

26th World Nutrition Congress

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15th Euro Obesity and Endocrinology Congress

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Body weight control in patients followed up in a multidisciplinary team for obesity in China

Introduction: The treatment of obesity is based on diet and lifestyle intervention and medication, bariatric surgery or acupuncture in China is recommended in some cases. Therefore, a multidisciplinary team is needed for the management of obesity. Herein we described the body weight and other metabolic profile changes in the multidisciplinary team for obesity at Peking University First Hospital in 2-year follow-up.

Methodology & Theoretical Orientation: 445 patients participated in the multidisciplinary team for obesity, which consisted of a physician, a dietician, an exercise therapist, a bariatric surgeon, an acupuncturist and several health educators. Patients were followed up at 3 months, 6 months, 1 year, 18 months and 2 years after their first visit. We investigated body weight changes across up to 5 times of follow-ups and factors that affected the successful rate in weight reduction using logistic regression.

Findings: Body weight declined significantly at every visit compared with the basal value ($p < 0.0001$), and it decreased significantly in follow-up at 6 months and 1 year compared with the former visit ($p < 0.0001$, 6m vs. 3m; $p < 0.0001$, 1y vs. 6m). Defining body weight reduction over 5% as success, the rate of success was as high as 40.9%-50.9% during visits. Defining the reduction of body weight over 10% as success, the successful rate gradually increased from 13.2% to 26.9% during visits. Sex category, baseline body weight, body mass index and hip circumference were associated with the success of weight-loss.

Conclusion & Significance: A multidisciplinary team for obesity management could significantly achieve the goal of body weight reduction. For most of the patients, weight reduction occurs during the first year of treatment. Sex category, baseline body weight, body mass index and hip circumference are associated with successful weight control.

Recent Publications

1. Lu D and Guo X (2016) Parameters of obesity in polycystic ovary syndrome. J Rare Dis Res Treat (2)1:19-22.
2. Lu D, Huang J, Ma X, Gu N, Zhang J, Zhang H and Guo X (2017) Rs46522 in the ubiquitin conjugating enzyme E2Z gene is associated with the risk of coronary artery disease in individuals of Chinese Han population with type 2 diabetes. Journal of Diabetes Research Article ID 4501794.
3. Lu D, Guo X, Li Y, Zheng B and Zhang J (2018) Insoles treated with bacteria killing nanotechnology Bio-Kil reduce bacterial burden in diabetic patients and healthy controls. Journal of Diabetes Research Article ID 7678310.

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Biography

Difei Lu has her expertise in evaluation and passion in improving the health and wellbeing of patients with diabetes or obesity in China. Graduated as MD in Peking University Health Science Center, she works as a Specialist in Endocrinology Department at Peking University First Hospital. After the multidisciplinary team for obesity of Peking University First Hospital was launched since 2016, she participated in the clinical practice and collected data. Since then, nearly one thousand obesity patients were regularly followed up in the MDT for obesity. This approach provided a real world-based data for weight control efficacy of MDT for obesity in China.

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