

Understanding the Disease known as OBESITY

Fact vs. Fiction



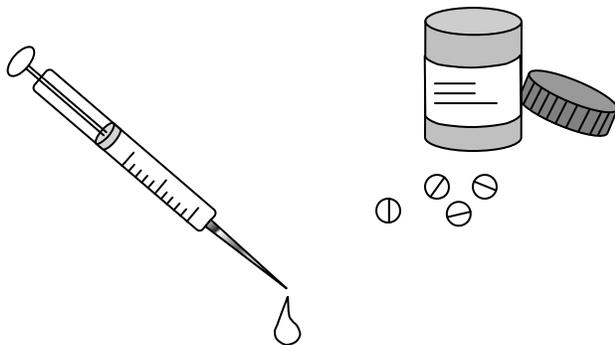
FICTION: Obese people are overweight because they are lazy and stupid; their weight is their own fault because they do it to themselves on purpose.

FACT: Obesity is a *disease* and is *not* caused by personality or attitude disorders, a fact that is now widely accepted by Medicare and insurance companies. Obesity is often genetic.

Social Concerns

Obese people are often discriminated against in many settings. Federal law does not protect people against discrimination socially or in the workplace, as obesity is not a listed characteristic under Title VII. It is important to be aware of these discriminations so we can work to eliminate them. Common forms of discrimination against obese people include:

- **Student Selection**
- **Selection of Employees**
- **Determining Pay Scales**
- **Determining Promotions/Raises**
- **Tenant Selection**



Medical Concerns

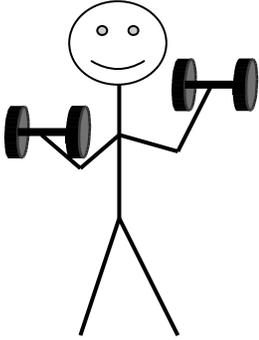
Obesity also causes a number of medical disorders that affect the patient as well as the patient's family and friends in an indirect way. The following is a list of some of the known conditions, diseases, and medical problems caused by obesity:

- Cardiovascular Disease
- Diabetes Mellitus (Type II)
- Complications during Surgery related to Anesthesia and Wound Healing
- Skin Infections
- Gallstones
- Cancer:
 - Breast Cancer
 - Endometrial Cancer
 - Colon Cancer
 - Kidney Cancer
 - Esophageal Cancer

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TREATMENTS

Many obese people become depressed, thinking that there is no assistance for them out there and that they are beyond help. This, however, is simply false. Many options exist to combat obesity and its many complications. Some of these treatments are:



➤ **A Healthy Diet**

Simply eating different foods can make a big difference. Losing even 10% of body mass has a positive effect on an obese person's health.

➤ **Exercise**

Every 3500 calories that are burned and not consumed result in weight loss of one pound.

➤ **Medicines**

Drugs such as *Meridia*, an appetite suppressant, and *Xenical*, which causes malabsorption of fat, can help an obese person lose weight directly and avoid fatty foods.

➤ **Surgery**

Two forms of surgery can help patients to lose weight: **stomach banding** and **gastric bypass**. **Stomach banding** is a less intrusive surgery but is not as effective as a **gastric bypass**. **Gastric bypass** is a bit more drastic, but some doctors refer to it as a cure for Type II diabetes.

Tips for Eating Healthier

❑ **Be selective in what you eat.**

- Eat low fat foods.
- Minimize starch in your diet.
 - Starch has a 100% absorption rate into the body and causes insulin secretion, especially starchy foods with a high glycemic index.
 - It will make you hungry again 2-3 hours after you eat it due to insulin excretion and a rebound of low blood sugar.
- When you do eat starch, pair it up with protein to slow absorption and passage through the stomach in order to delay the release of insulin.

❑ **Eat slowly.**

- There is a fifteen-minute delay between when your stomach is actually full and when you recognize it.
- Putting down your fork between bites can help.
- Drinking a couple glasses of water before your meal also helps.

❑ **Avoid bedtime snacks (especially starchy ones).**



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