TREATMENT RESISTANT OBESITY IN THE YOUTH – WHAT CAN WE DO ABOUT IT?

THE PROJECT

The prevalence of obesity is particularly pronounced among adolescents who have a very high risk of developing type 2 diabetes and cardiovascular disease in early adulthood, along with stigmatization and psychological problems. Generally, treatment of obesity in adolescents has yielded disappointing results, and at least 25% do not respond to conventional treatment in form of lifestyle changes despite vigorous and controlled efforts. Why 25% of adolescents suffer from treatment-resistant obesity is unknown and cannot be explained by socioeconomic factors or genetic variants. Besides lifestyle changes, treatment with the glucagon-like peptide-1 receptor agonist (GLP-1RA) liraglutide is offered to adults with obesity and results in weight losses of around 10%.

This research project aims at evaluating the efficacy of liraglutide as add on to lifestyle intervention in young adults with early-onset obesity, who have not been able to respond to lifestyle intervention alone. Moreover, we wish to investigate potential biological – and behavioural markers that might differ between treatment-resistant and treatment-responsive individuals in order to identify and initiate appropriate treatment in this particular vulnerable group at an early stage.

THE GROUP

The project takes place at the Clinical Translational Metabolism group, headed by Professor Signe Torekov (https://bmi.ku.dk/english/research/endocrinology-and-metabolism/clinical-translational-metabolism/) in close collaboration with Dr. Jens-Christian Holm at The Children’s Obesity Clinic at Holbaek Hospital. You will work together with a dynamic group consisting of both PhD-students, nurses, lab technicians and doctors.

THE CANDIDATE

We are looking for a motivated and engaged student (bachelor-or master student, or a research year student) within the field of medicine, human physiology, human biology, molecular biomedicine or equivalent for minimum 6 months and preferably a whole year. Your main focus will be on the participants; thus assisting on various procedures at test days (meal tests, blood sampling, fat biopsies etc.) as well as weight consultations during the intervention period.

FOR MORE INFORMATION PLEASE CONTACT:

Post Doc Eva Winning, epwi@sund.ku.dk, telephone: +45-40841896.