

Weight loss solutions developed with the invention of Liraglutide

Obese patients searching for [weight loss solutions](#) will be heartened to hear that a clinical trial into a new slimming drug has released extremely promising results – but perhaps less excited by the news that it requires users to administer a daily injection.

The medication is called liraglutide and originally was developed to treat diabetics. Sold under the brand name Victoza, it was approved by both the FDA and the European regulators to be used a treatment for type II diabetes.

Now clinical trials have shown that it also can dramatically help users experience relatively quick weight loss, as well as reduce their risk factors for diabetes. However concern has been expressed over the cost, £500 for a course lasting 6 months, and the mode of delivery, a daily injection.

Researchers from Denmark recruited 564 volunteers who were monitored at 19 different hospitals. They were split into three groups. The first were prescribed the popular diet pills Xenical, or orlistat. The second received a daily dose of liraglutide while the third were given a placebo. All patients had their daily calorie intake reduced by 500 calories and were told to exercise.

After 20 weeks, the liraglutide proved the most effective weight loss solution. Patients taking it lost 15 pounds in total, compared to the 9 pounds lost by those taking the diet pills Xenical and the 6 pounds lost by those on the placebo.

There has been much excitement in the media over a variety of new slimming products being developed at the moment. Various pharmaceutical firms, from Vivus to Orexigen Therapeutics, are tantalisingly close to finishing trials on diet pills that promise to be extremely effective at promoting weight loss. At the moment, there are only two diet pills on the market that have been proved in clinical trials to work, Xenical and Orlistat. Neither are a quick fix for the obese and don't promise amazing, rapid weight loss, but they are helpful over the long term.

Still, they don't work for everyone and with the obesity epidemic becoming a global crisis everyone is desperate for solutions. There is agreement however in the medical world that however good a drug is no drug can offer rapid weight loss – anyone is obese must expect the process of getting healthy to be long and difficult.

The UK charity Weight Concern therefore greeted the new trial results, published in the journal The Lancet, with cautious optimism. "It's important that we continue to develop good weight loss drugs" their spokesperson Dr. Ian Campbell said.

About the Author

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