

Water for weight loss

Congratulations to Danielle Perry and Dr Karenn Chan for their practical article in the July 2022 issue of *Canadian Family Physician* that presented current evidence¹ of an association between increased water intake and change in body weight and composition in individuals who were overweight or obese.² The article includes valuable and practical information for primary care physicians, but I would like to add a current randomized controlled trial to the evidence on the topic of water for weight loss.

Sedaghat and colleagues evaluated the effects of water intake before meals in 40 patients with type 2 diabetes mellitus who were overweight.³ The intervention group drank 250 to 500 mL of water 30 minutes before each main meal for 8 weeks. Compared with the non-pre-meal water group, there were statistically significant reductions in energy intake (-174 kcal), fat intake (-21 g), body weight (-1.35 kg), body mass index (-1.28 kg/m²), waist circumference (-3.0 cm), and serum levels of fasting blood glucose (-32.6 mg/dL or -1.81 mmol/L), low-density lipoprotein cholesterol (-13.37 mg/dL or -0.35 mmol/L), and copeptin (-2.7 pmol/L). And it is also documented in both children and adults that elevated copeptin levels (the C-terminal component of arginine vasopressin) are statistically significantly associated with high body mass index and waist circumference.^{4,5}

More water equals less hunger: in my practical work as a nutrition scientist, over the past 25 years my patients who were overweight and obese have confirmed this intervention step, which is easy to implement, with the following words: "Drinking more water before every meal accelerates the feeling of satiety," "You will not have any more sudden, ravenous cravings because of the 2 glasses of water you drank before eating," "The best tip for long-term weight management is to drink more water before eating," or "If there is already a lot of water in the stomach, less food fits in."

—Martin Hofmeister PhD
Munich, Germany

Competing interests

None declared

References

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Correction

In the article "Quality indicator framework for primary care of patients with dementia,"¹ which appeared in the September issue of *Canadian Family Physician*, an author was omitted. The correct byline, affiliations, and contribution statement are below:

Nadia Sourial PhD Claire Godard-Sebillotte MD PhD
Susan E. Bronskill PhD Geneviève Arsenaault-Lapierre PhD
Georgia Hacker MSc Isabelle Vedel MD MPH PhD

Dr Nadia Sourial is Assistant Professor in the Department of Management, Evaluation and Health Policy at the School of Public Health at the University of Montréal in Quebec. Dr Claire Godard-Sebillotte is Assistant Professor in the Division of Geriatric Medicine at McGill University in Montréal. Dr Susan E. Bronskill is Scientist in the Institute of Health Policy, Management and Evaluation in the Dalla Lana School of Public Health at the University of Toronto in Ontario. Dr Geneviève Arsenaault-Lapierre is Senior Research Associate in the Lady Davis Institute for Medical Research at the Jewish General Hospital in Montréal. Georgia Hacker is a research assistant and Dr Isabelle Vedel is Associate Professor, both in the Department of Family Medicine at McGill University.

Contributors

Dr Nadia Sourial made substantial contributions to the conception and design of the study; analysis and interpretation of data; and the drafting, revision, and final approval of the manuscript. Dr Claire Godard-Sebillotte contributed to the conception and design of the study; interpretation of data; and drafting, revision, and final approval of the manuscript. Dr Susan E. Bronskill contributed to the interpretation of data and revision and final approval of the manuscript. Dr Geneviève Arsenaault-Lapierre contributed to the interpretation of data and revision and final approval of the manuscript. Georgia Hacker made substantial contributions to the interpretation of data and the revision and final approval of the manuscript. Dr Isabelle Vedel contributed to the conception and design of the study; interpretation of data; and drafting, revision, and final approval of the manuscript.

The online version has been corrected.

Reference

1. Sourial N, Godard-Sebillotte C, Bronskill SE, Arsenaault-Lapierre G, Hacker G, Vedel I. Quality indicator framework for primary care of patients with dementia. *Can Fam Physician* 2022;68:e270-8. Available from: <https://www.cfp.ca/content/cfp/68/9/e270.full.pdf>. Accessed 2022 Oct 14.

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