

Obesity, Joint problems and Weight Management Evening

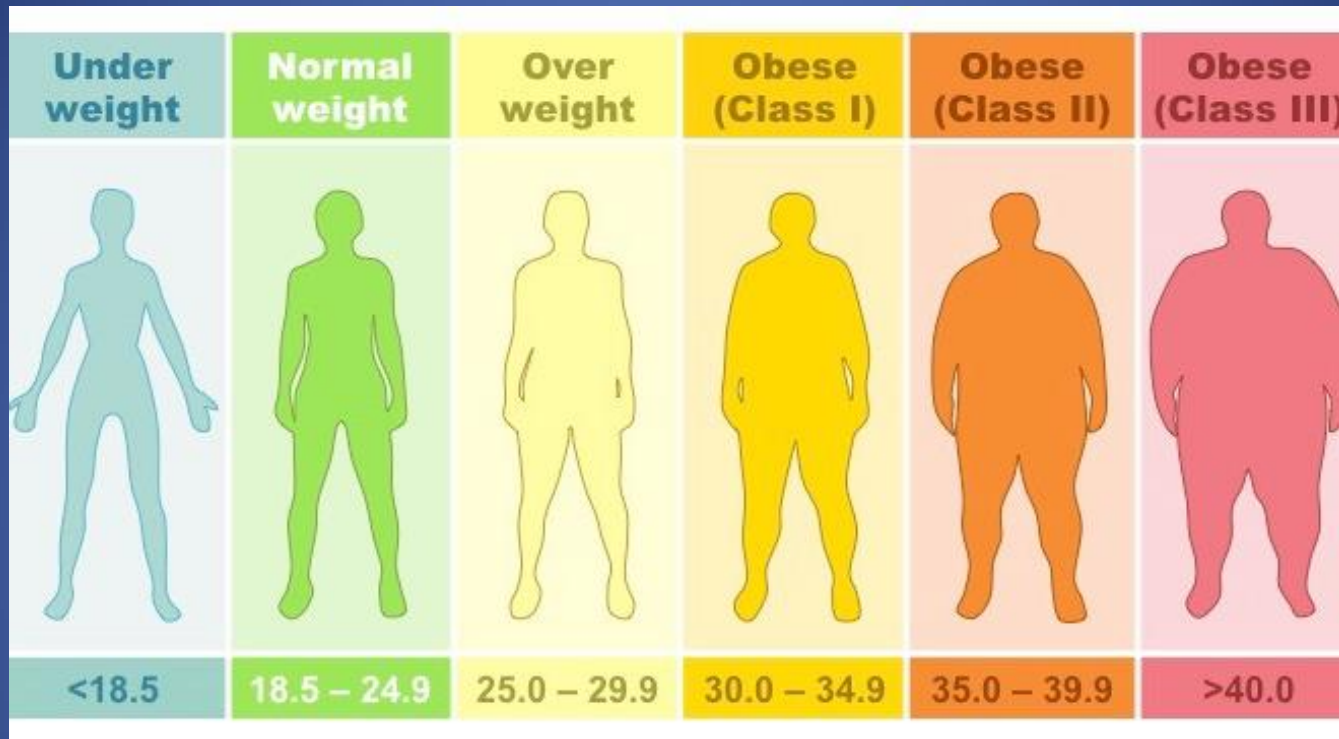
Portishead Medical Group

Chair – Dr Gerwyn Owen
Presentations Dr Liz Speedy
Dr Josh Nowak
Dr Andy Lyon

Monday 10th October 2016



What is Obesity?



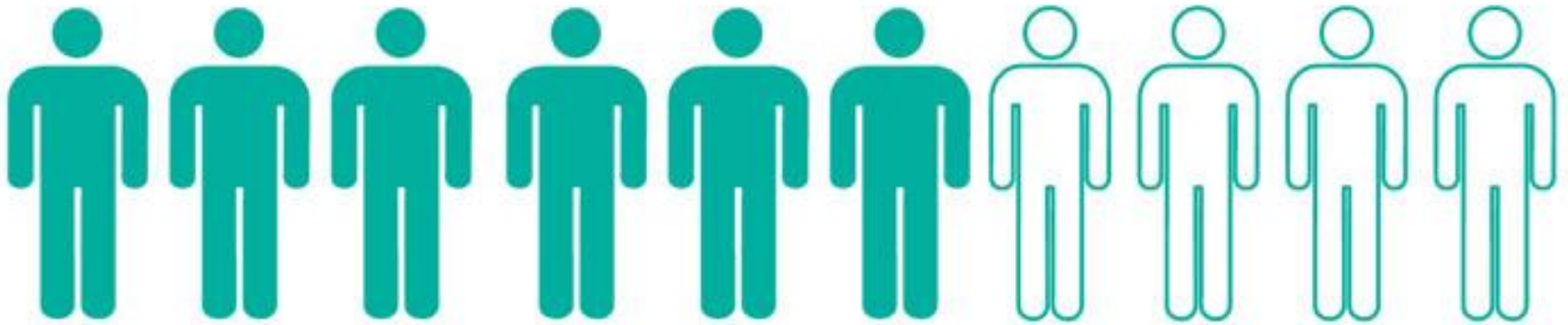
$$\text{Body Mass Index} = \frac{\text{weight (kg)}}{\text{height x height (m)}}$$

What tonight is not...



In the UK....

More than 6 out of 10 **men** are overweight or obese (66.2%)



More than 5 out of 10 **women** are overweight or obese (57.6%)



Why do we need to discuss obesity?





The annual cost of obesity



Health problems associated

- Impaired glucose tolerance (pre-diabetes).
- Type 2 **diabetes**.
- High cholesterol or triglyceride levels.
- High **blood pressure**.
- Coronary heart disease.
- **Stroke**.
- Sleep apnoea
- **Fertility problems**.
- Polycystic ovary syndrome.
- Complications in pregnancy
- Stress incontinence
- Gallstones.
- Heartburn (gastro-oesophageal reflux).
- **Cancers** (including colon, breast and womb (endometrial) cancer).
- Gout.
- Fatty liver.
- Chronic kidney disease.
- Difficulty maintaining an erection (**erectile dysfunction**).
- Asthma.....

- **To name but a few!**



A HIGH SUGAR DIET CAN LEAD TO WEIGHT GAIN

A high sugar diet can lead to weight gain, which increases your risk of cancer

**OVERWEIGHT AND
OBESITY COULD CAUSE
10 TYPES OF CANCER**

**1 IN 20
UK CANCERS ARE
LINKED TO WEIGHT**

WE WILL BEAT CANCER SOONER
cruk.org

Oesophagus

Breast
after menopause

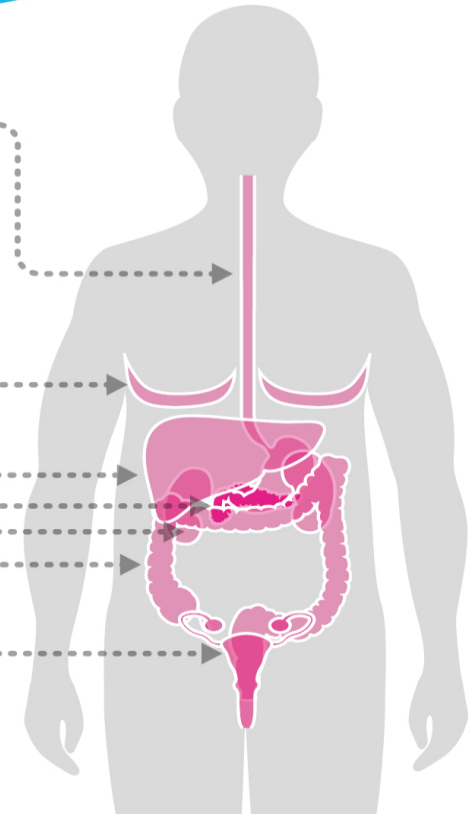
Liver

Pancreas

Kidney

Bowel

Womb



Being overweight may also cause gallbladder, aggressive prostate and ovarian cancer



**CANCER
RESEARCH
UK**

Causes of Obesity

- How much you eat and drink – MAIN CAUSE
- Physical activity levles
- Genetics
- Medical causes - unusual



What can be done?

- 1. Setting realistic weight loss goals** – just 3% makes a huge difference
- 2. Eating more slowly and being mindful of what and when you're eating** – eg NO television!
- 3. Avoiding situations where you know you may be tempted to overeat / drink**
- 4. Involving your family and friends with your weight loss efforts**
- 5. Monitoring your progress**

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Fruit and vegetables



**Bread, rice,
potatoes, pasta
and other starchy foods**

**Meat, fish,
eggs, beans
and other non-dairy
sources of protein**

**Foods and drinks
high in fat and/or sugar**

**Milk and
dairy foods**



What is available on the NHS

- Advice from NHS choices/Change4life
- NHS choices 12 weeks plan
- GP review
- Slimming world vouchers
- Medication
- Weight management referral
- Bariatric surgery (a last resort- tight referral criteria)

