

The Quarantine 15:

Did you gain weight during the pandemic?
Or, have you always struggled with your weight?



Your Hosts



Dr. Geetha Kamath



Divya Painter, APRN



Courtney Klema, RDN, LD



Agenda

- **Welcome and Introductions**
- **Background**
- **The Stats**
- **The Benefits**
- **The Program**
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Background



The University Health Weight Management Guiding Principles

Get help from our team of board-certified weight loss providers.

We provide a caring and nonjudgmental clinic.

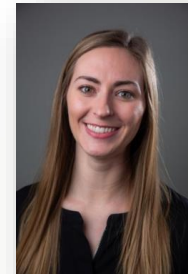
We'll work with you to create an achievable weight loss plan based on your health goals.

We also screen for eating disorders.



The University Health Weight Management Team

- Dr. Matthew Lindquist
- Dr. Geetha Kamath
- Dr. Peminda Cabandugama
- Divya Painter, APRN
- Courtney Klema, RDN, LD



The Stats



Body mass index (BMI) in kilograms per meters squared (kg/m²)*

- **Normal Weight**
18.5-24.9
- **Overweight**
25.0-29.9
- **Class I Obesity**
30.0-34.9
- **Class II Obesity**
35-39.9
- **Class III Obesity**
> 40

**Different BMI cut-off points may be more appropriate based upon gender, race, ethnicity, and menopausal status.*

For example, among Asians, a BMI >23 kg/m² may be a more appropriate cut-off point to define as overweight and to screen for type 2 diabetes mellitus.

Among postmenopausal women, BMI may underestimate percentage of body fat.



Obesity Medicine Association (OMA) Classification Body Fat Percentage

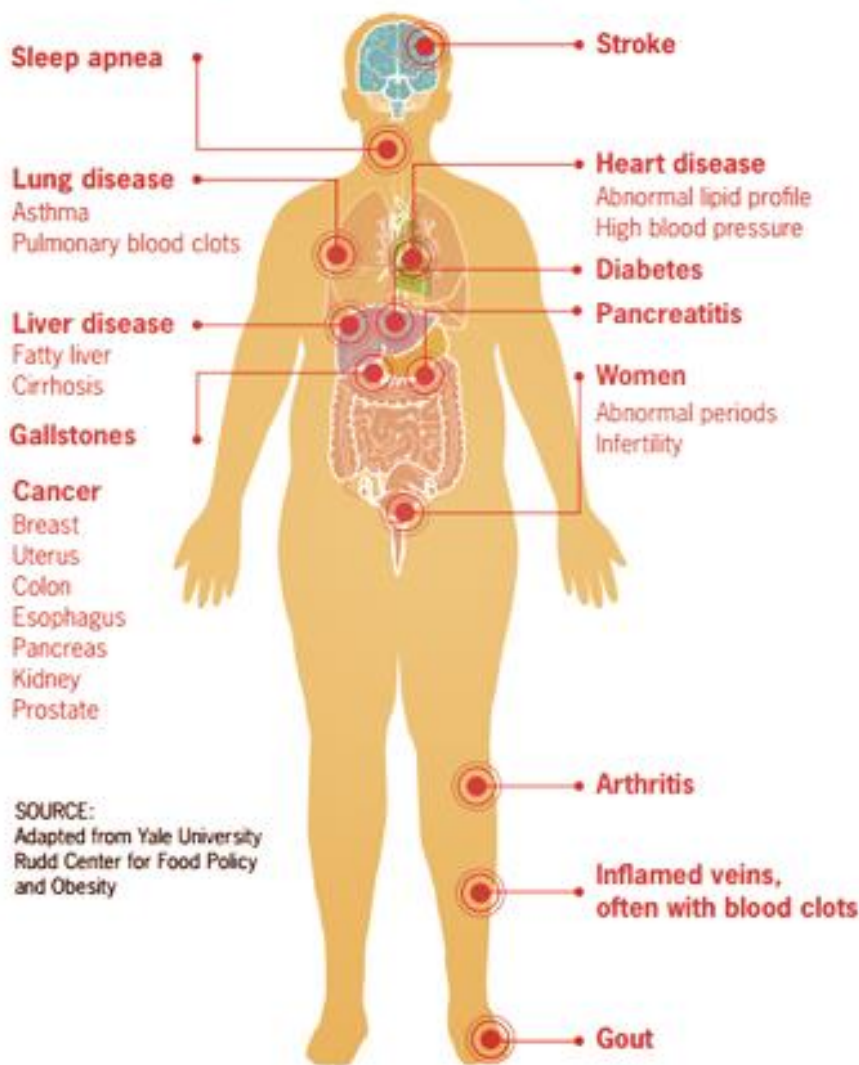
Category	Women	Men
Essential Fat	<15%	<10%
Athlete	15-19%	10-14%
Fitness	20-24%	15-19%
Acceptable	25-29%	20-24%
Pre-obesity	30-34%	25-29%
Obesity	>35%	>30%



Each year Obesity is associated with more than 100,000 premature deaths.

- Biliary tract cancer
- Bladder cancer
- Brain cancer
- Breast cancer
- Cervical cancer
- Colorectal cancer
- Endometrial/uterine cancer
- Esophageal cancer
- Gallbladder cancer
- Head and neck cancer
- Kidney/renal cancer
- Leukemia
- Liver cancer
- Multiple myeloma
- Non-Hodgkin lymphoma
- Ovarian cancer
- Pancreatic cancer
- Prostate cancer (*prognosis is worse*)
- Stomach cancer
- Thyroid cancer

Medical Complications of Obesity



SOURCE:
Adapted from Yale University
Rudd Center for Food Policy
and Obesity



The Benefits



Weight Loss Benefits:

1. Reduces risk of developing Type II Diabetes by 30-60%
2. Reduces premature mortality by 25%
3. May improve obstructive sleep apnea
4. May improve osteoarthritis
5. May reduce the onset of certain cancers, improve response to cancer treatments, and reduce the onset/recurrence of new cancers.
6. May improve metabolism (polycystic ovary syndrome), obesity-related gynecologic and obstetric disorders
7. May increase testosterone levels in men
8. May improve quality of life, body image, and symptoms of some psychiatric disorders.



5 Pounds of Fat



The Program



The Program: a medically, evidence-based, personalized weight loss plan.

Initial consult includes:

- Evaluation
- Blood work
- Medical review
- Intake questionnaire
- Physical activity plan
- Medical/surgical options as appropriate
- Dietitian referral
- Other referrals as needed
- Telehealth available for initial consults and follow up visits

The program is not a single diet or one size fits all answer – it's a personalized lifestyle.



Medication/Bariatric Surgery Options



Medication

- Suppress appetite
- Stimulate weight loss
- Regulate blood sugar

Bariatric Surgery

- Pre-surgery
- Post-surgery



Get Moving



Exercise, Fitness and Physical Activity Goals

Sitting is the new Smoking

- **150 to 300 minutes** of moderate intensity aerobic activity per week
- **75-150 minutes** of vigorous intensity aerobic activity per week
- Resistance training/muscle strengthening at least twice per week
- **5,000-10,000** steps per day



Nutrition



Balanced Meals

- Lean Protein
- Carbohydrate Source
- Non-starchy Vegetables
- Healthy Fat

Stir Fry Example:

edamame, tofu, chicken (protein), brown rice or noodles (carbohydrate), broccoli, carrots, sugar snap peas, mushrooms (non starchy vegetables), sesame oil (healthy fat)

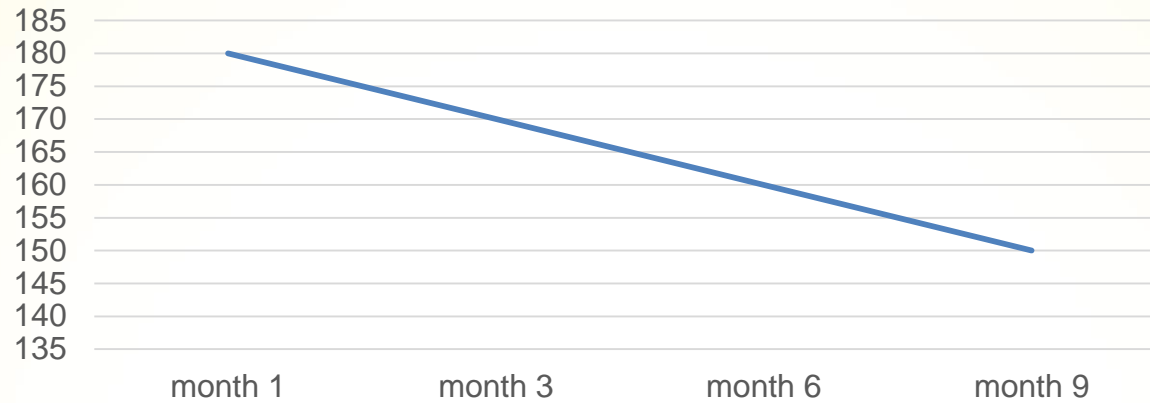


Simple Steps to Start Today

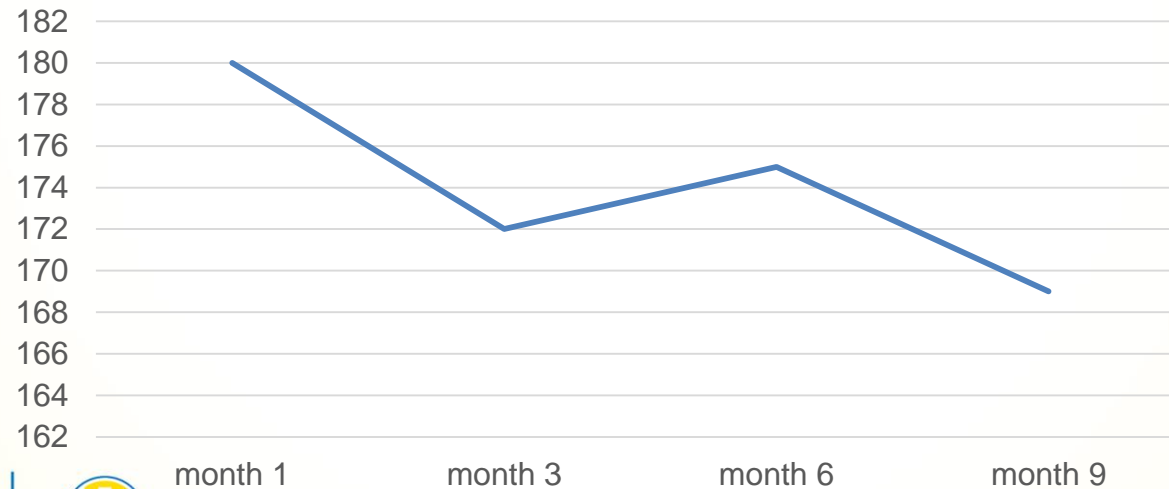
- Be mindful of hunger and satiety vs eating out of habit/boredom
- Plan ahead: food and exercise
- Engage in daily movement that is enjoyable
- Consistency is key
- Include foods from all food groups



What We Want Weight Loss to Look Like

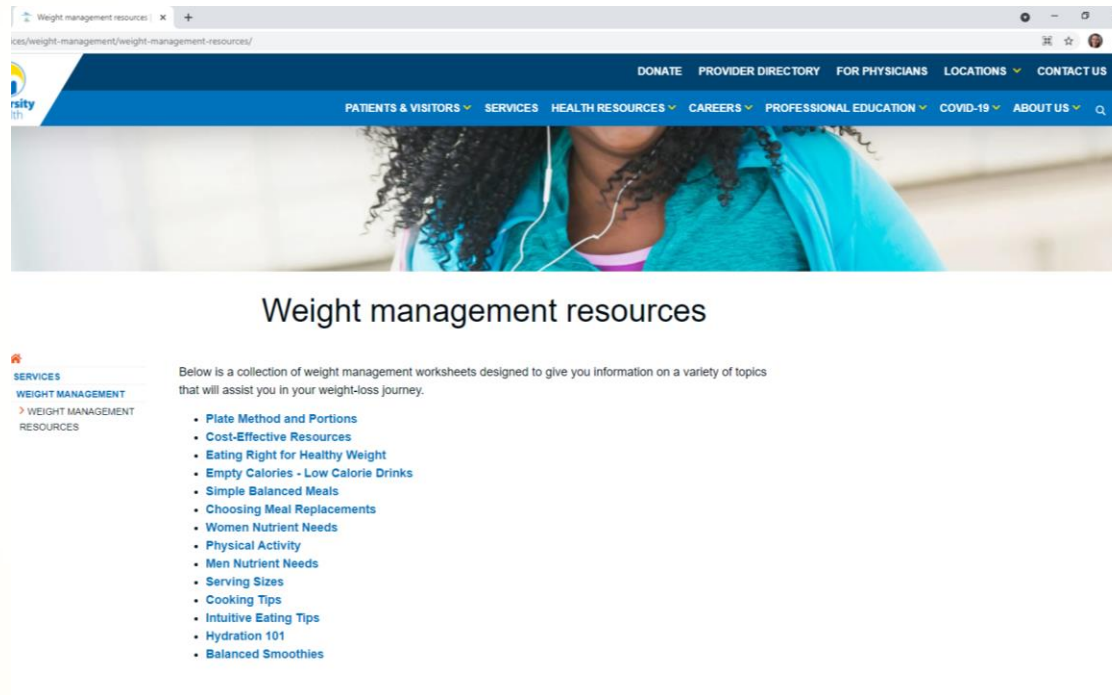


What Weight Loss Actually Looks Like



Resources Available to You Now

<https://www.trumed.org/services/weight-management/weight-management-resources/>



Tips for Long-Term Weight loss



1. Food is for nourishing the body
2. Food can fuel your weight loss
3. Avoid processed foods
4. Eat real food
5. Eat high-fiber foods
6. Don't drink your calories
7. Avoid sugar-rich drinks



Patient Testimonials

“It has been really great, I’m getting the results I’ve been wanting and the results I’ve been needing” “...I’m a lot happier and it’s a good feeling to not be so self-conscious.” “...The providers are very caring and make everything comfortable to talk about.” – ***H.S (Has lost 10lbs since establishing with us in January 2021)***

“Things have been great! I’ve lost almost 50lbs!” “...My weight loss journey has been hard but in the two years I’ve been seeing the weight management clinic I’ve learned how to eat better and it has been worth it, now my blood pressure is normal, my thyroid issues are all better and my diabetes is well controlled! I was even able to get off of some of my medications!” “...It is so wonderful to work with a provider who really cares about my weight loss journey and wants me to be healthy! I am happy, I feel good and I look good!” – ***T.R (Has lost 41lbs since establishing with us in 2018)***



Patient Testimonials

“It was a bit of a rough start for me, but once I realized I was going to have to put in work and my mindset needed to change things started to fall into place and I started seeing results!” “...Things have been really great, learning how to read food labels and pay closer attention to what I was eating made a big difference, I needed to re-evaluate how I was eating...I’ve struggled with my weight pretty much my whole life and now I feel good!” “...Everybody at the clinic has been really great, they are so helpful and accommodating, they worked around my busy schedule to make sure I was able to follow up with my appointments, overall it has been a great experience and I like working out now!” –***T.C (Has lost 85lbs since establishing with us in May 2020)***



Contact Us

University Health Weight Management
816.404.4633

To Place a Consult:

- Weight Management Clinic Consult HH
- Weight Management Dietitian Consult HH



Questions & Answers

