

Drew Payne, D.O.

What is obesity and what are the health risks involved with it?

00:06

Obesity is a disease process. It's not a cosmetic state. So when we talk about obesity, we don't say that a person is obese, we say a person has obesity, just like they would have hypertension. So we measure obesity kind of standard, use a standard. That's called a BMI body mass index, which is your height and your weight. So, BMI is really 25 to 30 is what we consider overweight, than 30 to 35 is obesity, class one, and then 35, to 40, obesity class two, and anything above 40, we consider class three obesity. You know, when we talk about weight and health, the big thing is that the higher your weight is, the higher your BMI is, the higher your risk for cardiovascular disease, for pulmonary disease, for joint problems, for cancer, all these things start to rise. And in fact, if we look at mortality, the higher your weight is, the shorter your lifespan is. So although weight is classically considered a cosmetic thing in the past 10 to 15 years, the medical society has turned to view this as a true disease process that affects your health.

What would you recommend to people who want to start losing weight?

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You should practice some sort of accountability with someone so find a partner, whether that's your primary care physician or, or someone at the house that is going down this weight loss journey with you. I suggest that if you fall into the overweight, category or above, then that's probably the time in which you should seek out a primary care physician to help you with this weight loss journey. Also, I'd suggest that people use start to use mindfulness to concentrate on their satiety or how full they are, I like to recommend people use a red light, yellow light, green light system that involves how people feel and what their appetite is, red light would be I just ate and nothing sounds really good. Yellow light would be I ate and I'm full. But you know, those cookies do smell good. And then a green light would be at the point in which you should find something to eat. So if you wait until you're at a green light hunger level, and that's a great time for you to step out and find something to eat. And waiting until that point might reduce your calorie intake.

Do you recommend people just start exercising on their own and how vigorously should they start?

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It's hard to tell whether exercise is okay for you specifically without sitting down and doing a physical with your primary care physician. So if you are trying to get back into exercising, the first step should be to establish that relationship with your primary care doctor and have your annual physical done, and then get the green light to exercise. Once you have that green light to exercise, then 30 minutes five times a week is really what I recommend.

Do men have an easier time losing weight than women?

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Yeah, so men do have an easier time losing weight than women. And that mainly revolves around hormones. If you look at the development of males and females up until puberty, they really have about

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the same body mass index and percentage of muscle mass. It's really after puberty, things change. So men do, unfortunately for women lose weight a little easier

Is there a magic pill that will help us lose weight?

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Well, so I think, a magic pill we haven't found it yet. That doesn't mean we won't ever find it. There are very good medications, long term weight loss medications that are available in the market now. If you think about dietary pills, a lot of people worry that well, these are just fad pills and we only are going to take them for a short period of time. There's about four FDA approved medications now for people to take for long term weight management. And those some of them are similar to the diabetic medications. But I'd encourage most everybody if you fall into that category of class two obesity and or overweight with some comorbidity you would qualify for one of these medications. So go see your primary care doctor, talk to them about these medications. The most effective ones of these you can lose up to 20 pounds. on these medications and that's the type of weight loss we're looking for not the beach body we're not trying to get you down to that we're trying to get you to a healthy weight where you feel better and these medications can help