

## Health Care Center

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### General Summary

#### *Shimbashi Medical Checkup Office*

The Japan Society for the Study of Obesity announced the “Kobe Declaration 2006”. This “San-san campaign” promoted 3-kg weight reductions or  $\geq 3$  cm waist reductions to treat metabolic syndrome. In persons with  $\geq 3$ -kg weight reduction or  $\geq 3$ -cm waist reduction, we examined improvements in high blood pressure, dyslipidemia, and glucose intolerance for 1 year.

### Research Activities

#### *Shimbashi Medical Checkup Office*

In persons with  $\geq 3$ -kg weight reduction or  $\geq 3$ -cm waist reduction ( $n=2,227$ ), we examined improvements in high blood pressure, dyslipidemia, and elevated plasma glucose levels for 1 year.

1. High blood pressure: Subjects were divided into 4 groups according to systolic blood pressures (SBPs) before weight loss: those with SBPs 130 to 139 mm Hg, 140 to 149 mm Hg, 150 to 159 mm Hg, and  $\geq 160$  mm Hg. Subjects were divided into 3 groups according to the amount of weight loss:  $< 0$  kg, 0 to 3 kg, and  $\geq 3$  kg. Reductions in SBP were significantly correlated with reductions in body weight. Among subjects with a systolic blood pressure of 130 to 159 mm Hg before weight loss, 51% achieved a reduction in SBP to  $< 130$  mm Hg through a weight reduction of  $\geq 3$  kg. In addition, among subjects with a diastolic blood pressure of 85 to 94 mm Hg before weight loss, 67% achieved a reduction in diastolic blood pressure to  $\leq 84$  mm Hg.
2. Dyslipidemia: In addition to the above classification of weight change, 58% of subjects with baseline triglyceride levels of 150 to 399 mg/dL achieved reductions to  $< 150$  mg/dL through a weight reduction of  $\geq 3$  kg. Furthermore, 41% of subjects with a baseline level of high-density lipoprotein cholesterol of 30 to 39 mg/dL achieved an increase to  $\geq 40$  mg/dL.
3. Glucose intolerance: Among subjects with a baseline fasting plasma glucose level of 110 to 125 mg/dL, 45% achieved reductions to  $< 110$  mg/dL. Compared with changes in waist circumference, body weight correlated well with data improvements. The San-san campaign was easy to remember and useful for treating metabolic syndrome. At the Harumi Toriton Clinic Medical Check-up office, a new clinical analysis has been started regarding the etiology on metabolic syndrome using serum concentrations of insulin and C-reactive protein.

## Publications

**Oikawa, T, Kamiya A, Kakinuma S, Zeniya M, Nishinakamura R, Tajiri H, Nakauchi H.** Sall4 regulates cell fate decision in fetal hepatic stem/progenitor cells. *Gastroenterology* 2009; **136**: 1000-11.

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**Iwasaki S, Ohira H, Nishiguchi S, Zeniya M,**

**Kaneko S, Onji M, Ishibashi H, Sakaida I, Kuriyama S, Ichida T, Onishi S, Toda G.** The efficacy of ursodeoxycholic acid and bezafibrate combination therapy for primary biliary cirrhosis: a prospective, multicenter study. *Hepatol Res* 2008; **38**: 557-64.

**Hennes EM, Zeniya M, Czaja AJ, Pares A, Dalekos GN, Krawitt EL, Bittencourt PL, Porta G, Boberg KM, Hofer H, Bianchi FB, Shibata M, Schramm C, Eisenmann de Torres B, Galle PR, McFarlane I, Dienes HP, Lohse AW.** Simplified criteria for the diagnosis of autoimmune hepatitis. *Hepatology* 2008; **48**: 169-76.