

Clinical Symposium Therapeutic Options in Obesity



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Top Health Hazards Worldwide

- **Underweight**
- **Unsafe sex**
- **High blood pressure**
- **Tobacco**
- **Alcohol**
- **Contaminated water, sanitation and hygiene**
- **Iron deficiency**
- **Indoor pollution**
- **High cholesterol**
- **Obesity**

- Lancet November 2002



Top Health Hazards in “Rich Countries”

- ◆ Tobacco
- ◆ High blood pressure
- ◆ Alcohol
- ◆ High Cholesterol
- ◆ Overweight
- ◆ Low fruit and vegetable intake
- ◆ Inadequate exercise

• Lancet November 2002



- ◆ “Corpulency, when in an extraordinary degree, may be reckoned a disease, as it in some measure obstructs the free exercise of the animal functions; and hath a tendency to shorten life, by paving the way to dangerous distempers.”
 - Malcolm Flemyng (1760)



- ◆ “If morbid and severe obesity is as incurable as it seems to be based on the experience of the last 30 to 40 years, then prevention of weight gain and promotion of healthy weight should become priorities.”
 - S Rossner, 1994



- ◆ It will be “a daunting task to change the course of nations that have become quite comfortable with an effortless lifestyle in which individual consumption is almost unlimited.”

– C Bouchard (1996)

Tools to Reduce Unhealthy Trends in Weight

- ◆ Eat regular meals
- ◆ Avoid snacking
- ◆ Drink water, not caloric beverages
- ◆ Reduce dietary fat to 30% or less
- ◆ Reduce TV time
- ◆ Walk more
- ◆ Increase physical education classes
- ◆ Increase sports activities, energetic leisure activity
 - C. Bouchard (1996)