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and 2 liter drink

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Researchers identify a new hormone that curbs hunger

By Stephanie Nano
THE ASSOCIATED PRESS

Giving overweight people an extra dose of a hormone that tells the brain when to stop eating appears to curb their appetites by nearly a third, pointing to a potential new treatment for obesity.

The researchers at Imperial College London had previously shown that the hormone could suppress the appetites of lean people. But they worried it would not work in obese people because studies of another appetite-suppressing hormone, leptin, had proved disappointing.

Hormone curbs appetite by 30 percent

In a recent study, both lean and obese people consumed 30 percent fewer calories at a buffet lunch after being injected with the curbing hormone PYY3-36.

Placebo
Hormone injected

30% less with hormone

SOURCE: New England Journal of Medicine

"We had to do a second trial to see if obese people were as sensitive to the hormone," said researcher Dr. Stephen R. Bloom. The answer: "Yes, they are. They're just as sensitive as thin people."

In the small study, obese and lean people ate about 30 percent less from a buffet lunch after they were given a dose of the hormone, PYY3-36, to trick the brain into thinking they had already eaten. The research also showed lower natural levels of PYY in the obese, which may explain why they are hungrier and overeat, Bloom said.

The findings are published in Thursday's New England Journal of Medicine.

Bloom said long-term use of the hormone would have to be studied before it could be developed into a treatment for obesity that would consist of injections given before meals.

"We haven't yet shown you get actual weight reduction. We've only shown you eat less," Bloom said.

unlikely that PYY alone will turn out to be a "magic bullet" against obesity, but it may be useful in combination with other drugs. He said the body has backup systems that kick in to curb the loss of body fat — the reason so many people who lose weight gain it back.

"We can't fool Mother Nature yet," he said.

Currently, there are only a few prescription weight-control drugs, and they produce only modest weight loss. They work by suppressing appetite through a brain chemical or by blocking fat from being absorbed.

The British researchers recruited 24 people, obese and 12 lean. Their food consumption was monitored twice, once after an intravenous dose of synthetic PYY and once after getting a less saline solution. Two hours later, they were given a large buffet lunch.

After the PYY dose, the obese ate 30 percent fewer calories than they did after the dummy solution. The lean people ate 31 percent less. PYY continued to curb their appetites for hours, with the obese eating 26 percent less than the lean eating about 34 percent less, based on food diaries they kept.

The PYY did not affect food consumption from 12 hours to 24 hours after the infusion.

Without the extra dose, PYY levels were low in the obese participants than in the lean, but researchers said it is not known whether that is a cause of obesity or a consequence.

"If it's a consequence of obesity, it may explain why once people become overweight, it's very difficult for them to reverse it," Bloom said.

Dr. Rudolph L. Leibel, an obesity researcher at Columbia University in New York, said it is

The findings could also point to a more natural treatment for obesity: Bloom said a high-fiber diet is believed to boost the body's production of PYY.

The PYY hormone, one of a number of hormones that stimulate or suppress hunger, is released by the gut as you eat. It tells the part of the brain that controls appetite when you are full.

Sixty percent of Americans are obese or overweight, and obesity contributes to about 300,000 deaths a year, according to government estimates.

The research is "a hopeful step in the right direction," said obesity researcher Dr. David E. Cummings of the University of Washington in Seattle. "But there's a fairly large difference between reducing food intake for one meal and actual weight loss."

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Denholm there were children in SUV along None of the restrained, he "When we board up off the infant on the said. "You have (mph) and a (mph), which is a brick wall."

A police officer Reginald Old driving on 290 and to get Mayes to the crash occur

NEWS IN BRIEF

Appeals court halts new FCC guidelines

PHILADELPHIA (AP) — A federal appeals court Wednesday issued an emergency stay delaying new Federal Communications Commission rules that would allow a single company to own newspapers and broadcast outlets in the same city.

The 3rd U.S. Circuit Court of Appeals said the community-radio advocates who sued would suffer irreparable harm if the new rules were allowed to go into effect as scheduled Thursday.

The new media ownership rules, which the FCC approved in June on a party-line, 3-2 vote, also would allow a single company to own TV stations reaching 45 percent of the nation's viewers.

Smaller broadcasters and network affiliates are concerned the new rules will allow the networks to gobble up more stations and limit local control of programming. Supporters say the changes will help broadcasters compete in a market changed by cable television, satellite broadcasts and the Internet.

The House, over the objections of the Bush administration, voted overwhelmingly in July to block the FCC rules. The Senate plans to take up the issue next week.

The rules were challenged in court by the Promethean Radio Project, a Philadelphia-based coalition of media access groups that campaigns for greater radio access and helps groups seeking to establish independent power radio stations.

"Given the magnitude of the matter and the public's interest in reaching the proposed resolution, a stay is warranted pending thorough and efficient judicial review," a three-judge panel of the appeals court wrote in its brief opinion. The judges did not comment on the merits of the complaint.

STATE
THE BATTALION
SUV
HOUSTON people died and badly injured way driver sport-utility vehicle west of Houston.

The happened night on Highway 290 Mueschke about 10 p.m.

"We may have seven or eight this thing we've got so kids involved, Harris C Sheriff's Lt. Denholm.

Denholm there were children in SUV along None of the restrained, he "When we board up off the infant on the said. "You have (mph) and a (mph), which is a brick wall."

A police officer Reginald Old driving on 290 and to get Mayes to the crash occur

Mother
HOUSTON four counts of children in a h The children police found took them in Wednesday Their mother Tuesday even The landlady told police Inside the u a 1 1/2-year-old bedroom when vent them from