

# OBESITY

## What is Obesity

Obesity is a treatable disease that is associated with having an excess amount of body fat.

Obesity Is	Obesity Is Not
<ul style="list-style-type: none"><li>• A disease.</li><li>• A worldwide health concern.</li><li>• Caused by many factors.</li><li>• Treatable and manageable</li></ul>	<ul style="list-style-type: none"><li>• Your fault.</li><li>• Yours to manage alone.</li><li>• Just about food.</li><li>• Cured by a miracle treatment</li></ul>

## Causes of Obesity

Obesity is a complicated disease that may have more than 1 cause. It's not just about food or someone's fault.

- Psychological Factors
- Sleep Deprivation
- Appetite Signals/Hormones
- Genetic Factors
- Prescription Medications
- Environmental Factors

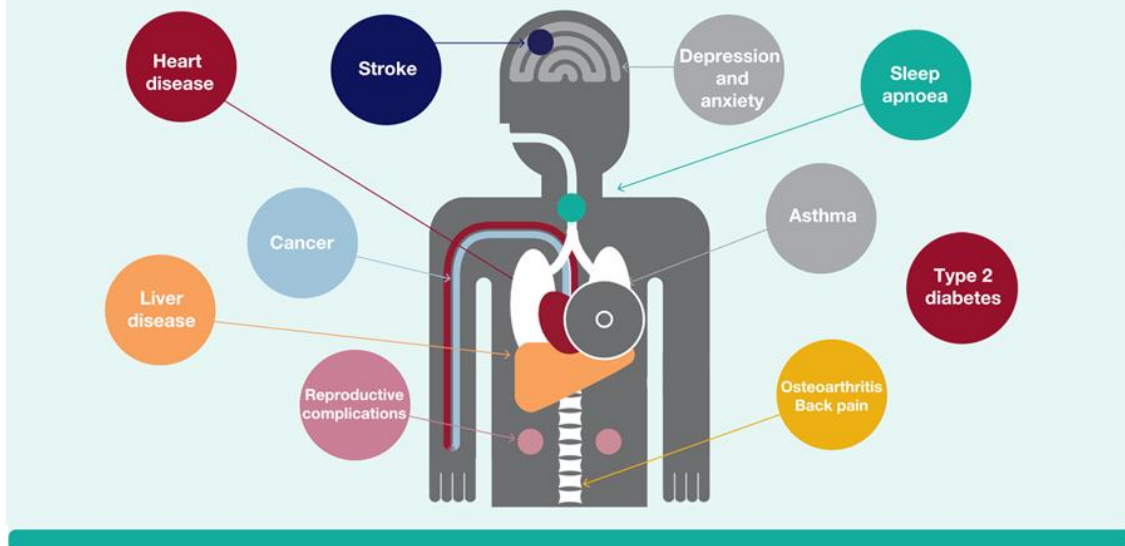
## Obesity is Linked to More Than 50 Disorders

Not everyone with obesity will develop every obesity-related condition. The more weight you carry, the more likely you are to develop obesity-related conditions.

Weight-loss as small as 5-10% can reduce the effects of obesity-related conditions.



## Obesity harms health

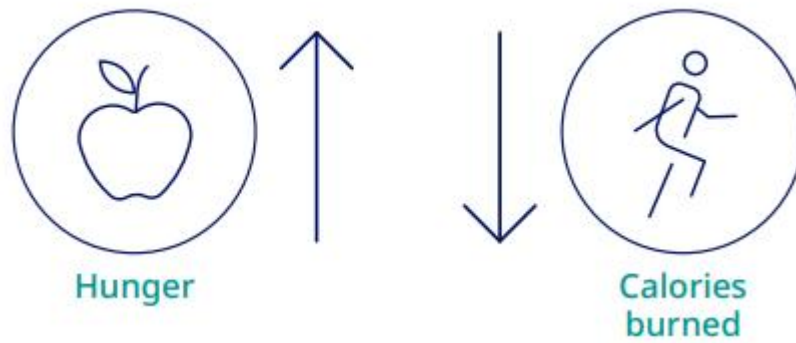


### WHAT SHOULD YOU DO?



Losing weight and keeping it off is difficult, but why?

After losing weight, your body will try to gain it back by making you feel more hungry and less full. After weight loss, your body tends to burn fewer calories or slow its metabolism.



Overall, the changes in your hormones directly influence your eating habits and your metabolism

### Different methods of weight management

You may think you need to work on your weight by yourself. That may leave you feeling like you are to blame if it doesn't go well. Obesity is a chronic disease and you don't have to figure it all out alone. You can partner with your health care professional in managing your weight. There are several treatment options available for you.



To make the most of your next appointment, bring along any questions you may have. Consider asking your health care professional:

1. Why does my weight go up and down?

2. Is my current weight putting me at risk of other diseases?
3. Is there a different way to approach my weight management?

To support a productive conversation, chart changes in your weight over time and note the reasons for those changes.