

# Elderly Chew Up Calories Playing on the Wii

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FROM THE ANNUAL MEETING OF THE  
AMERICAN COLLEGE OF SPORTS MEDICINE

BALTIMORE — The Wii video-game system helped seniors burn calories and become more active in a pilot study of 24 adults aged 66-78 years.

Group members burned 17-176 kcal during 30-minute games of Wii baseball, tennis, or team or individual bowling,

Elizabeth Orsega-Smith, Ph.D., reported in a poster at the meeting.

The participants were enrolled at senior centers in Delaware. They were mostly women (87%) with an average age of 72 years. Participants were independent, community dwelling, and healthy but overweight—their mean body mass index was 32.67 kg/m<sup>2</sup>.

The participants wore accelerometers on their wrists during the games, and the

researchers calculated caloric expenditure from the readings. Caloric expenditure ranged from 22 kcal to 114 kcal for baseball, 17 kcal to 72 kcal for tennis, 18 kcal to 89 kcal for team bowling, and 20 kcal to 176 kcal for individual bowling.

Wii games may be an easy option for senior centers and care facilities trying to get older adults to become more active. “The seniors were able to pick up the game pretty rapidly. They didn’t really

have much difficulty in grasping the concept of using the controller,” she said. The researchers are analyzing other measures of physical activity and general well-being that were collected during a Wii bowling tournament, said Dr. Orsega-Smith, an associate professor in the department of health, nutrition, and exercise sciences at the University of Delaware, Newark.

Dr. Orsega-Smith said she had no relevant financial conflicts of interest. ■

## Important Safety Information

- **Use with Medications Known to Cause Hypoglycemia:** Insulin secretagogues, such as sulfonylureas, cause hypoglycemia. Therefore, a lower dose of the insulin secretagogue may be required to reduce the risk of hypoglycemia when used in combination with ONGLYZA
- **Macrovascular Outcomes:** There have been no clinical studies establishing conclusive evidence of macrovascular risk reduction with ONGLYZA or any other antidiabetic drug
- **Most common adverse reactions** (regardless of investigator assessment of causality) reported in ≥5% of patients treated with ONGLYZA and more commonly than in patients treated with control were upper respiratory tract infection (7.7%, 7.6%), headache (7.5%, 5.2%), nasopharyngitis (6.9%, 4.0%) and urinary tract infection (6.8%, 6.1%)
- When used as add-on combination therapy with a thiazolidinedione, the incidence of peripheral edema for ONGLYZA 2.5 mg, 5 mg, and placebo was 3.1%, 8.1% and 4.3%, respectively
- **Laboratory Tests:** There was a dose-related mean decrease in absolute lymphocyte count observed with ONGLYZA

**Drug Interactions:** Because ketoconazole, a strong CYP3A4/5 inhibitor, increased saxagliptin exposure, the dose of ONGLYZA should be limited to 2.5 mg when coadministered with a strong CYP3A4/5 inhibitor (e.g., atazanavir, clarithromycin, indinavir, itraconazole, ketoconazole, nefazodone, nelfinavir, ritonavir, saquinavir, and telithromycin).

**Patients with Renal Impairment:** The dose of ONGLYZA is 2.5 mg once daily for patients with moderate or severe renal impairment, or with end-stage renal disease requiring hemodialysis (creatinine clearance [CrCl] ≤50 mL/min). ONGLYZA should be administered following hemodialysis. ONGLYZA has not been studied in patients undergoing peritoneal dialysis. Assessment of renal function is recommended prior to initiation of ONGLYZA and periodically thereafter.

**Pregnant and Nursing Women:** There are no adequate and well-controlled studies in pregnant women. ONGLYZA, like other antidiabetic medications, should be used during pregnancy only if clearly needed. It is not known whether saxagliptin is secreted in human milk. Because many drugs are secreted in human milk, caution should be exercised when ONGLYZA is administered to a nursing woman.

**Pediatric Patients:** Safety and effectiveness of ONGLYZA in pediatric patients have not been established.

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Please read the adjacent Brief Summary of the Product Information.



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