

Researchers at NZ,UK bring world-first weight loss device

29 June 2021 | News

DentalSlim Diet Control is an intra-oral device fitted by a dental professional to the upper and lower back teeth

University of Otago in New Zealand and UK researchers have developed a world-first weight-loss device to help fight the global obesity epidemic.

DentalSlim Diet Control is an intra-oral device fitted by a dental professional to the upper and lower back teeth. It uses magnetic devices with unique custom-manufactured locking bolts. It allows the wearer to open their mouths only about 2mm, restricting them to a liquid diet, but it allows free speech and doesn't restrict breathing.

Lead researcher, University of Otago Health Sciences Pro-Vice-Chancellor Professor Paul Brunton says the device will be an effective, safe, and affordable tool for people battling obesity. It is fitted by a dentist, can be released by the user in the case of an emergency and can be repeatedly fitted and removed.

"The main barrier for people for successful weight loss is compliance and this helps them establish new habits, allowing them to comply with a low-calorie diet for a period of time. It really kick-starts the process," Professor Brunton says.

The tool could be particularly helpful for those having to lose weight before they can undergo surgery, and for diabetes patients for whom weight loss could initiate remission.

While bariatric surgery plays a major role in the management of morbid obesity, it cannot be relied upon to manage this "global epidemic". It costs about \$24,000 and patients "live with the consequences of that for life, which can be quite unpleasant".