

# UNDERSTANDING OBESITY

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## WHAT IS OBESITY & SEVERE OBESITY?

Obesity is a treatable disease that is a worldwide health concern associated with having an excess amount of body fat. It is caused by genetic and environmental factors and can be difficult to control through dieting alone. Obesity is diagnosed by a healthcare provider and is classified as having a body mass index (BMI) of 30 or greater. Nearly 40% of Americans have obesity.



### OBESITY IS:

- A disease.
- A worldwide health concern.
- Caused by many factors.
- Treatable and manageable.

### OBESITY IS NOT:

- Your fault.
- Yours to manage alone.
- Just about food.
- Cured by a miracle treatment.

## CAUSES

Better understanding the causes of obesity can help you better treat obesity. Talking with a healthcare provider about your daily habits, medical history and family medical history can aid in determining the best treatment plan for you.

- Obesity is a complicated disease.
- Obesity has more than one cause.
- Obesity is not just about food.
- Obesity is not someone's fault.

## PSYCHOLOGICAL FACTORS

- Weight management can be challenging if troubled by stress and other concerns.
- You need to work on these issues to be successful with your weight management.

## ENERGY IN/ENERGY OUT

- An imbalance of calories in and calories burned may cause weight gain.
- Long daily commutes and desk jobs make it harder to get physical activity.
- Not all communities have safe spaces to run, bike or walk.
- Small bouts of increased physical activity throughout the day can be beneficial.

## SLEEP DEPRIVATION

- Some studies show a link between how much people sleep and how much people weigh.
- In general, people who do not get enough sleep may weigh more than people who do.



## APPETITE SIGNALS/HORMONES

- Your body has hormones (chemicals in your body that control function and activity of tissues and organs) that help let you know if you are hungry or full.
- The hormones that signal hunger and fullness do not always work correctly in individuals suffering from obesity.

## GENETIC FACTORS

- Genes in your body can determine if you are more likely to have obesity.
- Having these genes is not a reason to give up on losing weight. Weight-loss as small as 5 percent can improve your overall health.

## PRESCRIPTION MEDICATIONS

- Some prescription medications can cause weight gain of up to several pounds each month.
- Do not stop taking medications you think might be causing weight gain, but speak with a healthcare provider about other medication options.

## ENVIRONMENTAL FACTORS

- We are surrounded by television ads, billboards and images that promote the consumption of foods and beverages that are high in calories and fat.
- Some neighborhoods have little or no access to fresh, healthy foods.







## RISKS

### OVERWEIGHT

Having a BMI in the overweight range (25.0-29.9) is a health concern. Excess weight is hard on your body. It can lead to other health problems including obesity. People who have a high BMI in the overweight range and have other health issues (such as type 2 diabetes or heart disease) need to see a healthcare provider for treatment options.

### OBESITY

Obesity is a disease where a person's weight is in an unhealthy range (BMI of 30.0-39.9). It is a disease that can lead to other health problems. Talking with a healthcare provider will allow you to better understand and treat obesity.

### SEVERE OBESITY

An individual suffering from severe obesity is in the highest BMI range (greater than 40). Severe obesity has the highest risk of developing other health problems. Individuals with severe obesity need to see a healthcare provider for treatment options.

## TREATMENT OPTIONS

Treatment plans are made for each individual. Your plan will likely not be the same as for others sitting in the waiting room. But early treatment is the best for everyone. Many treatment options are available and a combination is often used to manage obesity.

For more information regarding treatment options available for you. Please contact Singaram Gastroenterology at 605-310-2000.

## RESOURCES

OAC - Obesity Action Coalition  
<https://www.obesityaction.org/>

