentação; Doença.

ARTIGOS NA LITERATURA SOBRE OBESIDADE

A systematic review and mixed treatment comparison of pharmacological interventions for the treatment of obesity

L. J. Gray et. al.

The study aims to compare anti-obesity interventions in a single evidence synthesis framework. Electronic databases were searched for randomized controlled trials of orlistat, rimonabant or sibutramine reporting weight or body mass index (BMI) change from baseline at 3, 6 or 12 months. A mixed treatment comparison was used to combine direct and indirect trial evidence. Ninety-four studies involving 24,808 individuals were included; 83 trials included data on weight change and 41 on BMI change. All results are in comparison with placebo. The active drugs were all effective at reducing weight and BMI. At 3 months, orlistat reduced weight by -2.65 kg (95% credibility interval -4.00 kg, -1.31 kg). For sibutramine, 15 mg gave a greater reduction than 10 mg at 12 months, -6.35 kg versus -5.42 kg, respectively. Rimonabant reduced weight by -11.23 kg at 3 months and -4.55 kg at 12 months. Lifestyle advice alone also reduced weight at 6 and 12 months, but was less effective than the pharmacological interventions. In conclusion, modest weight reductions were seen for all pharmacological interventions. Those interventions which have now been withdrawn from use (sibutramine and rimonabant) seem to be the most effective, implying that there may be a place in clinical practice for similar drugs if side effects could be avoided. *Obesity Reviews. Vol. 13, Issue 6, pages 483–498. June 2012*

Childhood obesity: public-health crisis, common sense cure

Original Text

Cara B Ebbeling et.al.

During the past two decades, the prevalence of obesity in children has risen greatly worldwide. Obesity in childhood causes a wide range of serious complications, and increases the risk of premature illness and death later in life, raising public-health concerns. Results of research have provided new insights into the physiological basis of bodyweight regulation. However, treatment for childhood obesity remains largely ineffective. In view of its rapid development in genetically stable populations, the childhood obesity epidemic can be primarily attributed to adverse environmental factors for which straightforward, if politically difficult, solutions exist. Historically, a fat child meant a healthy child, one who was likely to survive the rigors of undernourishment and infection. In the past decade, however, excessive fatness has arguably become the primary childhood health problem in developed nations and, to some degree, in other parts of the world. Here we review the scope of the problem and discuss developments in establishment of cause, prevention, and treatment of obesity. We argue that fundamental changes in the social environment will be needed to combat this emerging public-health crisis. *The Lancet. Volume 360, Issue 9331, Pages 473 – 482. 10 August 2002*

Lorcaserin Ends Drought in Obesity Drugs

Arne Astrup et.al.

The world of obesity drugs has been plagued by years of bad news, such that most potential new medications have been rejected or withdrawn due to unacceptable side-effect profiles. In recent years, the only pharmacologic treatment available for obesity has been orlistat, and it provides very modest weight loss while being poorly tolerated by many patients due to gastrointestinal side effects. Lorcaserin's approval today by the US Food and Drug Administration marks the end of a long era without any new treatments for obesity, a condition that desperately needs more treatment options. This medication is an agonist of the 5-hydroxytryptamine (5-HT, or serotonin) receptor 5-HT_{2C}. It works selectively on the central 5-HT_{2C} receptors, with a functional selectivity of about 15 and 100 times that for 5-HT_{2A} and 5-HT_{2B}, respectively. This is important, because previously available nonselective serotonergic agents for obesity management, such as fenfluramine, caused valvulopathy and pulmonary arterial hypertension via an effect on the 5-HT_{2B} receptors, which is expressed on cardiac valvular interstitial cells and pulmonary artery smooth muscle cells. *Acessado em: 11 de setembro de 2012. Disponível em: www.medscape.com*

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