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Changes of body weight and body composition in obese patients with Prader–Willi syndrome at 3 and 6 years of follow-up: a retrospective cohort study

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Few short-term studies of weight loss have been performed in adult patients with Prader-Willi syndrome (PWS) undergoing metabolic rehabilitation. We performed a retrospective cohort study of 45 adult obese PWS patients undergoing a long-term multidisciplinary metabolic rehabilitation program based on diet and physical activity. Body composition was evaluated by dual-energy X-ray absorptiometry in 36 (80%) patients. The mean (95% CI) weight change was -3.6 (-7.6 to 0.4, $p = 0.08$) kg at 3 years and -4.6 (-8.5 to -0.8, $p = 0.02$) kg at 6 years, and that of BMI was -1.7 (-3.4 to 0.1, $p = 0.06$) kg/m² at 3 years and -2.1 (-3.8 to -0.4, $p = 0.02$) kg/m² at 6 years. A decrease of about 2% in fat mass per unit of body mass was observed, which is in line with the expectations for moderate weight loss. A possibly clinically relevant decrease in total and low-density lipoprotein cholesterol was also observed. These long-term results are important for patients with PWS, which is characterized by severe hyperphagia, behavioral disturbances, and cognitive impairment and is generally considered “resistant” to classical weight loss interventions.

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