



## RECOGNIZING OBESITY *as a* METABOLIC DISEASE *with* IMPROVED TREATMENT OPTIONS

Welcome to the pre-program component of ***Recognizing Obesity as a Metabolic Disease with Improved Treatment Options***. In this clinical primer, you will be presented with Points to Ponder, video case studies, supplemental slides on foundational elements of obesity, and two case studies to consider.

### POINTS TO PONDER

---

1. How often do you consider treatment options beyond lifestyle management for patients with obesity?

Never      Rarely      Occasionally      Most of the time      Always

2. How do you broach the topic of obesity with your patients?

3. Which of the following statements do you agree with?

Obesity is a chronic progressive relapsing disease

Obesity is due to a lack of exercise and poor eating habits

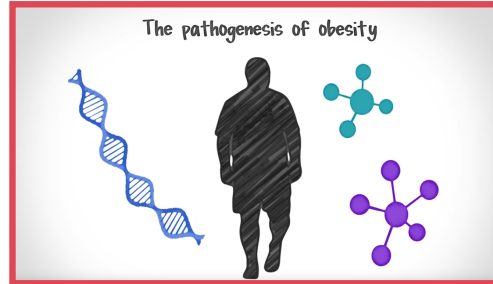
Obesity is due to poor self-control and a lack of willpower

Pharmacotherapy is a last resort for the treatment of patients with obesity

# ANIMATIONS

Click on each image to view

Obesity management  
Part One



Pathogenesis of  
obesity

Obesity management  
Part Two



Shared decision  
making



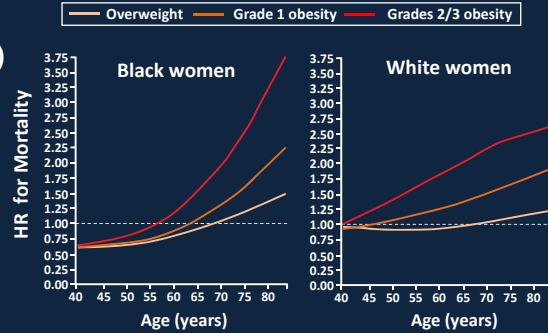
Obesity  
pharmacotherapy

# SUPPLEMENTAL SLIDES

## Mortality Attributable to Overweight/Obesity

US adult deaths associated with overweight/obesity (1986–2006)

- Men
  - White = 15.6%
  - Black = 5.0%
- Women
  - White = 21.7%
  - Black = 26.8%



## Approaches to Managing Patients With Obesity

- Managing complications of obesity
  - Metabolic
  - Cardiovascular
  - Obstructive sleep apnea
  - Osteoarthritis
  - Others

- Lifestyle change
  - Diet
  - Exercise

- Anti-obesity medications
- Bariatric surgery
- Endoscopic procedures

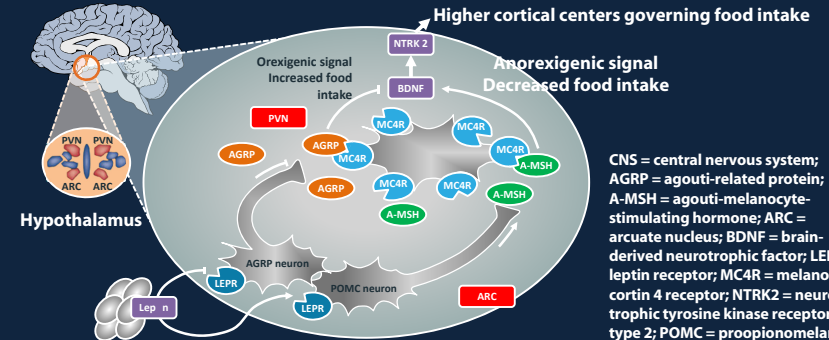
Bray GA, et al. *Endocr Rev*. 2018;39:79-132.

## How Is Obesity Defined in Adults?

Weight status category	BMI (kg/m <sup>2</sup> )
Underweight	<18.5
Normal weight	18.5 – 24.9
Overweight	25.0 – 29.9
Class I obesity	30.0 – 34.9
Class II obesity	35.0 – 39.9
Class III obesity	≥40

BMI = body mass index (weight in kilograms divided by height in meters squared, kg/m<sup>2</sup>).  
Centers for Disease Control and Prevention (CDC). Defining adult overweight & obesity, 6/3/2022 ([www.cdc.gov/obesity/adult/defining.html](http://www.cdc.gov/obesity/adult/defining.html)). Accessed 12/19/2022.

## CNS in Regulation of Food Intake



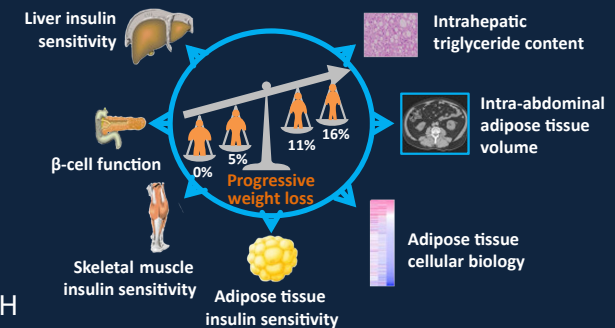
Walley AJ, et al. *Nat Rev Genet*. 2009;10:431-442.

## Misconceptions About Obesity

- Obesity is NOT a disease
- Obesity is a matter of willpower
- Anti-obesity medications are ineffective or dangerous
- Obesity does not require complex treatment—patients should just eat less and exercise more

## What Are the Benefits of 11–16% Weight Loss

- Significant reductions in:
  - Earlier benefits, ie, further improvements
  - Systemic inflammation
  - Adipose-specific tissue inflammation
  - Upregulation of metabolic pathways



- Reversal of early fibrosis NASH
- Magkos F, et al. *Cell Metab*. 2016;23:591-601.

# CASE STUDIES

## Case #1

1. What therapeutic options would you consider for this patient?

2. Why?

## Case #2

1. What therapeutic options would you consider for this patient?

2. Why?

## Case Study 1: Gerard—Presentation

• Age = 47 years

Height = 5'11"

Weight = 295 lbs/  
BMI = 41.1

Current medications include:

– Lisinopril  
40 mg QD

– Atorvastatin  
80 mg QD



*How would you manage this patient?*

QD = once daily.

- History of hypertension and dyslipidemia, both controlled
- Had Roux-en-Y gastric bypass 5 years ago when BMI was 40.2
  - Lost 55% of excess body weight in first year
  - All weight regained within 3 years of surgery
- He is a registered nurse working night shifts in a hospital emergency department; meals are irregular, and he often eats on the run

## Case Study 2: Emily—Presentation

• Age 39 years

• Height 5'4"

• Weight = 148 lbs

• Current medications

- Hydrocortisone  
2.5% BID as needed



*How would you manage this patient?*

- 8 months postpartum
- Weighed 120 lbs before pregnancy
- Distressed about baby weight not coming off
- History of mild atopic dermatitis
- Has been reading about new weight-loss drugs and would like to try one