

New Therapies for the Treatment of “Diabetesity”



This department covers selected points from the 2007 Endocrine Update: A CME Day from the Division of Endocrinology and Metabolism at McMaster University and the University of Western Ontario.
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Obesity is defined as a BMI of ≥ 30 kg/m² and is a major risk factor for Type 2 diabetes and ischemic heart disease. The benefits of lifestyle changes including regular exercise and weight loss are well established as initial treatment of obesity in adults. In obese and overweight adults who are at risk for Type 2 diabetes or CV diseases, pharmacologic agents are recommended as adjuncts for weight loss and for weight maintenance.

Safe and effective therapies are now available to help treat weight loss in obese patients at high risk of diabetes and CV disease.

A number of studies have demonstrated that it is possible to achieve weight loss in obese individuals through lifestyle interventions combined with pharmacologic agents. Studies with orlistat and sibutramine have shown significant weight loss at one year. A newer agent, rimona-bant, has been shown in recent studies to be efficacious in one year trials. Long term studies to show CV benefit with these agents are currently underway. The Sibutramine Cardiovascular Outcome Trial (SCOUT) is a randomized-control trial utilizing sibutramine in 5,000 patients with established CV disease. The five year results of this trial are expected to be presented in 2008.

Safe and effective therapies are now available to help treat weight loss in obese patients at high risk of diabetes and CV disease. Health professionals are encouraged to reinforce lifestyle changes in adult obese patients. 

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