

SUMMARY OF KICSTART VLCD RESEARCH PROJECTS SUPPORTED BY PRIMA HEALTH SOLUTIONS

Disease state	University / Hospital Conducting Study	Study Description	Key investigator(s)	Status
Type 2 diabetes, male sexual function and lower urinary tract symptoms , obesity	Department of Medicine and Department of Cardiology, University of Adelaide, Royal Adelaide Hospital.	Effect of a low-energy diet on sexual function and lower urinary tract symptoms in obese men. Utilised KicStart™ VLCD.	Professor Gary Wittert - Department of Medicine, University of Adelaide, Royal Adelaide Hospital, South Australia	COMPLETE: Results published 2010 PUBLICATION: Khoo J, Piantadosi C, Worthley S, Wittert G. Effects of a Low-Energy Diet on Sexual Function and Lower Urinary Tract Symptoms in Obese Men. International Journal of Obesity (2010) 1-8
Type 2 diabetes, obesity	CSIRO (Commonwealth Scientific and Industrial Research Organisation) - Human Nutrition Adelaide, South Australia	Effect of energy restriction and exercise training on vascular endothelial function and oxidative stress in obese subjects with type 2 diabetes. Utilised KicStart™ VLCD.	Dr Grant Brinkworth - Research Scientist CSIRO Health Sciences and Nutrition Dr Peter Clifton - Centre Director CSIRO Health Sciences and Nutrition Dr Manny Noakes - Senior Research Scientist and Stream Leader (Obesity)	COMPLETE: Results published 2008. PUBLICATION: Wycherley TP, Brinkworth GD, Noakes M, Buckley JD, Clifton PM. Effect of Caloric Restriction With and Without Exercise Training on Oxidative Stress and Endothelial Function in Obese Subjects with Type 2 Diabetes. Diabetes, Obesity and Metabolism (2008);10:1062-1073. FINAL RESEARCH REPORT: Prepared for Pharmacy Health Solutions (now named Prima Health Solutions) September 2006
Cardiovascular disease, CV surgery, obesity,	Royal Adelaide Hospital and University of Adelaide.	Impact of a weight management program on the burden of atrial fibrillation: Implications of catheter ablation. Randomised controlled trial, target recruitment 140. Multi-disciplinary weight loss program utilising KicStart™ VLCD	Dr Hany Abed - Cardiac Electrophysiology PhD fellow, Royal Adelaide Hospital and University of Adelaide Professor Prash Sanders - Director of Cardiac Electrophysiology, Royal Adelaide Hospital. Knapman Chair Professor Gary Wittert - Professor of Medicine. Head of School of Medicine University of Adelaide. Senior Consulting Endocrinologist, Royal Adelaide Hospital.	ONGOING: Australian New Zealand Clinical Trials Registry number: ACTRN12610000497000. Recruitment due to finish within 2 months. follow-up until mid 2011
CV risk factors and cardiac function, obesity	Royal Adelaide Hospital and University of Adelaide.	Effects of obesity and diet induced weight loss on cardiovascular risk factors, vascular and cardiac function in obese men. Multi-disciplinary weight loss program utilising KicStart™ VLCD	Professor Stephen Worthley - Helpman Chair of Cardiovascular Medicine, University of Adelaide Professor Gary Wittert - Professor of Medicine. Head of School of Medicine University of Adelaide. Senior Consulting Endocrinologist, Royal Adelaide Hospital.	COMPLETE: 3 papers for publication currently being finalised. Interim results presented as posters at the American College of Cardiologists 2007 and European Society of Cardiology 2007..

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Infertility, obesity, pre-IVF	Royal Prince Alfred Hospital	Randomised controlled trial aimed at demonstrating the effect on pregnancy rates of a prior weight loss program for obese women undertaking IVF treatment (utilising KicStart™ VLCD and TEMplate)	Prof Ian Caterson (Boden Professor of Human Nutrition at the University of Sydney, and director of the Institute of Obesity, Nutrition and Exercise) Kyra Sim - University of Sydney PhD candidate Dr Gabrielle Dezarnaulds - Fertility Specialist Dr Mark Bowman - Medical Director of Sydney IVF	ONGOING: 49 subjects completed (22 control and 27 study), 12 month follow-up data due by the end of February 2011.
Sleep apnoea	Respiratory Medicine Unit, Queen Elizabeth Hospital CSIRO Health Sciences and Nutrition, Adelaide Respiratory Medicine Unit, Royal Adelaide Hospital	Comparison of weight loss and continuous positive airway pressure (CPAP) on symptoms of obstructive sleep apnoea. (utilising KicStart™ VLCD)	Dr Manny Noakes - senior research dietitian and research scientist at CSIRO Sean Homan - respiratory & sleep technician, QE Hosp Dr Anne Marie Southcott - President of the Sleep Disorders Association of South Australia	ONGOING: interim results presented at the Australasian Sleep Association meeting 2008
Sleep apnoea	Flinders Human Behaviour and Health Research Unit	Piloting the Flinders Program for chronic condition management in Obstructive Sleep Apnoea (one arm utilising full Healthy Weight For Life program)	Prof Malcolm Battersby - Director Flinders Human Behaviour and Health Research Unit Dr Nick Antic - Adelaide Institute For Sleep Health, Repatriation General Hospital	ONGOING: Initial pilot commenced Q2 2010
Knee osteoarthritis	Sydney University	The PROACTIVE Study: Proactive management of obesity among people with knee osteoarthritis: a randomised trial of best practice weight loss and exercise to decrease pain and disease progression. (treatment arm utilising full Healthy Weight For Life program)	Dr Marlene Fransen - Associate Professor Physiotherapy Faculty of Health Sciences Clinical and Rehabilitation Sciences Research Group The University of Sydney Dr Alison Harmer - Clinical and Rehabilitation Sciences Research Group. Physiotherapy Faculty of Health Sciences, The University of Sydney	PENDING - NHMRC submission made