

Lipotrim Pharmacy Weight Loss Programme: Evidence Base

Providing routine clinical evidence documenting efficacy in pharmacy under real life conditions

There is probably no current medical discipline more in need of evidence of efficacy than the field of weight loss, especially when the patients are obese and/or with co-morbidities. There is now overwhelming experience with total food replacement programmes (VLCD), nutrient complete formula diets that are essentially low fat, very low calorie enteral feeds. Over the past four decades, these have gained recognition and acceptance as safe and effective where they are supervised by healthcare professionals, people who are medically experienced so that they can restrict access to the diets or modify treatments when necessary. Real weight loss, beyond simply depleting stored glycogen and water, has physiological implications and the real weight losses due to VLCD programmes, such as Lipotrim, are rapid and substantial. These programmes, run by trained pharmacists and GPs, compete with bariatric surgery in the magnitude of the losses routinely achieved, but without the negatives of substantial costs, higher risks and post weight loss addiction transfer.

Evidence base

While a total food replacement formula diet can obviously not be blind to the dieter, and a placebo would be unsafe, an innovative patient tracker system introduced into the Lipotrim pharmacy weight loss programme allows for on demand, virtually instant, assessment of

the secure data kept by the pharmacists offering the service. Statistical evidence can be provided for an individual patient or all the patients from a particular medical practice. Evidence can be provided for a single pharmacy or a pharmacy group or, as required, any selected collection of pharmacies. If necessary evidence can be provided from all the pharmacies in an area, as was recently reported for 150 pharmacies in Northern and Southern Ireland by Pharmacist Brendan Feeney.

The flexibility of the tracker is such that statistics can be obtained, for example, within a defined BMI range, such as above BMI 40 or perhaps between BMI 25-30, or for a defined age range, or by gender. It can compare the first dieting period with that of subsequent dieting intervals. It can provide statistics on long term weight maintenance after dieting and the stability of the weight during transition from dieting to maintenance.

Critically, it is possible to quantify the dieting successes of people with concurrent medical issues – diabetes, high blood pressure, hypothyroid, depressive illness or any medical condition where weight loss will have an impact on the condition or treatment protocols. The Ireland assessment, previously referred to, provided statistics of the magnitude of the weight losses, the per cent of initial weight lost and BMI changes for a cohort of type 2 diabetes patients – all of whom stopped

oral diabetes medications prior to dieting, and remained in remission long after the documented weight loss.

Pharmacist Fin McCaul of Prestwich pharmacy, and Chairman of the Independent Pharmacy Federation, recently presented data to a National Obesity Forum Conference based on a successful cohort with an initial BMI in excess of 40. At Prestwich 1148 patients with a median BMI of 33.6 kg/m² used the Lipotrim weight management service. 25 per cent were morbidly obese with a BMI > 40 kg/m². At the time of audit, during which many patients were still dieting, the median BMI had decreased to < 30 kg/m². 94 per cent of the dieters lost more than five per cent of their pre-diet weight, 47 per cent lost more than 10 per cent and 21 per cent of the patients lost more than 20 per cent. Importantly, all patients with type 2 diabetes had their medication stopped by their GP.

Providing clinical evidence of efficacy under real life conditions is now routine for pharmacists offering the Lipotrim weight loss service and documenting results with the Patient Tracker software.

Lipotrim Pharmacy
Weight Loss and Maintenance Programmes
 Training dates now very limited: telephone for earliest available date

New: Invaluable tool for commissioning
 Computerised patient tracking
 Audits on demand
 Over 2000 pharmacies now running Lipotrim

- Self-funding
- Springboard for MUR
- Professionally rewarding
- Health promotion
- Medical benefits
- Service for the local community
- Promotes customer loyalty
- Additional weight maintenance programme

The Lipotrim start-up package provides generous benefits and no financial risk to the pharmacy. Free on-site training, in-store promotions, free literature and helpline for patients and staff. Thirty patient-weeks supply of free diet (worth over £1000 in sales revenue) to get you started.

With so much to gain and only weight to lose, it pays to book training now.
 Howard Foundation Research 01223-812812 email val@lipotrim.demon.co.uk www.lipotrim.co.uk



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