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## Swedish program can be effective in treating obesity, says British Medical Journal

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### **An innovative device can help obese people regulate their diet**

The program is built around a computerized device called Mandometer. It focuses on normalising the eating behaviour of obese people while educating them about nutrition and increasing their physical activity.

Researchers at the Swedish academic health centre found that obese people tend to eat more because they do not recognise satiety regardless of the amount of food they ingest.

The Mandometer, developed by researchers Cecilia Bergh and Per Sodersten at the Karolinska Institute in Stockholm, helps the obese patients eat normally and develop satiety by adapting the eating speed of normal-weight individuals.

Mandometer is a portable electronic scale connected to a small computer that can generate a graphic representation of a patient's eating rate during a meal.

The Mandometer method is considered revolutionary because it ignores the standard approaches for treatment of eating disorders and obesity. Instead, it focuses on eating behaviour rather than on psychological issues.

Currently, there are four Mandometer clinics in Sweden, two in Australia and one in San Diego, US.