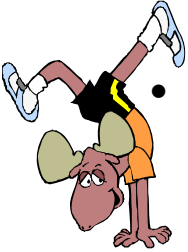


Obesity

What is it?

- **Overweight**- body weight 10 to 19% above IBW
 - **IBW- Male**-106 lbs. for the first 5 feet and 6 lbs. per inch after +/-10%
 - **Female**- 100 lbs. for the first 5 feet and 5 lbs. per inch after +/-10%
- **Obesity**- 20% or > above IBW range- promote health risks- diabetes, coronary artery disease, hyperlipidemia, gallbladder/liver diseases, hypertension, osteoarthritis, EPH-gentosis in pregnancy, complications in surgery, accidents, sleep disorders, respiratory problems, some cancers
 - **Hypertrophic Obesity**- increased lipid content of adipocytes
 - **Juvenile Obesity/Hyperplastic**- increase in cell number
 - **Pickwickian syndrome**- obesity hypoventilation



Medications:

- **Appetite Suppressants/Tenuate**- monitor for GI distress, excitability
- **Dexedrine**- monitor glucose levels, GI disturbances, anorexia, extreme weight loss, dry mouth, unpleasant taste, drowsiness, dizziness, diarrhea, growth disturbances in children
- **Fenfluramine HCL/Pendimin/Phentermine HCL/Adipex-P/Redux/dexfenfluramine HCL**- for weight loss for 1 year-serotonin is released- food intake decreases, monitor for pulmonary hypertension, do not use if pregnant/lactation, MAO inhibitors, serotonin reuptake inhibitors, **AVOID with Children/Teenagers**
- **Ionamin/Fastin**- monitor for dry mouth, stimulant like amphetamine
- **Orlistat**- reduces fat uptake
- **Prozac**- used for bulimia nervosa, monitor for headaches, nausea, diarrhea, dry mouth, hyperglycemia

Facts:

- **1/3 to 1/4 of Adults**- are obese in the United States
- **Overweight**- more common in black women than in white women

What can I do?

- **See your Health Care Provider**- monitor blood pressure, lipids, glucose, uric acid, weight
- **See RD for help as needed *See FFF RD on line for help**
- **Food**- Low Calorie/Fat Diet, Exercise, 3 healthy meals, bedtime snack
- **Stress** -HBV Protein, High Fiber, Decrease Sugars/Sweets/Fats/Alcohol

