

Question 12D. What is the evidence that pharmacotherapy interventions in obese adults effect a change in abdominal fat?

Reference	Design/Demographics	Overweight defined as:	Adjuvant therapy	Intervention	Drop-out Total	Mean weight change (n) mean weight change (95% CI)	WHR Waist circumference Skinfolds Baseline (n) mean (95% CI)	WHR Waist circumference Skinfolds Change (n) mean (95% CI)	Comments/side effects
	Pharmacotherapy								
Rasmussen 699	Randomization: unclear Blinded patients: yes providers: yes outcome: yes Mean age: 37 Mean weight: 95.7 Female/Total: 51/60	BMI 27-39	Diet: low-calorie, high-fiber Exercise: none Behavioral: none	1. Placebo 2. Cimetidine 200 mg TID * Cross-over	5 5	1. (29) -5.9 2. (26) -5.7 <u>2vs1</u> 0.2 (-1.1, 1.5)	<u>WHR</u> 1. (30) 0.88 (0.9, 0.9) 2. (30) 0.9 (0.9, 0.9)	<u>WHR</u> 1. (29) 0.87 (0.8, 0.9) 2. (26) 0.87 (0.8, 0.9) <u>2vs1</u> -0.02 (-0.07, 0.03)	Nausea/abdominal pain more frequent with cimetidine (no statistics done)
Mathus-Vliegen 391	Randomization: unclear Blinded patients: yes providers: yes outcome: yes Mean age: 36.5 Mean weight: 109 Female/Total: 35/42	>120% IBW	Diet: 1000 kcal less Exercise: none Behavioral: none	1. Placebo 2. Dexfenfluramine 15 mg BID	3 (17%) 4 (24%)	(18) -8.63 (17) -12.84 <u>2vs1</u> -4.21 (-13, 4.8)	<u>WHR</u> 1. (18) 0.97 (0.9, 1.0) 2. (17) 0.98 (0.9, 1.0)	<u>WHR</u> 1. (18) 0.92 (0.9, 1.0) 2. (17) 0.92 (0.9, 1.0) <u>2vs1</u> -0.01 (-0.06, 0.04)	
O'Connor 392	Randomization: unclear Blinded patients: yes providers: yes outcome: yes Mean age: 40.2 Mean weight: 96.4 Female/Total: 31/51	BMI 30-40 (kg/m ²)	Diet: 1200 to 1500 kcal/d Exercise: none Behavioral: none	1. Placebo 2. Dexfenfluramine 15 mg BID	4 (17%) 3 (11%)	(24) -4.9 (27) - 9.7 <u>2vs1</u> -4.80 (-6.87, -2.73)	<u>WHR</u> 1. (24) 0.94 (0.9, 1.0) 2. (27) 0.88 (0.4, 1.3)	<u>WHR</u> 1. (24) 0.02 (0.0, 0.0) 2. (27) 0.03 (0.0, 0.1) <u>2vs1</u> 0.01 (-0.03, 0.05)	Diarrhea, ↓appetite, fatigue, headache more common in dF (NS), significantly more nausea, dry mouth, dizziness with dF
Andersen 506	Randomization: unclear Blinded patients: yes providers: yes outcome: yes Subgroup of INDEX trial Mean age: 29.5 Mean weight: 99.5 Female/Total: 37/42	>120% IBW	Diet: 1250 kcal Exercise: none Behavioral: none	1. Placebo 2. Dexfenfluramine 15mg BID	8 (38%) 4 (19%)	idem as INDEX	<u>Wgt in kg. android</u> 0. (27) -12.0 (1.0, -30.0) <u>Wgt in kg. gynoid</u> 0. (8) -16.2 (-7.7, -22.7)	<u>Waist Circ. android</u> 0. (27) -11.0 (11.0, -24.0) <u>WHR. android</u> 0. (27) -0.03 (0.12, -0.16) <u>Waist circumference, gynoid</u> 0. (8) -9.5 (6.0, -18.0) <u>WHR gynoidobesity</u> 0. (8) -0.03 (0.05, -0.07) No significant difference	

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								between patients with android or gynoid type of obesity	
Swinburn 70050	Randomization: Unclear Blinded Patient: Yes Providers: Yes Outcome: Yes Mean age: 45.7 Mean weight: 97 Female/Total: 57/84	BMI 30-40	Diet: low fat Exercise: no Behavioral: no	1. Placebo 2. Dexfenfluramine 15 mg BID	13/97	<u>Weight in kg</u> 1.(42) -0.3 (-0.4, -0.2) 2.(42) -42.2 (-4.3, 4.0)	<u>WHR</u> 1. (42) 0.91 (0.87, 0.94) 2. (42) 0.91 (0.88, 0.93)	<u>WHR (at end of treatment)</u> 1. (42) -0.01 (-0.01, -0) 2. (42) -0.01 (-0.01, -0) <u>2vs1</u> 0.00	
Marin 698	Randomization: Unclear Blinded patients: no providers: no outcome: no Mean age: 50.8 Mean weight: 95.6 Female/Total: 0/23	BMI >25	Diet: ns Exercise: none Behavioral: none	1. Placebo 2. Testosterone decanoate 80 mg BID	1 (8%) 1 (9%)	(12) -0.2 (11) -1.4 <u>2vs1</u> -1.20 (-8.03, 5.63)	<u>Waist circumference, cm</u> 1. (12) 105.7 (100.2, 111.2) 2. (11) 106.0 (100.2, 111.8) <u>WHR</u> 1. (12) 0.996 (1.0, 1.0) 2. (11) 0.997 (1.0, 1.0)	<u>Waist circumference, cm</u> 1. (12) 105.8 (100.7, 110.9) 2. (11) 105.2 (98.1, 112.3) <u>2vs1</u> -0.90 (-6.61, 4.81) <u>WHR</u> 1. (12) 0.998 (1.0, 1.0) 2. (11) 0.994 (0.9, 1.0) <u>2vs1</u> -0.005 (-0.04, 0.03)	Side effects: a statistically significant enlargement of the prostate was found in the testosterone group. PSA unchanged.
Pfohl 393	Randomization: unclear Blinded patients: yes providers: yes outcome: yes Mean age: 38.5 Mean weight: 96.5 Female/Total: 38/48	>120% IBW	Diet: 1200-1500 Exercise: none Behavioral: none	1. Placebo 2. Dexfenfluramine 15 mg BID	9 (37%) 5 (21%)	1. -9.6 2. -10.9 <u>2vs1</u> -1.3 (-5.2, 2.6) <u>Weight in kg 48 mo</u> 1. (11) -2.1 (-4.8, 0.6) 2. (11) 1.5 (-1.4, 4.4) <u>2vs1</u> 3.6 (0.72, 6.48)	<u>WHR 48 mo</u> 1. (11) -0.04 2. (11) -0.08		
Connacher 696	Randomization: unclear Blinded patients: yes providers: yes outcome: yes Mean age: 42.8 Mean weight: 100.5 Female/Total: 32/40	>120% IBW	Diet: 3.35 Mj/d Exercise: no Behavioral: no	1. Placebo 2. BRL 26830A (beta-adrenoreceptor agonist) start at 200, then 400 mg	none	<u>Weight in kg</u> 1. (16) -10 (95%CI -13.1, -6.9) 2. (16) -15.4 (95%CI -18.9, -11.9)	not given	<u>Skinfolds</u> 1. (16) -26 (95%CI n/a, n/a) 2. (16) -39 (95%CI n/a, n/a)	

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Sax 755	Randomization: unclear Blinded patients: yes providers: yes outcome: yes Mean age: 42 Mean weight: n/a Female/Total: 0/47	>120% IBW	Diet: 1800 Exercise: no Behavioral: no	1. Placebo 2. Yohimbine	6 (29%) 8 (31%)	1. -9.4 2. -8.7 <u>2vs1</u> 0.70 (-16.01, 17.41)	<u>WHR</u> 1. (15) 1.07 (1.0, 1.2) 2. (18) 1.05 (0.9, 1.2)	<u>WHR</u> 1. (15) -0.038 (-0.2, 0.1) 2. (18) -0.032 (-0.1, 0.1) <u>2vs1</u> 0.01 (-0.11, 0.13)	Visceral/subcutaneous ratio <u>Baseline</u> group 1: 1.14, b, 0.52 group 2: 0.97, b, 0.55 <u>EOT</u> group 1: -0.06, b, 0.32 group 2: -0.14, b, 0.29

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