

The effects of regular advice-messages via to internet with cell phone on diet using formula diet supplements.

¹Graduate School of Medicine, Study of Medical System Management, Nagoya University ²Clinical Pharmacy, Department of Pharmacy, Kinjo Gakuin University ³Information Culture, Kinjo Gakuin University
Hiroshi Gohma¹,Mika Asano²,Yuko Aoyama¹,Rina Fujii²,Konatsu Hayashi²,Chihiro inoue²,Tomomi Kawanishi²,Katsuo Amioka²,Makoto Nakao²,Sin-ichi Sugiura¹

Since WHO has proposed the criteria of metabolic syndrome in 1998, obesity is focused as a risk factor of life-style related diseases. In the result, many formula diet supplements which aimed weight loss have been market in the world. Although the formula diet supplements have nutritional availability, some users fail to loss their weight due to their lack of knowledge, or gain weight due to the rebound phenomenon. Therefore it is thought that the formula diet supplements are not effective to weight loss, despite their price. However we propose that the users might be able to be loss their weight by giving advice-messages regularly. In this study, we evaluated whether the regular advice-messages via to internet with cell phone were effective to the subjects who intake formula diet supplements. A total 20 subjects with BMI more than 23 were recruited. They were divided into two groups by an advice group or no advice group. Each group received formula diet supplements for 12weeks, and was provided consecutive 12 weeks as follow up. The advice group was provided an advice-messages everyday during trial, while the no advice group was provided nothing during same period. We evaluated weight and BMI as parameter in this study.Each group lost their weight compared to their initial value. No significant difference was indicated between both groups in their weight and BMI. This study was finished the period that each group intake the formula diet supplements. Follow up for 12 weeks is performed at present. We hypothesize that the deference is indicated between both group in their weight and BMI during follow up period. We will report the effect of advice-messages during follow up period in the congress.