

proper feeding habits of infants, rather than trying to treat adults with drugs, because they overeat.

Now, I would agree that there are many other emotional and psychological reasons for overeating, that may occur later on, but it is true there are a large number of obese adults that have their origin in infancy. In fact, I have just seen an article in the New England Journal of Medicine which was published this summer, from Rochester, N.Y., which has examined this point. This article which is entitled "Childhood Antecedents of Adult Obesity," with a subtitle, do chubby infants become obese adults. The authors state and prove in their summary of children whose records were available in the Rochester area, 15 to 20 years after they were seen by their pediatrician, that the antecedents do begin in their infancy.

If you are overweight as a young infant, chances are very great that you will be overweight as an adult.

Thank you.

Senator NELSON. Thank you very much.

I would like to ask the panel a question, the 1962 law, known as the Kefauver amendments requires substantial evidence of effectiveness, based upon well-controlled scientific studies by qualified investigators. I think that is a fair paraphrase of the provision in the statute. I would like to hear your opinion on the following question: Based upon the knowledge we now have, and the understanding in the statute as to substantial evidence of effectiveness based upon well-controlled scientific studies by qualified investigators, would these amphetamines and amphetamine-related drugs meet the efficacy standard of the statute, to be admitted into the marketplace as a prescription drug for antiobesity treatment?

Well, Mr. Gordon reminds me that the other aspect of the law is safety, but given the law as to safety and as to efficacy, I would like an opinion from each of you as to whether you believe that they are now qualified to be admitted under the law to be used for the purpose of treatment of obesity?

Dr. YAFFE. I would like to give a qualified answer if I may.

I think there is some evidence of children, in that in the short term, I am now talking of several weeks, amphetamines are effective as antiobesity agents, but after 1 month the effect decreases markedly, and unless the dose is increased significantly, which is not a good idea, because of the risk for side effects and abuse, then there will be little efficacy.

Certainly there is not any substantial evidence of efficacy, certainly not in the way in which these drugs are used, on a chronic basis, there is no substantial evidence of efficacy, and the safety of course as Mr. Gordon mentioned, and as we have heard would hardly recommend these drugs for use in prescriptions.

Senator NELSON. You would say it is hardly recommended for what?

Dr. YAFFE. I would hardly be induced to use these drugs for obesity because of their overriding toxicity.

Senator NELSON. Dr. Grinspoon?

Dr. GRINSPOON. Senator Nelson, I believe that this whole class of drugs would not pass the test of efficacy for the treatment of obesity, and that they would not be considered drugs which do not impose