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Changes in body composition after 26 weeks of treatment for weight loss with liraglutide 3.0 mg in subjects with obesity.

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Abstract (300-word limit)

Obesity is defined as a multifactorial disease that causes a chronic metabolic disorder and is characterized by excess body fat. In recent decades the prevalence of obesity has increased significantly, being a risk factor for the development of cardiovascular disease and is associated with the presence of other comorbidities. For these reasons, optimizing the treatment of these patients is a priority. Among the different pharmacological solutions, liraglutide has shown its benefit in the treatment of obesity.

Our objective is to analyze weight loss and change in body composition in patients with obesity (BMI> = 30) after 26 weeks of treatment with 3.0 mg of liraglutide daily.

Methodology and Theoretical Orientation:

A descriptive analysis was performed, including 20 patients with obesity. Weight loss and changes in body composition are analyzed after 26 weeks of treatment with liraglutide 3.0 mg daily.

Results:

The weight loss analyzed in general was 8.61 kg (8.57% of initial weight) at 26 weeks (P <0.01). There is a loss of 6.06 kg of fat mass ((P <0.01) and a loss of 3.68 kg of fat-free mass (P <0.05), of which there is a loss of 1.65 kg in skeletal muscle mass (P <0.01).

Characteristics of the sample	
Sample number (N)	20
Sex (M/F)	6/14
Weight (kg)	105,4 kg
IMC (kg/m2)	38,5

Variable	0 week	26 week
Weight (kg)	105,42 ± 21,94	96,80 ± 22,83
Fat mass (kg)	48,76 ± 12,15	42,69 ± 13,13
Fat-free mass (kg)	57,54 ± 13,78	53,86 ± 13,68
Skeletal muscle mass (kg)	27,06 ± 7,58	25,41± 7,51

Variable	Variation
Weight (kg)	-8,61 ± 5,80
Fat mass (kg)	-6,06 ± 3,3
Fat-free mass (kg)	-3,68 ± 6,69
Skeletal muscle mass (kg)	-1,65 ± 1,72

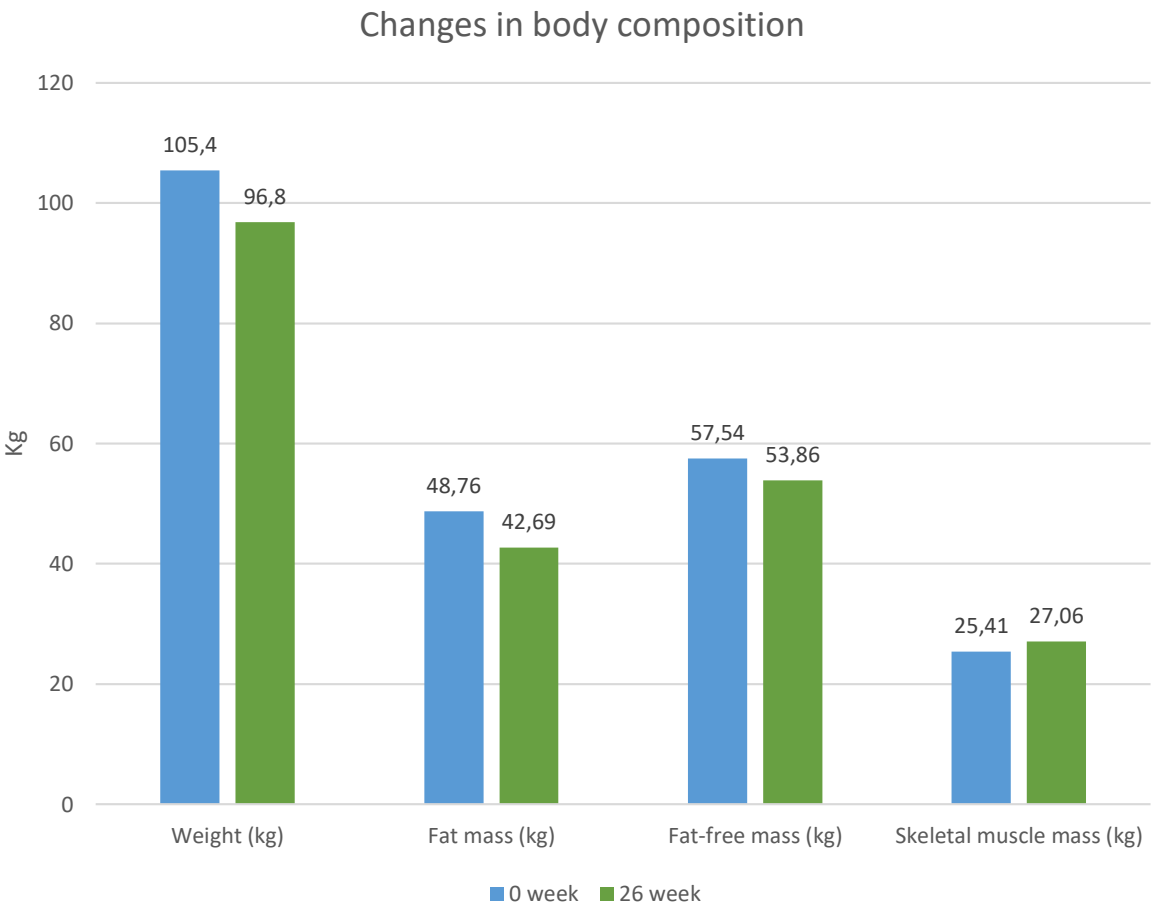
Conclusion and Significance:

A statistically significant weight loss was observed at 26 weeks of treatment with liraglutide 3.0 mg. And a loss of fat mass is also observed.

On the other hand, it is recommended to improve and / or preserve both fat-free mass and skeletal muscle mass.

The results of the study can be of great clinical and care importance to optimize the monitoring programs of the patient with obesity.

Images:



Recent Publications (minimum 5)

1. Book. Dearos Sanchis, Mónica. Dietary-nutritional treatment in the metabolic syndrome. RCA Editor Group. 2019

2. Oral communication Dearos M., Voltas B., Sanz T., Sánchez C. Effects of treatment with liraglutide, associated or not with food education in subjects with obesity. I Congress SEDYN CODINCAM. Dietetics and Nutrition: science and profession. 5-6 April 2019, Albacete.

3. Poster. Calvo M., Dearos M., Sanz T., Voltas B., Ruiz Y., Jiménez A., Caudet J., Sánchez C. Bariatric surgery in type 2 diabetic patients. Proposal of intervention protocol. SEEDO Congress. Vigo March 13-15, 2019, Vigo.

4. Poster. Voltas B., Dearos M., Sanz T., Sánchez C. Effects of treatment with liraglutide, associated or not with food education. SEEDO Congress. Vigo March 13-15, 2019, Vigo.

5. Poster. Sanz T., Voltas B., Dearos M., Voltas B., Sánchez C. Effects of treatment with liraglutide, associated or not with food education in subjects with obesity. IX Congress of students of Pharmacy of the Universitat de València. 13-14 March, 2019, Valencia

Biography (150-word limit)

Monica Dearos Sanchis is a graduate in human nutrition and dietetics at the University of Valencia (Spain). He has a master's degree in personalized nutrition and is currently doing his doctorate in the line of endocrinology and nutrition at the General Hospital of Valencia. He also works in a private clinic in the field of obesity.

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