## Contents

1 Epidemiology, Measurement, and Cost of Obesity .................. 1  
   Obesity in Populations ................................................. 4  
   Child and Adolescent Obesity ...................................... 4  
   Adult Obesity .......................................................... 5  
   Obesity Rates Within Minority Groups and Subpopulations ....... 7  
Measurement of Obesity .................................................. 9  
   Weight Related Health Indicators (WRHI) .......................... 9  
   Surveys of Health Status in the United States ..................... 15  
Healthcare Costs: The Impact of Obesity  
   and Obesity-Related Disease ......................................... 16  
   Social, Future, and Personal Cost of Obesity ..................... 17  
Implementing Specific Process for Chapter 1 Recommendations ...... 19  
Conclusion ................................................................. 20  
References ................................................................. 20

2 Prejudice, Discrimination, and the Preferred Approach  
   to the Patient with Obesity ........................................... 23  
   The Patient’s Perspective ............................................... 24  
   Discrimination, Prejudice, and Weight Stigma ..................... 24  
      Creating a Culture of Safety for the Patient with Obesity ...... 25  
The Current Healthcare Environment Is Prejudiced  
   Against People with Obesity ........................................... 25  
Changing the Current Healthcare Environment from Biased to Blameless ............................................... 26  
The Blame Game: Why Blame the Patient for Their Obesity  
   When We Do not Blame Them for Their Allergies,  
   High Cholesterol, Hypertension, or Cancer? ....................... 27  
Inability or Unwillingness to Overcome Bias Against Obesity  
   and Its Effects .......................................................... 28  
How Obesity Bias Negatively Affects Medical Care  
   and Outcomes ........................................................... 29
The Biology of Weight Regulation and Genetic Resetting™

3

The Importance of Communicating the Measurement
and Identification of Obesity of All Patients
Within a Healthcare System. ................................. 30
How to Talk with Your Patient About Obesity—The Preferred
Approach ............................................................ 32
   The Expression of Empathy .................................. 33
   The Development of Discrepancy ............................ 34
Implementing Specific Process for Chapter Two
Recommendations ................................................. 35
   For Staff and Colleagues ................................... 35
   For Patients .................................................... 36
   Physical Environment of the Workplace ................. 37
Conclusion ......................................................... 37
References ......................................................... 38

3 The Biology of Weight Regulation and Genetic Resetting™ 41

The Canary in the Coal Mine ................................. 41
   The Pima Story ................................................ 42
   Research Results: The NIH/NIDDK and the PIMA 43
   Fetal Programming ........................................... 45
   Application of Research Results to Other Populations 45
Calories in Do Not Equal Calories Out ......................... 46
The Brain: The Control Center ............................... 47
   Neuroanatomy ................................................ 48
Genetic Resetting™: Setting the Stage for Obesity .......... 49
   The Double Helix—The Human Genome .................. 50
   Epigenetics and Epigenetic Modification (Genetic Resetting™) 51
   Imprinting ..................................................... 51
   Intergenerational Metabolic Programming ............... 51
   Interactome Networks in Human Disease: Obesity ......... 54
The Gut Brain Axis (GBA): Signals from the Gut to the Brain 55
   The Microbiome and Microbiota .......................... 55
   Why Eat? ...................................................... 57
   Hormone Signals to the Brain .............................. 57
   Taste—Not All in Your Mouth ............................... 58
   Ghrelin: The “I’m Hungry” Hormone ....................... 58
   Glucagon-Like Peptide-1 (GLP-1) .......................... 59
   Insulin ......................................................... 59
   Cognitive Function and Glucose-Related Signaling ....... 60
Signaling Through the Nervous System ......................... 60
   The Sympathetic Nervous System (SNS) .................. 62
   Parasympathetic Nervous System: The Vagus Nerve ... 63
   The Second Brain: The Enteric Nervous System (ENS) ... 63
Conclusion ......................................................... 63
References ......................................................... 63
4 The Biology of Adipose Tissue

Adipose Tissue: Energy Storage and Endocrine Signaling
The Development of Adipose Tissue
The Structure of Adipose Tissue
  The Adipocyte
  Brown Adipose Tissue (BAT)
  White Adipose Tissue (WAT)
  Macrophages
  Extracellular Matrix (ECM)
  Adipose Tissue Blood Flow and Innervation
Lipogenesis and Lipolysis: How Fat Is Stored and How It Is Used For Energy
The Tipping Point: Inflammation and Adipose Tissue Dysfunction
Hypoxia and Inflammation in White Adipose Tissue
Adipokines: Leptin and Adiponectin
  Leptin
  Leptin Resistance
  Adiponectin
Conclusion
References

5 Obesity-Related Diseases and Syndromes: Insulin Resistance, Type 2 Diabetes Mellitus, Non-alcoholic Fatty Liver Disease, Cardiovascular Disease, and Metabolic Syndrome

Insulin Resistance
  How to Assess a Patient for Insulin Resistance
  Mechanisms of Insulin Resistance
  Inflammation and Insulin Resistance
Impaired Fasting Glucose (IFG), Impaired Glucose Tolerance (IGT), and Prediabetes
Type 2 Diabetes Mellitus (T2DM)
Metabolic Syndrome
Non-Alcoholic Fatty Liver Disease (NAFLD), Steatohepatitis (NASH) and Cirrhosis
  The Role of Microbiota, Intestinal Dysbiosis, and Metabolic Endotoxemia in NAFLD
Obesity-Related Cardiovascular Disease
  The Obesity Paradox
  Dyslipidemia
  Hypertension
Atherosclerosis, Coronary Heart Disease (CHD), and Heart Failure
### Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Respiratory Problems in Children with Obesity</td>
<td>142</td>
</tr>
<tr>
<td>Gastrointestinal Problems in Children with Obesity</td>
<td>142</td>
</tr>
<tr>
<td>Endocrine Disorders in Children with Obesity</td>
<td>143</td>
</tr>
<tr>
<td>Clinical Assessment of Children with Overweight/Obesity</td>
<td>148</td>
</tr>
<tr>
<td>Biobehavioral Susceptibility Model of Child Obesity</td>
<td>152</td>
</tr>
<tr>
<td>Treatment Recommendations for Children with Obesity</td>
<td>153</td>
</tr>
<tr>
<td>Stage 1: Prevention Plus</td>
<td>154</td>
</tr>
<tr>
<td>Stage 2: Structured Weight Management</td>
<td>156</td>
</tr>
<tr>
<td>Stage 3: Comprehensive Multidisciplinary Program</td>
<td>156</td>
</tr>
<tr>
<td>Stage 4: Tertiary Care</td>
<td>157</td>
</tr>
<tr>
<td>Conclusion</td>
<td>162</td>
</tr>
<tr>
<td>References</td>
<td>162</td>
</tr>
<tr>
<td><strong>8 Fundamentals of Diet, Exercise, and Behavior Modification</strong></td>
<td>167</td>
</tr>
<tr>
<td>Food and Digestion</td>
<td>168</td>
</tr>
<tr>
<td>Digestion</td>
<td>168</td>
</tr>
<tr>
<td>Recommended Mechanics of Eating</td>
<td>169</td>
</tr>
<tr>
<td>Calories and Kilocalories</td>
<td>170</td>
</tr>
<tr>
<td>Macronutrients</td>
<td>170</td>
</tr>
<tr>
<td>Reading a Food Label</td>
<td>179</td>
</tr>
<tr>
<td>Energy Expenditure</td>
<td>180</td>
</tr>
<tr>
<td>Energy Expenditure: Basal Metabolic Rate (BMR)</td>
<td>180</td>
</tr>
<tr>
<td>Energy Expenditure: Thermal Effect of Food (TEF)</td>
<td>180</td>
</tr>
<tr>
<td>Energy Expenditure: Thermogenesis (Exercise and Physical Activity)</td>
<td>181</td>
</tr>
<tr>
<td>Mental Health in the Bariatric Population</td>
<td>183</td>
</tr>
<tr>
<td>Specific Psychiatric Disorders Related to Obesity: Depression and Anxiety</td>
<td>184</td>
</tr>
<tr>
<td>Food Addiction: Science or Silly?</td>
<td>185</td>
</tr>
<tr>
<td>Conclusion</td>
<td>190</td>
</tr>
<tr>
<td>References</td>
<td>190</td>
</tr>
<tr>
<td><strong>9 The Assessment of the Adult Patient with Overweight and Obesity</strong></td>
<td>193</td>
</tr>
<tr>
<td>The Health History</td>
<td>195</td>
</tr>
<tr>
<td>Historical Survey of Weight Gain and Loss</td>
<td>196</td>
</tr>
<tr>
<td>Family History of Obesity and Related Disease</td>
<td>196</td>
</tr>
<tr>
<td>Medications</td>
<td>196</td>
</tr>
<tr>
<td>Dietary History</td>
<td>199</td>
</tr>
<tr>
<td>Stress Factors</td>
<td>199</td>
</tr>
<tr>
<td>Circadian Patterns</td>
<td>202</td>
</tr>
<tr>
<td>Disordered Sleep Analysis</td>
<td>202</td>
</tr>
<tr>
<td>Lifestyle, Cultural, and Occupational Factors</td>
<td>203</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>204</td>
</tr>
<tr>
<td>Obesity-Related Disease</td>
<td>205</td>
</tr>
</tbody>
</table>
11 Bariatric Surgery ........................................ 261
  National Accreditation in Metabolic and Bariatric Surgery ............... 263
  Indications/Contraindications for Surgery ................................ 264
  Mechanism of Action of MBS .................................... 266
    Epigenetic Changes ........................................... 267
    Enteroplasticity .............................................. 267
    Changes in Reward Pathways .................................. 269
    Changes in Energy Expenditure ................................ 270
  Metabolic and Bariatric Surgery: Procedures and Devices ............... 271
    Laparoscopic Roux-en Y Gastric Bypass (LRYGB) .................... 272
    Laparoscopic Sleeve Gastrectomy (LSG) ........................ 277
    Laparoscopic Adjustable Gastric Band (LAGB) ....................... 279
    Duodenal Switch/Biliopancreatic Diversion (DS/BPD) ................ 282
    Gastric Balloon (GB) and the Vagal Blocking Device (VBLOC) ....... 284
  Variability in Response to Metabolic and Bariatric Surgery: ......... 286
    Weight Regain .................................................. 286
  Cholecystectomy After Metabolic and Bariatric Surgery ................. 287
  Prehabilitation: Preoperative Assessment and Preparation ............. 288
    Education and Informed Consent ................................ 289
    Physical Assessment for Surgery ................................ 290
    Social and Psychological Health Assessment Prior to Surgery ....... 292
  Enhanced Recovery After Metabolic and Bariatric Surgery .............. 294
    Preoperative Prehabilitation ................................... 295
    Perioperative ................................................... 295
    Postoperative .................................................. 295
  Health Maintenance After Metabolic and Bariatric Surgery ............ 296
  Conclusion ....................................................... 297
  References ....................................................... 297

12 Population Health Management of Obesity .......................... 307
  Barriers ............................................................. 309
    Accurate Measurement of Obesity Is Essential ....................... 309
    Politicizing Obesity Prevents Action ................................ 309
    Prevention Versus Recognition and Treatment of Existing Disease ... 310
  The Epidemic of Obesity Is a Social Disease ........................ 311
  A New Paradigm: Management of Obesity, not Acceptance of Obesity ........................................... 311
  Recognition ........................................................ 313
    Measure Every Patient, Every Time ................................ 313
    Communicate Level of Risk to Each Patient ......................... 314
  Education ........................................................ 315
<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Engagement</td>
<td>317</td>
</tr>
<tr>
<td>Keys to Personal Engagement</td>
<td>317</td>
</tr>
<tr>
<td>Risk Groups in the New Paradigm</td>
<td>318</td>
</tr>
<tr>
<td>Measuring Value</td>
<td>320</td>
</tr>
<tr>
<td>Population Health and Public Policy</td>
<td>322</td>
</tr>
<tr>
<td>Conclusion</td>
<td>324</td>
</tr>
<tr>
<td>References</td>
<td>324</td>
</tr>
<tr>
<td>Index</td>
<td>327</td>
</tr>
</tbody>
</table>
Obesity
The Medical Practitioner's Essential Guide
Blackstone, R.P.
2016, XX, 337 p. 60 illus., 40 illus. in color., Softcover
ISBN: 978-3-319-39407-7