Food as a drug

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Obesity is a preventable major risk factor for the development of
- type 2 diabetes,
- cardiovascular disease and
- several types of cancer
Background

• Changes in central nervous system (CNS) reward and satiety in obese individuals resemble changes in patients with addiction

Volkow ND et al. *Obesity Reviews* 14:2-18, 2013

• Changes in central nervous system (CNS) reward and satiety responses to food predict future weight changes
Influences on CNS responses and food intake

**Previous projects**
- Insulin
- GLP-1 (RA)
- Bariatric surgery
- Genetic vs environmental factors

**Current projects**
- Microbiota
- Acetate
- SGLT2 inhibitors

**Future**
- More insight into the pathophysiology
- New (combinations) of interventions