



Cecilia Bergh and Per Södersten awarded Royal Patriotic Society medal

Cecilia Bergh and Per Södersten have been awarded the Royal Patriotic Society medal for their services to research. After many years' research into eating behaviour and satiation at Karolinska Institutet, the pair founded the Mando Group that successfully treats and cures eating disorders.

Photo: Fredrik Sederholm.

The medal were presented by Helene Hellmark Knutsson, Minister for Higher Education and Research.

"It is a great honour to present this medal. It is crucial that we convert the findings and knowledge that flows from this research into clinical

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research and treatments that take healthcare forward, and can meet the challenges that we have here,” says Hellmark Knutsson.

Some 70 specially invited guests attended the award ceremony, during which several guests held impromptu speeches addressing the medal winners. Speakers included Professor Maria Eriksdotter, head of the Department of Neurobiology, Healthcare & Society.



Some 70 guests gathered to honour Mando founders Cecilia Bergh and Per Södersten as they received their Royal Patriotic Society medal.

“The entire institution is proud and delighted for you. It’s highly unusual to successfully take basic research from the idea stage all the way to patent and treatment methods in such a short space of time.”

Mando clinic patients and their relatives were also present – read separate article on their experiences.

Ninety per cent healthy five years after treatment

Mando Group AB was started by Bergh and Södersten following many years’ research into eating behaviours and satiation at Karolinska Institutet. Treatment at Mandometer and Mandolean clinics are evidence-based and built on research published in scientific and medical journals. Seventy-five per cent of patients are symptom-free, and 90 per cent of these stay healthy five years after treatment.

“The greatest reward is to be able to give a clean bill of health to patients, but it’s also fantastic to receive a medal. This will help us to promote the treatment in Sweden and the rest of the world and help more



Helene Hellmark Knutsson, Minister for Higher Education and Research, attended the medal ceremony at Flemingsberg Science.

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people with eating disorders and obesity," says Bergh.

Inspiration för the National Innovation Council

Hellmark Knutsson and Swedish prime minister Stefan Löfven visited Mando in Flemingsberg in 2014 to develop co-operation between private companies, healthcare and research.

"The visit provided an important inspiration ahead of the launch of the National Innovation Council. It's precisely this co-operation that you find here, on these premises, between private enterprise, high-quality research and healthcare with access to patients that creates new innovation-led success," says Hellmark Knutsson.

Following the presentations, Flemingsberg Science hosted a mingel for guests.

Mando Group

Mando Group AB was established by medical doctor Cecilia Bergh and Professor Per Södersten, after many years' research into eating behaviour and satiation at the division of Applied Neuroendocrinology at Karolinska Institutet. Research into the Mandometer method has been published in many of the world's leading medical and scientific journals including The Lancet, PNAS, Nature Medicine and Frontiers in Neuroendocrinology. The research has generated 12 doctoral thesis and around 200 peer reviewed articles.

Cecilia Bergh

Born: 1955

Career: Disputed a doctoral thesis in Bulimia nervosa, 1995-1988. Investigator at the National Board of Health and Welfare. Development director at Huddinge Hospital's Anorexia Centre. Founded Mando in 2000 with Professor Per Södersten. Member of the Board of the Swedish Entrepreneurship Forum.

Per Södersten

Born: 1945

Career: Founded Mando in 2000 with Cecilia Bergh. Currently professor in behavioural neuroendocrinology at the Department of Neurobiology, Care Sciences and Society at Karolinska Institutet. he received his PhD at the University of Gothenburg for a thesis on the hormonal control of sexual behaviour in rats. Postdoctoral studies at Stanford University Medical School 1974-1975 and University of Bergen 1975-1976, followed by research services at the Humanistic-

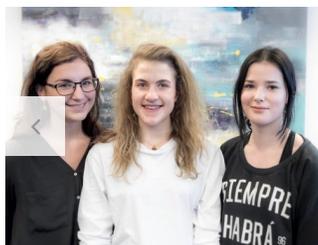
Social Science Research Council 1979-1984, and the Medical Research Council 1987-1993. Lecturer at Karolinska Institutet 1994-2000. Appointed professor in behavioural neuroendocrinology on 15 January 2002.

March 29th, 2018

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