

Avaliação crítica do tratamento da obesidade



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Effectiveness of Primary Care–Relevant Treatments for Obesity in Adults: A Systematic Evidence Review for the U.S. Preventive Services Task Force

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- Modificação de estilo de vida intensiva leva a perda de peso significativa comparada com tratamento convencional:

3,01 kgs em média!

Percentual de respondedores: conceito importante

- Com MEV em estudos controlados:

67% estão c/ peso menor após 2 anos

35% com mais de 5% de peso perdido

18% com mais de 10% de peso perdido

SPECIAL ARTICLE

Myths, Presumptions, and Facts about Obesity

Krista Casazza, Ph.D., R.D., Kevin R. Fontaine, Ph.D., Arne Astrup, M.D., Ph.D.,
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Nefertiti Durant, M.D., M.P.H., Gareth Dutton, Ph.D., E. Michael Foster, Ph.D.,
Steven B. Heymsfield, M.D., Kerry McIver, M.S., Tapan Mehta, M.S.,
Nir Menachemi, Ph.D., P.K. Newby, Sc.D., M.P.H., Russell Pate, Ph.D.,
Barbara J. Rolls, Ph.D., Bisakha Sen, Ph.D., Daniel L. Smith, Jr., Ph.D.,
Diana M. Thomas, Ph.D., and David B. Allison, Ph.D.

Table 1. Seven Myths about Obesity.*

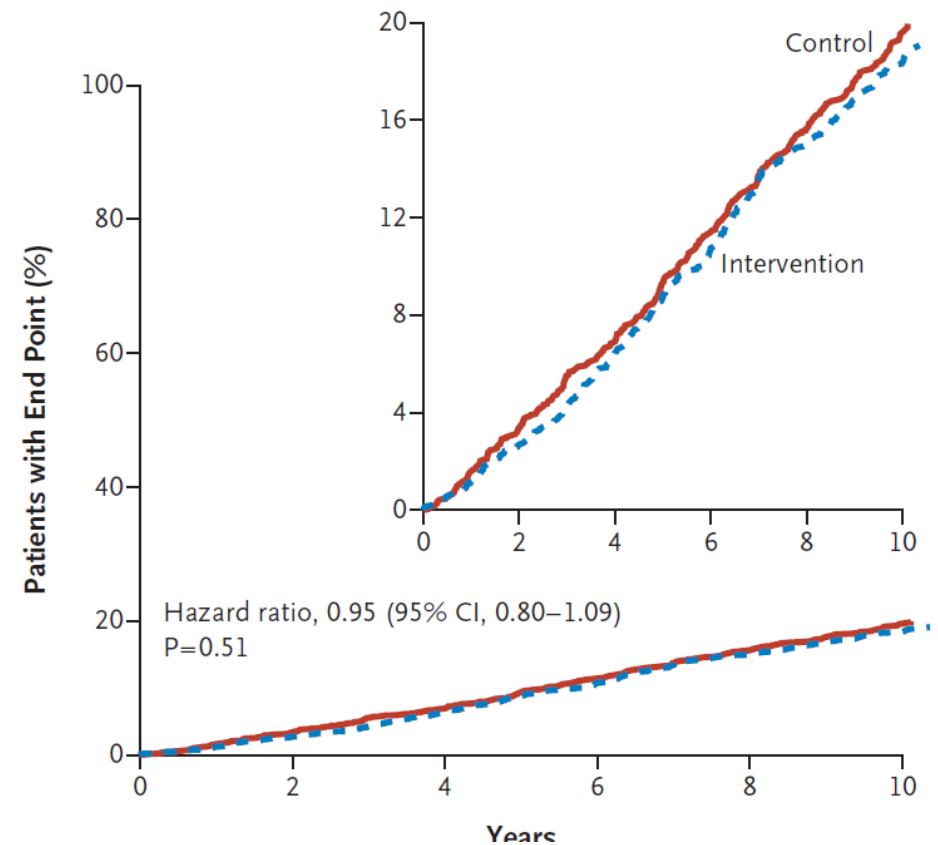
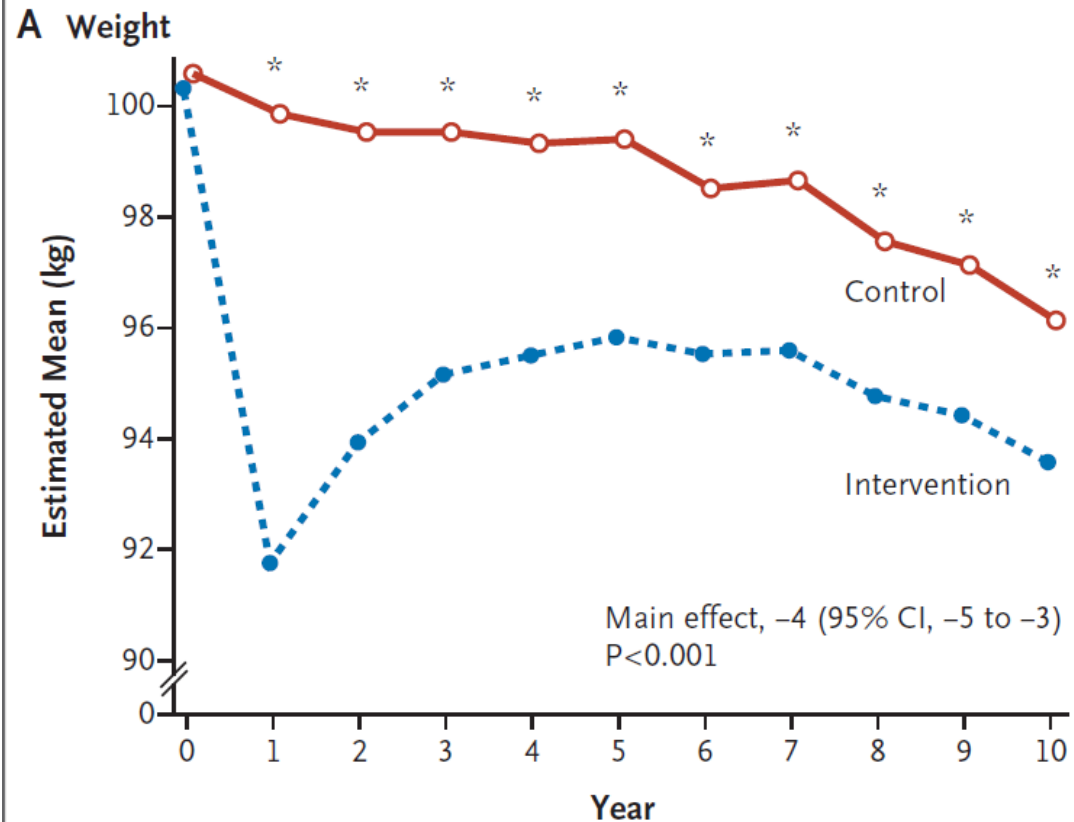
Myth	Basis of Conjecture
Small sustained changes in energy intake or expenditure will produce large, long-term weight changes	National health guidelines and reputable websites advertise that large changes in weight accumulate indefinitely after small sustained daily lifestyle modifications (e.g., walking for 20 minutes or eating two additional potato chips)
Setting realistic goals in obesity treatment is important because otherwise patients will become frustrated and lose less weight	According to goal-setting theory, unattainable goals impair performance and discourage goal-attaining behavior; in obesity treatment, incongruence between desired and actual weight loss is thought to undermine the patient's perceived ability to attain behaviors neces-
<h1>Lessons from obesity management programmes: greater initial weight loss improves long-term maintenance</h1>	
<p>A. Astrup¹ and S. Rössner²</p>	
Breast-feeding is protective against obesity	The belief that breast-fed children are less likely to become obese has persisted for more than a century and is passionately defended
A bout of sexual activity burns 100 to 300 kcal for each person involved	Many sources state that substantial energy is expended in typical sexual activity between two adults

the effects of
(kcal per day)
mentioned in text-
books, and has

that are more

ation, fre-
de reduc-

Estudo LOOK AHEAD

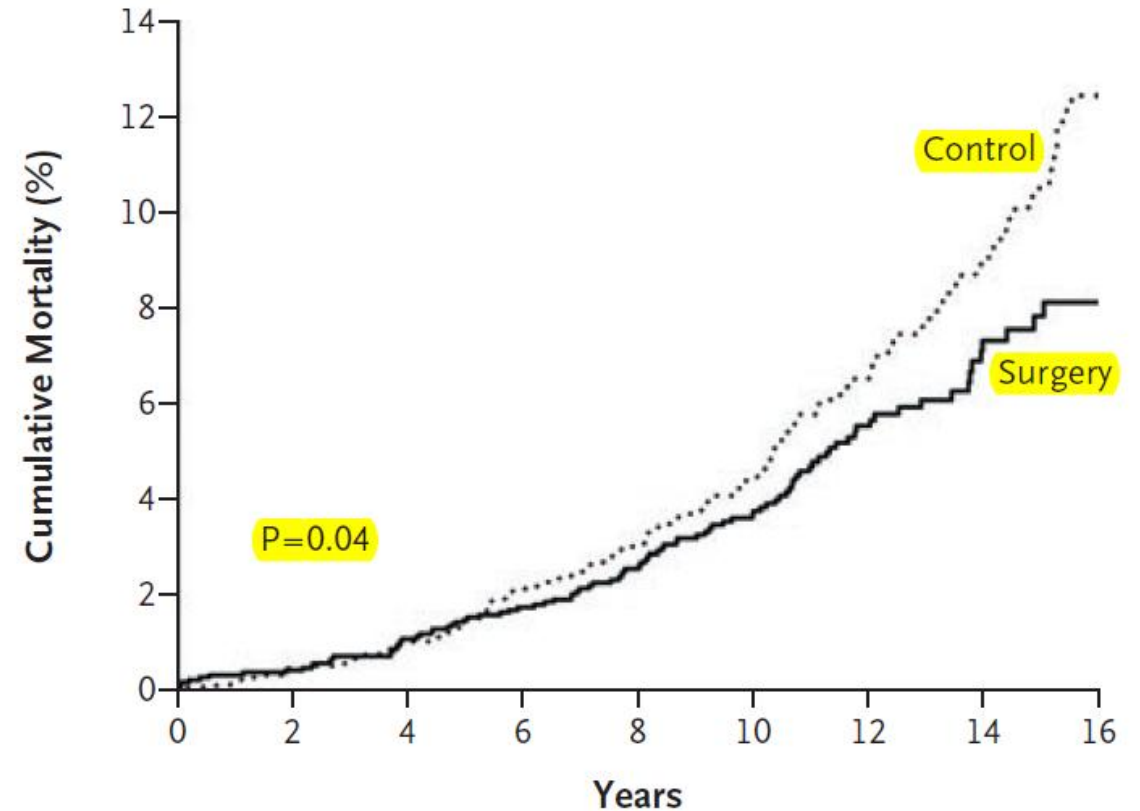
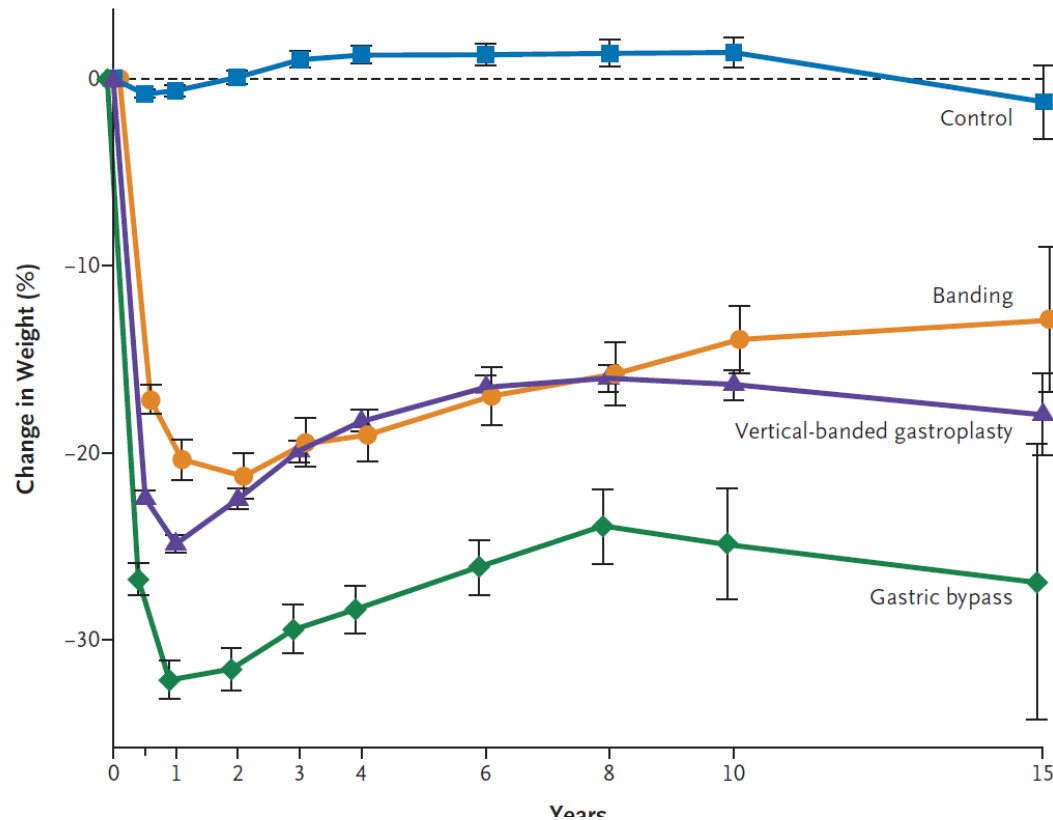


**Grande preditor de perda de peso: Aderência a visitas médicas
– importância de diferenciar perda de peso de manutenção de peso**

LOOK AHEAD Study Group, NEJM 2013

Wadden et al, Obesity 2009

Prova de conceito que perda de peso sustentada é benéfica – Cirurgia



Redução de ECV, morte CV, remissão de DM, prevenção de DM, incidência de câncer....

SCOUT

- Sem diferença em mortalidade

Sibutramina x placebo

Sibutramina: 16% mais IAMs não fatais em

Grupo com DCV prévia

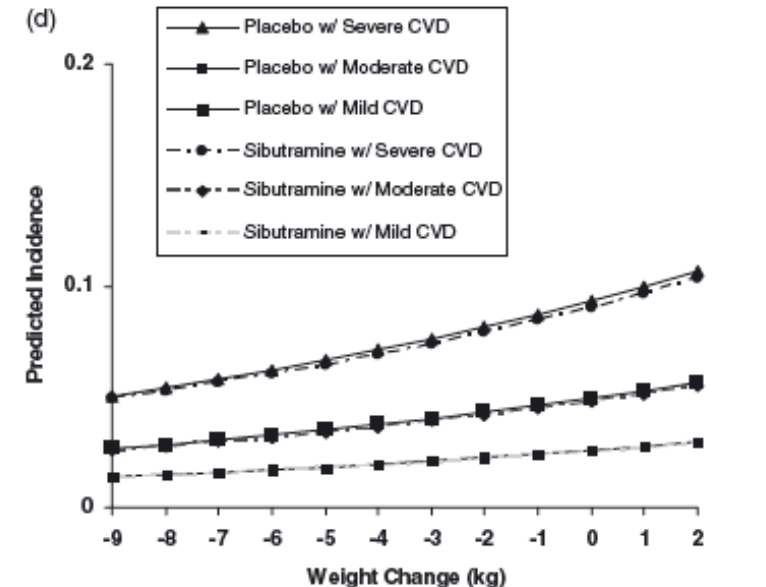
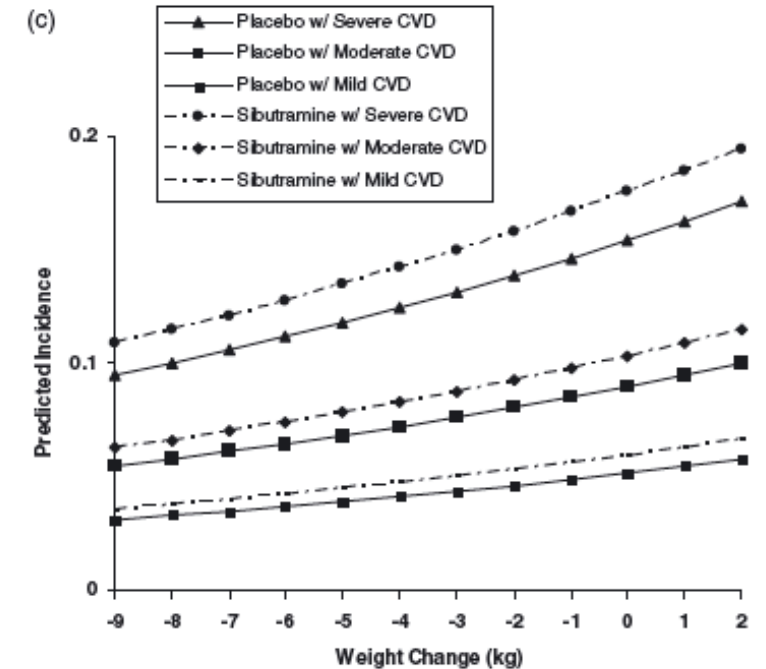
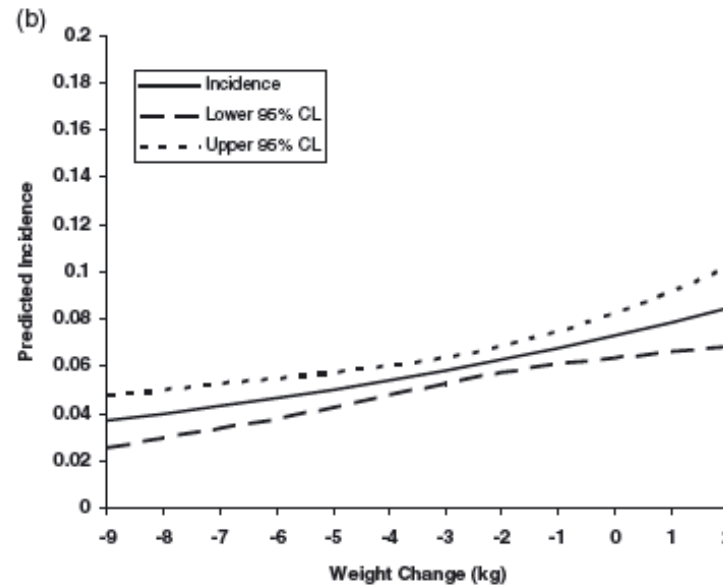
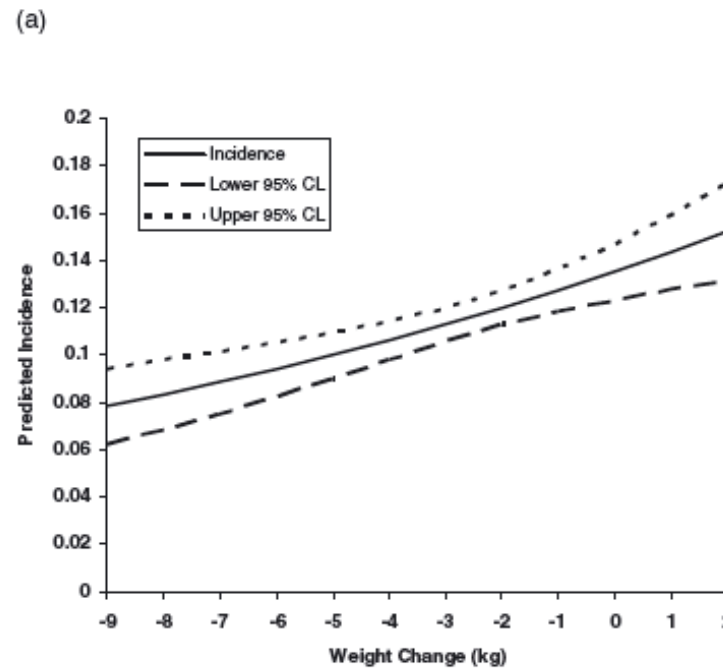
- Análise categorial:

Perda de peso em qq

grupo resultou em

menos eventos CV

Viés de estudo clínico!



Medicações

On label:

- Sibutramina (só Brasil e Vaticano) – nos EUA: fentermina- uso por longo prazo a despeito de orientação de bula
- Orlistat

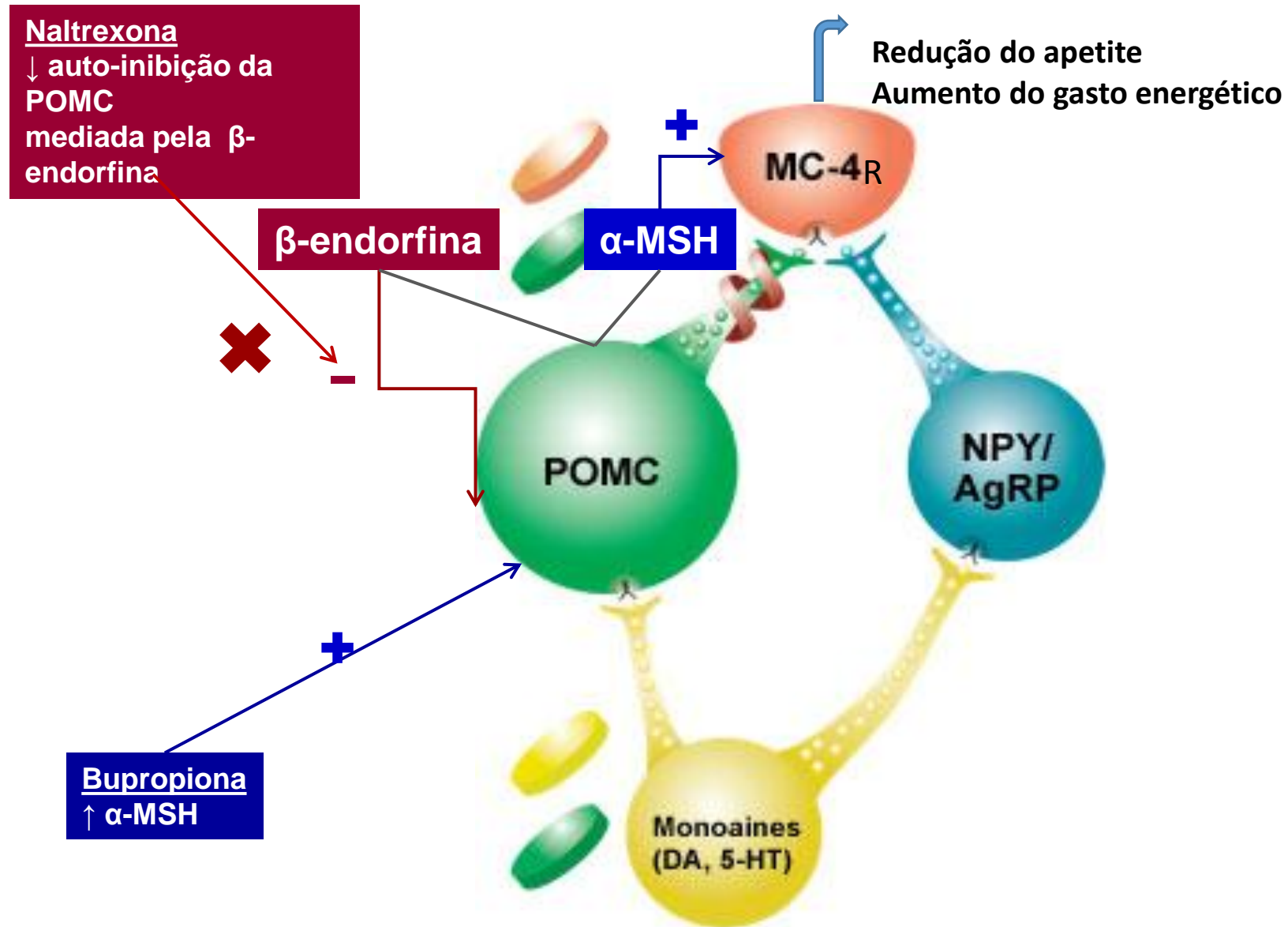
Off label:

- Topiramato
- Liraglutide
- Bupropiona e outros antidepressivos
- Combinações de drogas

Drogas em vias de aprovação:

- Fentermina/Topiramato
- Bupropiona/Naltrexone
- Lorcaserina

Bupropiona e Naltrexona – prova de conceito de combinação sinérgica



Futuro do tratamento clínico

- Combinação de drogas
- Tratamento de manutenção de peso perdido
- Encontrar mecanismos farmacológicos semelhantes às alterações vistas em cirurgia
- Vias alternativas que fujam do espectro de redução energética (exemplos: microbiota intestinal/ tecido adiposo marrom)