

**Very Low Energy Diets – health benefits with effective weight loss
Sunday 11th July 2010 Industry Sponsored Satellite Symposium 1530h- 1730h**

A satellite Symposium associated with the International Congress on Obesity, Stockholm, July 2010, sponsored by the Cambridge Weight Plan.

Objectives:

- To review the historical sequence of ideas leading to the present use of VLED & LED
- To review the research evidence in three areas where there is a high probability of application and use of VLED and LED – osteoarthritis, sleep apnoea, diabetes
- To present three typical examples of case studies for each of the three subject areas and draw clinical lessons from them
- To summarise the outstanding research questions

Programme

Chaired by Arne Astrup, University of Copenhagen, the meeting will open with a short historical resumé on the use of formula diets by Stephan Rössner, Karolinska Institute, Stockholm. Three short talks focussing on the evidence for weight loss using formula diet in managing disease will follow. These will be:

- Osteoarthritis – a role for weight management in treatment. Henning Bliddal, Parker Institute, Frederiksberg Hospital, Copenhagen
- Sleep apnoea – the need for adequate and effective weight reduction. Erik Hemmingsson, Karolinska Institute, Stockholm
- Formula very low-energy and low-energy diets in the management of diabetes mellitus – defining the clinical need and research requirements. Michael Lean, University of Glasgow

Three presentations of clinical cases of obesity associated with osteoarthritis, sleep apnoea and diabetes will be presented by staff from Copenhagen, Stockholm and London, including Birgit F Riecke, Kari Johansson, Camelia Kirollos. The cases will be discussed by leading clinicians including Prof Nick Finan.