Therapeutic Approaches to Obesity Treatment

Prof. Omar Awwad
Ain Shams University
Outlines

• Aim of weight reduction & target body mass index. Optimum weight for cardiovascular health.
• Outline of therapeutic approaches.
• Therapeutic targets.
  - Body weight and waist circumference.
  - Other cardiometabolic risk factors.
• Role of behavioral modification.
• High risk abdominally obese patients
Outlines of therapeutic approaches

• Measure height & weight: estimate BMI
• Measure waist circumference
• Assess co-morbidities
• Should the patient be treated?
• Is the patient ready & motivated to lose weight?
• Which diet should be recommended?
• Discuss physical activities goal with patient
• Review the weekly food & activity diary
• Give the patient copies of the dietary information
• Enter the patient’s information
Therapies for overweight & obesity

- Dietary therapy
- Physical activity
- Behavioral therapy
- Pharmacotherapy
- Weight loss surgery
Role of behavioral modification

- Consider attitudes, believes & histories
- Built a partnership with the patient
- Set achievable goals
- Cultivate the partnership
- Keep in touch
Help the patient to modify behaviors

- Self monitoring
- Rewards
- Stimulus control
Dietary behavior changes can make it easier to eat less without feeling deprived

• An important change is to slow the rate of eating to allow satiety signals to begin to develop before the end of the meal.

• Another tactic is to use smaller plates, so that moderate portions don’t appear meager.

• Changing the scheduling of eating can be helpful for patients who skip or delay meals, then over eat later.
Focus on what matters

• Improvement of the patient’s health is the goal of obesity treatment.
• Monitoring progress is a continues process of motivational importance to the patient and provider.
• Simple clear records of body weight, relevant risk factors, other health parameters and goal attainment should be kept.