

HOW OBESITY IMPACTS HEALTH (CONT.)

- GERD
 - GERD, or acid reflux, occurs when stomach acid or bile flows back into the tube connecting your mouth to your stomach (esophagus). Over time, this can cause a pre-cancerous condition called Barrett's esophagus, which can significantly increase your risk of esophageal cancer.
- Venous Insufficiency
 - Decreased blood circulation in your legs can put you at risk for blood clots and pulmonary embolisms, which can be fatal. It can also result in swelling and discomfort in the legs on a day-to-day basis.
- Cancer
 - The risk of developing colon, breast, endometrial, kidney or esophageal cancer is increased in individuals struggling with obesity. This risk returns to normal with weight loss.
- Osteoarthritis
 - Cartilage is the soft tissue that "cushions" your joints. Because obesity increases the amount of stress placed on your knees, hips and ankles, this cartilage is more likely to breakdown, resulting in "bone-on-bone" damage. This condition is extremely uncomfortable and can be debilitating, making everyday tasks feel impossible.
- Female Reproductive Dysfunction
 - Obesity can contribute to infertility, irregular periods and polycystic ovarian syndrome. These issues are almost always reversed with weight loss.
- Stress Incontinence
 - This condition occurs when increased abdominal pressure causes the involuntarily leakage of urine, particularly when laughing, sneezing or exercising. This condition is more common in women; while it's not life-threatening, it can be embarrassing or overwhelming at times.
- Steatohepatitis ("Fatty Liver")
 - This condition is characterized by the build up of fat inside the liver, and it often doesn't cause any noticeable or immediate symptoms. If it's not addressed, however, it can lead to fatal liver failure.
- Benign Intracranial Hypertension
 - This condition causes headaches, nausea, dizziness and fatigue. In some cases, it can even cause vision loss. This disease most commonly effects young women, and can resolve with weight loss.
- Depression
 - Nearly 25% of individuals struggling with obesity have faced depression at some point in their lives. In these cases, successful, long-term weight loss has been associated with an improvement in mental health.

IN CONCLUSION

If medical weight loss efforts – like diet, exercise and medications – are not effective, weight loss surgery should be strongly considered. The health benefits of weight loss surgery far outweigh the risks: it is often more dangerous to continue a life of obesity-related disease than it is to undergo the procedure.

In fact, according to the National Institutes of Health (NIH), bariatric surgery, along with the necessary behavioral changes, is the *only* reliable way to treat morbid obesity. If you have any additional questions, don't hesitate to reach out to our team.

Fairfield Medical Center
 Bariatric Services
 2405 N. Columbus St.
 Lancaster, OH 43130
 740-475-0442
 fmchealth.org



Fairfield
 Medical Center

Your Guide to Understanding Obesity

This guide has been prepared to assist you and your family with understanding obesity, BMI and factors that influence weight.

WHAT IS OBESITY?

Obesity is a condition that occurs when individuals carry excess body fat. It is often broken into categories, or levels of severity, depending on a person's BMI (body mass index).

CALCULATING BMI

BMI is most simply calculated by dividing your weight (in kilograms) by your height (in meters). BMI calculators are available on a variety of websites; you can also get a general idea by utilizing the chart below.

BODY MASS INDEX

Weight (pounds)

	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330
4'5"	30	33	35	38	40	43	45	48	50	53	55	58	60	63	65	68	70	73	75	78	80	83
4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60	63	65	68	70	72	75	77	80
4'7"	28	30	33	35	37	40	42	44	47	49	51	54	56	58	61	63	65	68	70	72	75	77
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65	67	70	72	74
4'9"	26	28	30	33	35	37	39	41	43	46	48	50	52	54	56	59	61	63	65	67	69	72
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52	54	57	59	61	63	65	67	69
4'11"	24	26	28	30	32	34	36	38	40	43	45	47	49	51	53	55	57	59	61	63	65	67
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	65
5'1"	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	53	55	57	59	61	62
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60
5'3"	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57	59
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55	57
5'5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52	53
5'7"	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50	52
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49	50
5'9"	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47	49
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46	47
5'11"	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45	46
6'0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43	45
6'1"	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42
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6'9"	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31	32	33	34	35
6'10"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	34	35

*data source - National Obesity Education Initiative

- Under Weight BMI = under 18.5
- Normal Weight BMI = 18.5 - 24.9
- Over Weight BMI = 25 - 29.9
- Obesity BMI = 30 - 39.9
- Extreme Obesity BMI = 40 and over

CALCULATING BMI

According to the chart, a BMI of 30 or greater is considered obese, and a BMI of 40 or greater is classified as extreme obesity – otherwise referred to as "morbid obesity."

The term morbid obesity is applied when excess fat becomes a contributing factor in multiple secondary disease processes. Morbid obesity has the ability to impact quality and length of life, and it is considered a disease within itself. Typically, it will only respond to radical treatment, such as weight loss surgery.

Diabetes, hypertension (high blood pressure), heart disease, sleep apnea and life-limiting osteoarthritis or joint disease may all be classified as obesity-related comorbidities.

You may qualify for bariatric surgery if you have a BMI of 40 or greater, or a BMI of 35 or greater with at least one obesity-related health condition.

CAUSES OF OBESITY

It is easy to feel overwhelmed by obesity: it is a chronic condition that is difficult to manage and can be (quite literally) impossible to overcome without surgical intervention. If you feel like you have tried everything and you can't lose weight, or you can't lose weight and keep it off, you're not alone. To understand this, you must understand the causes of obesity.

There are several factors that contribute to obesity; some of them are factors that we have control over, like our eating habits and activity level, while others are more complex in nature. Genetic factors, environmental and behavioral factors and our metabolism are all major contributing factors in our relationship with weight.

• Genetic factors

- Like many other traits, such as eye color or skin tone, your genetic makeup can influence how easily you gain or lose weight. While this is a contributing factor, its effects can sometimes be offset by eating a healthy, balanced diet and exercising more. *Your genetics do not define your destiny.*

• Environmental and Behavioral Factors

- Environmental factors include things like where we live, the resources we have available and who we surround ourselves with.
 - Unfortunately, America is full of fast-food restaurants and unhealthy diet choices, and – as a society – we spend a lot of time indulging in sugary, greasy, fried and fatty foods.
 - In regard to activity and exercise, the majority of the nation spends significantly more time watching TV or sitting in front of a computer than they do riding bikes, going for a walk or hitting the gym.
 - » *These environmental factors influence our behavior.*
- Behavioral factors are, most simply, the things you choose to do. *You have 100% control over your own behavior.*
 - You have a choice between eating a fast-food burger with fries or a piece of grilled chicken with a side salad.
 - You have a choice between drinking a large soda or a glass of water.
 - You have a choice between watching TV or going for a walk.
 - » These habits can be hard to break, but they are necessary changes: even if you're making them alone.



CAUSES OF OBESITY (CONT.)

• Metabolism

- If the food you consume is not turned into energy, it is stored in the body as fat.
- Your metabolism is the process that converts food into energy. Essentially, it is considered "fast" or "slow" depending on how quickly your body is able to complete this process.
 - For example, people with a high (or "fast") metabolism burn calories quickly and tend to store less fat, while individuals with a low (or "slow") metabolism convert calories into energy more slowly – this means that more of what they eat goes into "storage," resulting in weight gain.
- "The Set Point Theory"
 - The Set Point Theory has been widely accepted and states that each person has a "set point." This set point is the weight or weight range that a control mechanism in the brain has determined will allow the body to function most efficiently. Essentially, once efforts to lose weight are stopped, your body "resets" to the set point.
 - » Think of the "set point" as a thermostat. If you set the thermostat in your home to 72° on a 90° day, your air conditioning unit will run and run, allowing the house to stay cool. Once the air conditioning unit shuts off, however, your house will return to the higher temperature.
 - » Now, apply that thought process to body weight: say your "set point" is 250 lbs. Through hard work and dieting, you were able to lose 70 lbs. and get down to 180 lbs. As soon as you stop the diet, however, you regain the weight, returning to your "set point" of 250 lbs.
 - › This theory explains why medical weight loss (like diet, exercise and medication) doesn't work for some people. In fact, weight regain is experienced in 95-100% of individuals.
 - * You will hear time and time again that you must exercise daily in order to be successful. This is because exercise is the only known way to offset your body's tendency to return to its set point.

HOW OBESITY IMPACTS HEALTH

Obesity takes a toll on the entire body; specifically, it effects the organs and how they function. Listed below are some of the most common obesity-related diseases.

While this information may seem discouraging, there is something important to keep in mind: damage and disease processes can be minimized or completely reversed with significant weight loss, and you are already on track to making that happen!

• Type II Diabetes

- Obesity increases your risk of developing type II diabetes by 400%. Over time, diabetes increases your risk of infection, heart disease, kidney failure, nerve damage, eye complications and foot problems.

• Cardiovascular Disease

- This includes a 300% increased risk of heart disease and a 200% increased risk of high blood pressure. These conditions can lead to heart attack, angina (chest pain), arrhythmias (irregular heart beat) and stroke.

• Hyperlipidemia

- This refers to high cholesterol and triglycerides in the blood. Increased fat in the blood can lead to blockages of the arteries, as well as vascular damage.

• Respiratory Insufficiency

- There are two major problems that can occur with your breathing: obstructive sleep apnea and hypoventilation syndrome. Obstructive sleep apnea is the more common of the two, and can increase your risk for heart disease, stroke and even death. It can also keep you from feeling rested, even after a full night's sleep.