ArizonaPreferredSurgeons

UNITING SCIENCE AND COMPASSION

Brian P. Lipton, M.D., Ph.D., F.A.C.S.
Debora J. McClary, M.D., F.A.C.S., F.A.S.C.R.S.
Kara M. Villareal, M.D., F.A.C.S.

OBESITY

Obesity is a medical condition in which a person is over the proper weight. Patients are classified as normal BMI 20-25, Overweight 25-29.9, and Morbidly Obese > 30. People who are considered to be overweight or morbidly obese are at a higher risk to experience obesity related health conditions such as diabetes, high blood pressure, gastroesophageal reflux, sleep apnea, heart disease, cancer and more.

There are many different causes of obesity. The more common reason for obesity today is a combination of caloric rich food intake combined with a lack of physical activity, although in some cases obesity is also caused by genes, endocrine disorders, medications, or psychiatric illnesses.

Diet and exercise are the main treatments for obesity. These are difficult for many, so there are other options to consider. If you find that you have a slow metabolism, your primary care physician may be able to prescribe medication to help boost metabolism or suppress appetite. Other options for weight loss include weight loss surgery, also known as bariatric surgery. Depending on your overall health, weight loss medications and surgery may or may not be an option; be sure to discuss options with your primary care physician before seeking treatment yourself.

RESOURCES:

BMI Calculator- http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm

Obesity Forum – http://www.obesityhelp.com

Nutrition Information – http://www.eatright.org

Bariatric Surgery Information- http://www.bridgesaz.com

TIPS:

- Set realistic weight loss goals for yourself (short term and long term)
- Keep a food journal and log everything you eat and drink. This is a good way for you to track your calories. There are several smart phone and online options to assist with this, including www.loseit.com, www.myfitnesspal.com, and www.noom.com ,
- Develop a support network such as family or friends or even support groups to help you stay focused on your weight loss goal
- Exercise