

Press release

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RKZ examining telemonitoring obese patients

Surgeons of the obesity clinic at Rode Kruis Hospital starting July 1 a study on the effect of remote monitoring. Twenty obese persons who are eligible for surgery, get a special digital internet scale at home. The internet scale is connected to your own computer and displays your weight and BMI on a secure web page.

The process starts before surgery and continues one year. The intention is that patients weigh themselves at least once a week. Rode Kruis Hospital' surgeons can use the web to see how the patient is doing and give them tips and advice if necessary.

Support before and after

The study has to show whether this approach adds some value to the entire process for obese patients. That includes not only surgery but also a good support before and after. For these and aftercare efforts RKZ is already working with the Dutch Obesity Clinic, which includes psychosocial assist in changing lifestyle. This process increases the chances of permanent weight loss significantly.

Inotive Solutions

For this research, the Rode Kruis Hospital cooperates with Inotive Solutions BV (Eindhoven). This company manages the Youw8 digital platform, specializes in weight control via the Internet scale. More than 15,000 people make use of this product.

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