

## Part 1 B-Roll Interview Transcript

### Rexford Newbould, GlaxoSmithKline Study Investigator and Scientist at the Clinical Imaging Centre in Hammersmith Hospital, UK

00:21

Visceral fat is one of the most dangerous fats, however, any time when which you are losing weight, in which you are actually losing fat, visceral fat will be one the first to be gotten rid of. So, diet, exercise, as well as any types of diet modification that you can do, such as taking **alli**, will directly reduce the amount of visceral fat which you have.

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Visceral fat is directly associated with cardiovascular problems, with heart problems, with stroke and with diabetes. Interestingly, other fat compartments, such as fat that's under your skin, is not associated with an increased risk of heart attacks and strokes and diabetes.

01:04

This three-month study of **alli** was conducted at the clinical imaging centre in London in collaboration with Imperial College London. Although we've previously shown weight loss with **alli**, we didn't know where the weight loss was coming, so one can imagine perhaps one was losing a lot of water weight, so what we wanted to show with this study was that the weight loss associated with **alli** is in fact a direct loss of body fat.

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We told volunteers to follow a three-month, low fat, reduced calorie diet while taking **alli**. We performed MRI based fat measures both before and after this three-month period to look at differences in the amount of fat they had.

01:45

When you eat and you take in a certain amount of fat, by also taking **alli** at the same time, you block your ability to take up some of that fat. It's been shown that if you diet with **alli** you'll actually lose 50 per cent more weight than if you were simply dieting without the benefit of **alli**.

02:04

So what we did expect to see some fat loss with **alli** and diet, the results actually exceeded all of our expectations. The biggest results from this study were simply in the sheer amount of weight loss that occurred over the three months with diet plus **alli**. So the average subject lost 10 per cent of their visceral fat, 5 per cent of their total body weight, as well as 5 cm from their waist circumference. We know now that the weight reduction when taking **alli**, in association with diet, is directly attributable to a fat loss. So we know that when you are dieting with **alli** you are truly losing fat.

**Paul Matthews, Vice President for Imaging and Head of the GlaxoSmithKline Clinical Imaging Centre**

02:51

Obesity has become a disease and it's a disease that we must treat. To treat it we need to recognise it. Obesity is a problem because it is a marker for visceral fat, visceral fat that leads to diabetes and cardiovascular complications.

03:11

Visceral fat is the hidden fat, the fat that is around the internal organs of the body. Visceral fat is bad because it predisposes to type 2 – adult onset – diabetes and heart disease and stroke.

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Visceral fat in excess leads to type 2, or adult onset, diabetes and to cardiovascular disease, heart disease and stroke. If we reduce visceral fat, the amount of visceral fat, we believe that we can substantially reduce the risks of these diseases.

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The best index of visceral fat content actually is just the waistline measurement, measured roughly through the belly button. If you're a man and you have a waistline that is greater than about 40 inches, you're likely to have significant visceral fat, similarly for a woman having a waistline of greater than about 35 inches is a warning sign.

04:11

The important thing is the amount of visceral fat that you have is reversible – healthy diet, active lifestyle supplemented, perhaps by **alli**, these have been shown to reduce visceral fat.

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The study that we did here at the GSK clinical imaging centre, using **alli** in conjunction with diet, was an enormous success. We brought in people who were overweight and eager to lose some weight, we motivated them with images of fat in their body and I think we found enormous levels of satisfaction with what they had accomplished. Subjects lost on average about 10 per cent of their visceral fat stores over a period as short as three months using **alli** in conjunction with appropriate diet.

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The people who joined in on the study, who came in overweight, eager to lose body mass, were incredibly excited to be part of the programme. When they saw the MRI pictures that had been taken showing the fat in their body, they really were motivated to go on good diet in conjunction with the **alli**.

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MRI is a great tool for studying visceral fat. We can make very precise maps of where it is in the body and how much people carry. Well, visceral fat has been very difficult to measure precisely. The most sensitive way of measuring visceral fat is using magnetic resonance imaging. A magnetic resonance image tells us the composition and distribution of all of the soft tissues of the body. A five minute MRI scan, from toe to head, can give us a map of where visceral fat is, where subcutaneous fat is, the fat just under the skin and where the other tissues are. We can make precise measurements of exactly how much is there.

06:09

The MRI scans that we used in the study with **alli** that we performed here at the GSK clinical imaging centre, simply aren't going to be available to everyone, but what people can think about, is the relationship that we've drawn between being overweight – having a high BMI – and having excess visceral fat – bad fat. If you think you're overweight and you therefore may have excess visceral fat, you should consider going on an appropriate diet, possibly using **alli**, and adopting a healthy lifestyle.