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:

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

Table 1. Characteristics of the sample

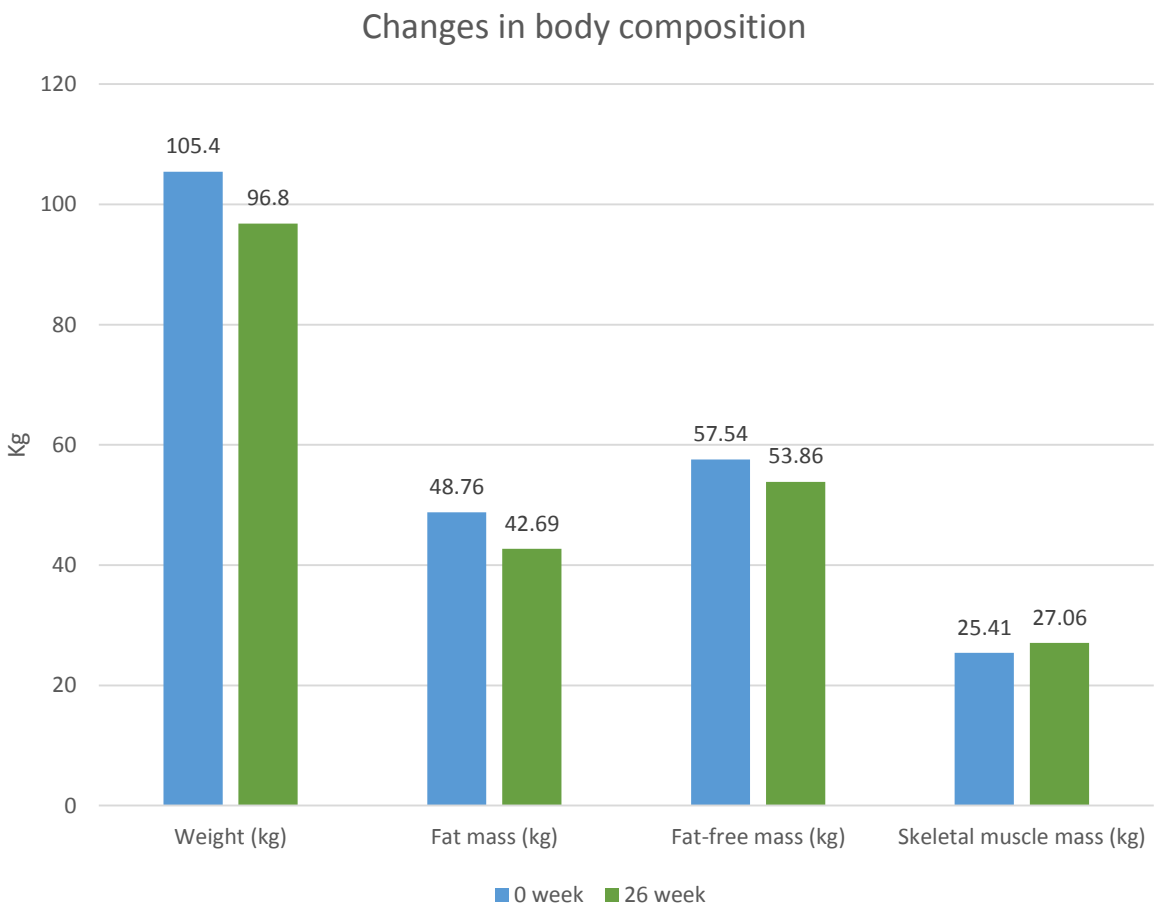
Variable	0 week	26 week	Variation
Weight (kg)	105,42 ± 21,94	96,80 ± 22,83	-8,61 ± 5,80
Fat mass (kg)	48,76 ± 12,15	42,69 ± 13,13	-6,06 ± 3,3
Fat-free mass (kg)	57,54 ± 13,78	53,86 ± 13,68	-3,68 ± 6,69
Skeletal muscle mass (kg)	27,06 ± 7,58	25,41± 7,51	-1,65 ± 1,72

Table 2. Variables on 0 and 26th weeks

Conclusion and Significance: On 26th week of liraglutide 3.0 mg treatment, there is a statistically significant weight and fat mass loss. On the other hand, there is also some fat-free mass and skeletal muscle mass loss. Therefore, would be advisable to preserve these values.

Finally, this study shows relevant results in order to optimize weight loss programs in obesity cases.

Images:



Biography:

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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