

NHS to trial the Mandometer® to combat obesity

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The Mandometer® is a device created by two doctors in Sweden which has so far proved effective in the treatment of eating disorders, through prompting a person to know when they are satiated. Now the NHS is to test its effectiveness against obesity.

Britain's National Health Service is to launch trials using the Mandometer® to study how effective it could prove in the treatment of obesity. According to the *Daily Mail*, which describes the Mandometer® device as a talking plate, initial trials will be conducted by Bristol University and will involve 600 patients.

The Mandometer® is an innovative device used for the treatment of eating disorders including anorexia and bulimia. It was developed at the Karolinska Institute in Stockholm, Sweden, by two doctors, Dr. Bergh and Dr. Sodersten. *Gadget Review* describes how the Mandometer® works, saying it "weighs a plate of food at the beginning of a meal, and then tracks the rate at which food leaves the plate. It then gives an audible warning to slow down if it believes you're eating too fast."

It thus encourages a person to eat more slowly and reduce their food intake by recognizing the sensation of fullness earlier through eating slowly. The *Madometer website* describes the scale as showing "the patient's own eating speed and perception of satiety is shown on the screen. The patient then gradually learns to model its disordered pattern of eating to the normal pattern of eating."

Medical News Today reported the Mandometer® was passed by the U.S. Food and Drug Administration in March 2011, for the treatment of patients with eating disorders. Additionally there are Mandometer® clinics in Sweden and Australia.

Randomized clinical trials conducted thus far have demonstrated "that 75 percent of the patients treated with the Mandometer® method recover and 90 percent remain healthy over five years." The cost of the device in the UK is £1,500.



Tony Alter

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Severe obesity can cause someone to stand out in a crowd, as well as stand out to many medical researchers, who have linked being overweight to living with a much greater risk of developing diverse diseases, including breast cancer, heart disease and stroke.