

Manažment obezity v praxi

Štefan Farský

Slovenská liga proti hypertenzii

Martin

Obezita sa podľa súčasných poznatkov najlepšie definuje:

- a) hodnotou BMI - všetky ostatné parametre sú iba pomocné;
- b) ako zvýšený obsah tuku v tele – hodnoty BMI a obvodu pása sú iba pomocnými parametrami;
- c) predovšetkým pomocou obvodu pása – hodnoty obsahu tuku v tele a BMI sú iba pomocnými parametrami;

Obezita s normálnym BMI:

- a) sa nevyskytuje;
- b) hovoríme o nej, keď pri normálnej hodnote BMI obsah tuku v tele presahuje stanovené hranice u mužov 23 % a u žien 33 %;
- c) odhaduje sa, že v USA je prítomná asi u 30 miliónov obyvateľov;
- d) spôsobuje kardiometabolickú dysreguláciu a vysokú prevalenciu metabolického syndrómu

Obezita je komplexný problém

- Nedá sa vždy vyriešiť v zmysle: znížiť príjem, zvýšiť výdaj
- Povedať pac. aby jedol menej, schudol, je niekedy to isté ako povedať pac. s depresiou „majte dobrú náladu“
- Obezita je dôsledok prevahy príjmu energie nad jej výdajom, prejedanie je príznak
- Podobne edémy sú dôsledok iného ochorenia

Obesity: Complications and Barriers (M, M, M & M)

Mental

- Mood Disorder
- Anxiety Disorder
- Attention Deficit Disorder
- Sleep Disorder
- Personality Disorder
- Addiction Disorder
- Psychotic Disorder
- Cognitive Disorder

Monetary

- Education
- Employment
- Low Income
- Disability
- Life/Health Insurance
- Bariatric Furniture/Aids
- Oversized Clothing
- Weight Loss Programs



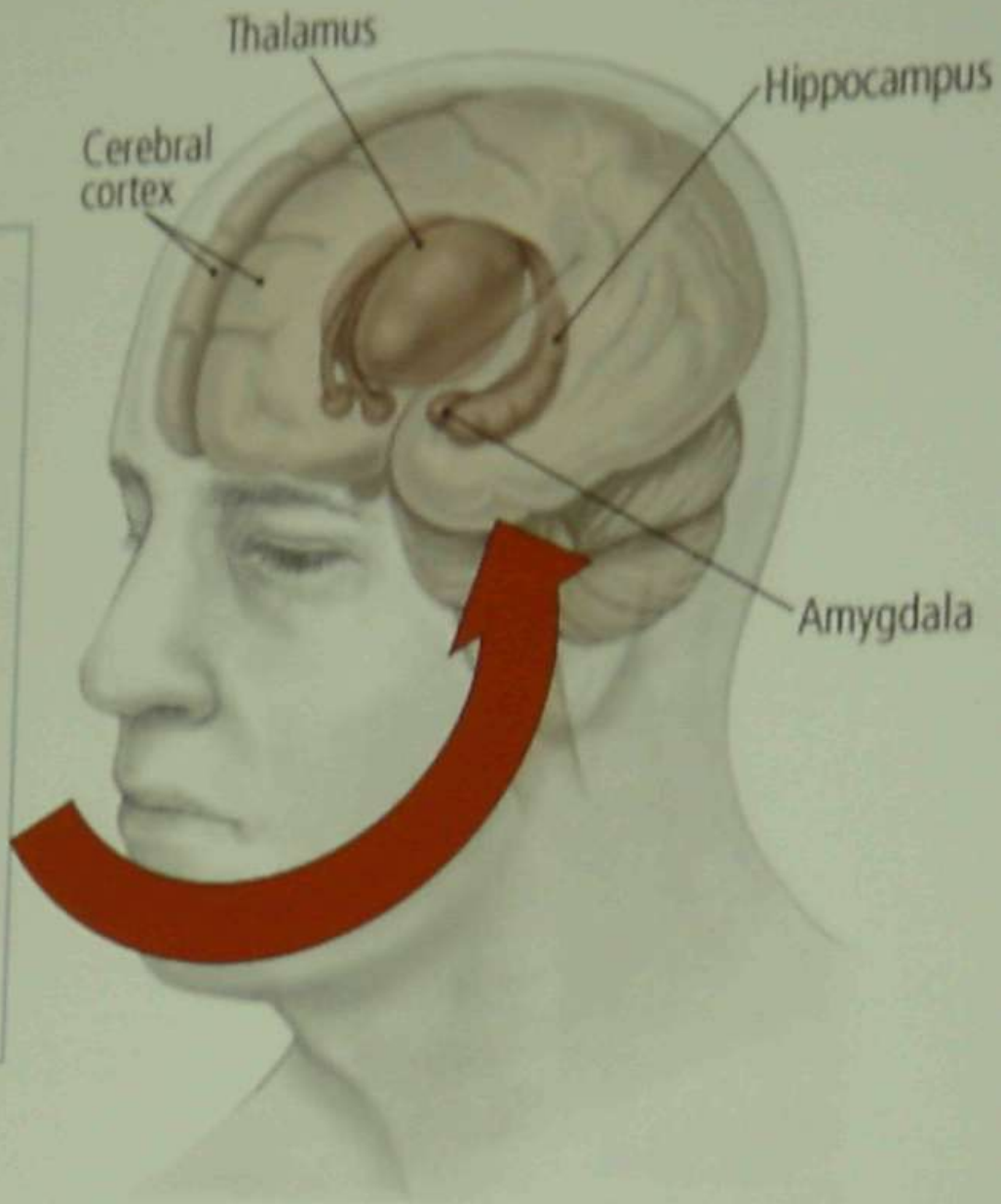
Mechanical

- Osteoarthritis
- Pain
- Reflux Disease
- Obstructive Sleep Apnea
- Urinary Incontinence
- Intertrigo
- Pseudotumor Cerebri
- Plantar Fasciitis

Metabolic

- Type 2 Diabetes
- Dyslipidemia
- Hypertension
- NAFLD
- Gall Bladder Disease
- PCOS
- Infertility
- Cancer

Depression and Appetite



Adult ADHD Self-Report Scale (ASRS-V1.1)

Symptom Checklist

| Patient Name | | | Today's Date | | | | |
|--|--|--|--------------|--------|-----------|-------|------------|
| <p>Please answer the questions below, rating yourself on each of the criteria shown using the scale on the right side of the page. As you answer each question, place an X in the box that best describes how you have felt and conducted yourself over the past 6 months. Please give this completed checklist to your healthcare professional to discuss during today's appointment.</p> | | | Never | Rarely | Sometimes | Often | Very Often |
| 1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done? | | | | | | ✓ | |
| 2. How often do you have difficulty getting things in order when you have to do a task that requires organization? | | | | | | | ✓ |
| 3. How often do you have problems remembering appointments or obligations? | | | | | ✓ | | |
| 4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started? | | | | | | | ✓ |
| 5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time? | | | | ✓ | | | |
| 6. How often do you feel overly active and compelled to do things, like you were driven by a motor? | | | | | ✓ | | |

Lieky a obezita

- BB znižujú bazálny metabolizmus až o 10% (zimomrivosť)
- Hypoglykemizujúce lieky vyvolávajú hlad (znížená hladina glukózy)
- Antidepresíva: nepodávať pri OSA!

Stimulus Control Techniques

- Eliminate choice
- Eat three meals a day, same time, same place
- Eat while seated at table
- Focus on the food
- Eliminate distractions
- Use small plates
- Do not put vessels with food on the table
- Cook small amounts of food
- Eat slowly, take breaks, put down utensils
- Shop after eating
- Clean plate into the garbage
- Avoid second serving

Meta-Analysis of Low-Fat vs. Low-Carbohydrate Diets

| Outcome | 6 Months | 12 Months |
|-------------------|---------------------------|---------------------------|
| Weight | ∞3.3 kg ^{LC} | ∞1.0 kg |
| Systolic BP | ∞2.4 mm Hg | ∞1.3 mm Hg |
| Diastolic BP | ∞1.8 mm Hg | ∞0.4 mm Hg |
| Total cholesterol | ∞8.9 mg/dL ^{LF} | ∞10.1 mg/dL ^{LF} |
| LDL cholesterol | ∞5.4 mg/dL ^{LF} | ∞7.7 mg/dL ^{LF} |
| HDL cholesterol | 4.6 mg/dL ^{LC} | 3.1 mg/dL |
| Triglycerides | ∞22.1 mg/dL ^{LC} | ∞31.0 mg/dL ^{LC} |

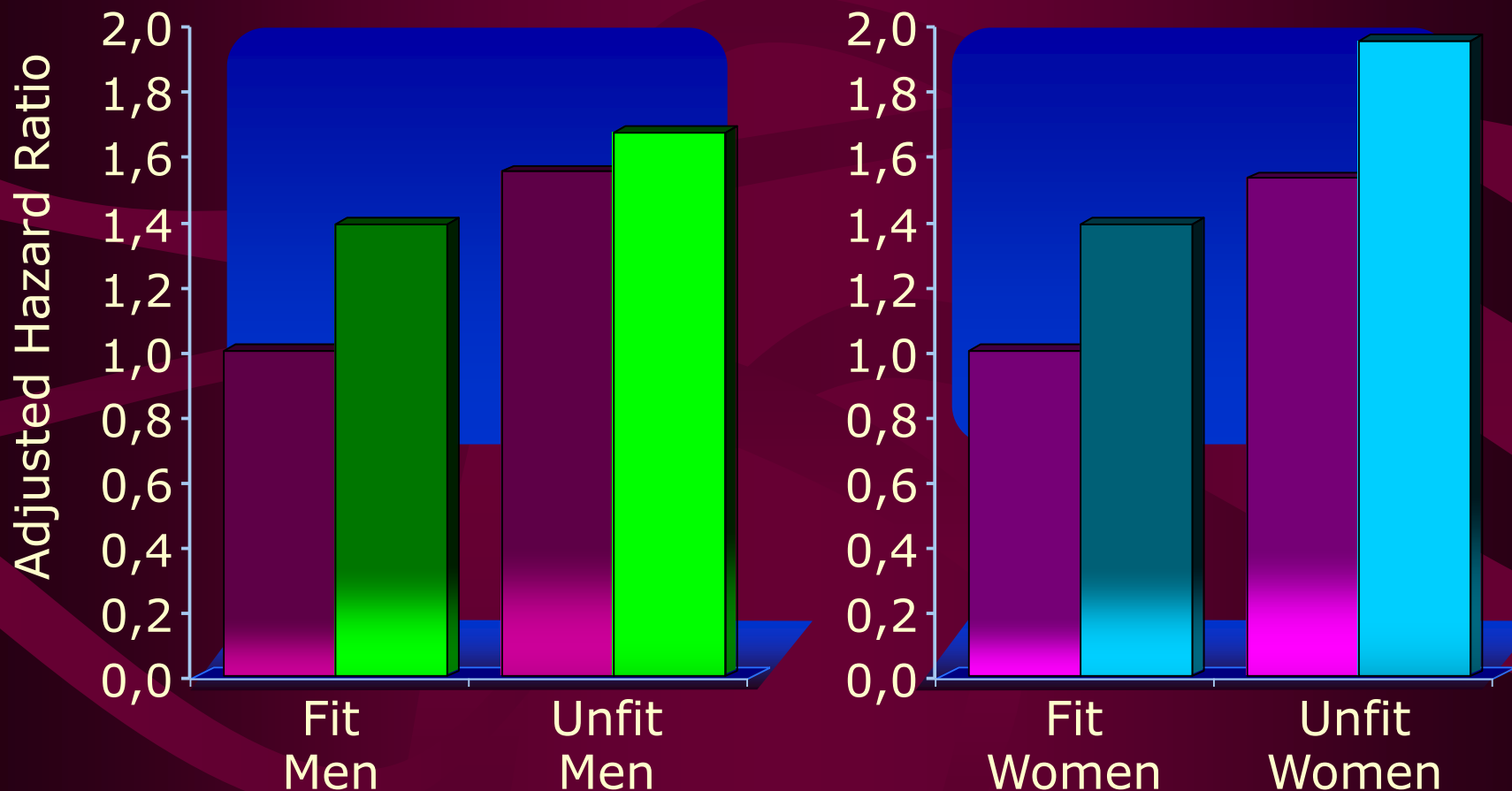
LC = statistically significant difference in favor of low-carbohydrate diets.

LF = statistically significant difference in favor of low-fat diets.

Fitness, Fatness, and Mortality from Cardiovascular Disease

■ BMI 19.5–28.6 kg/m²
■ BMI >28.6 kg/m²

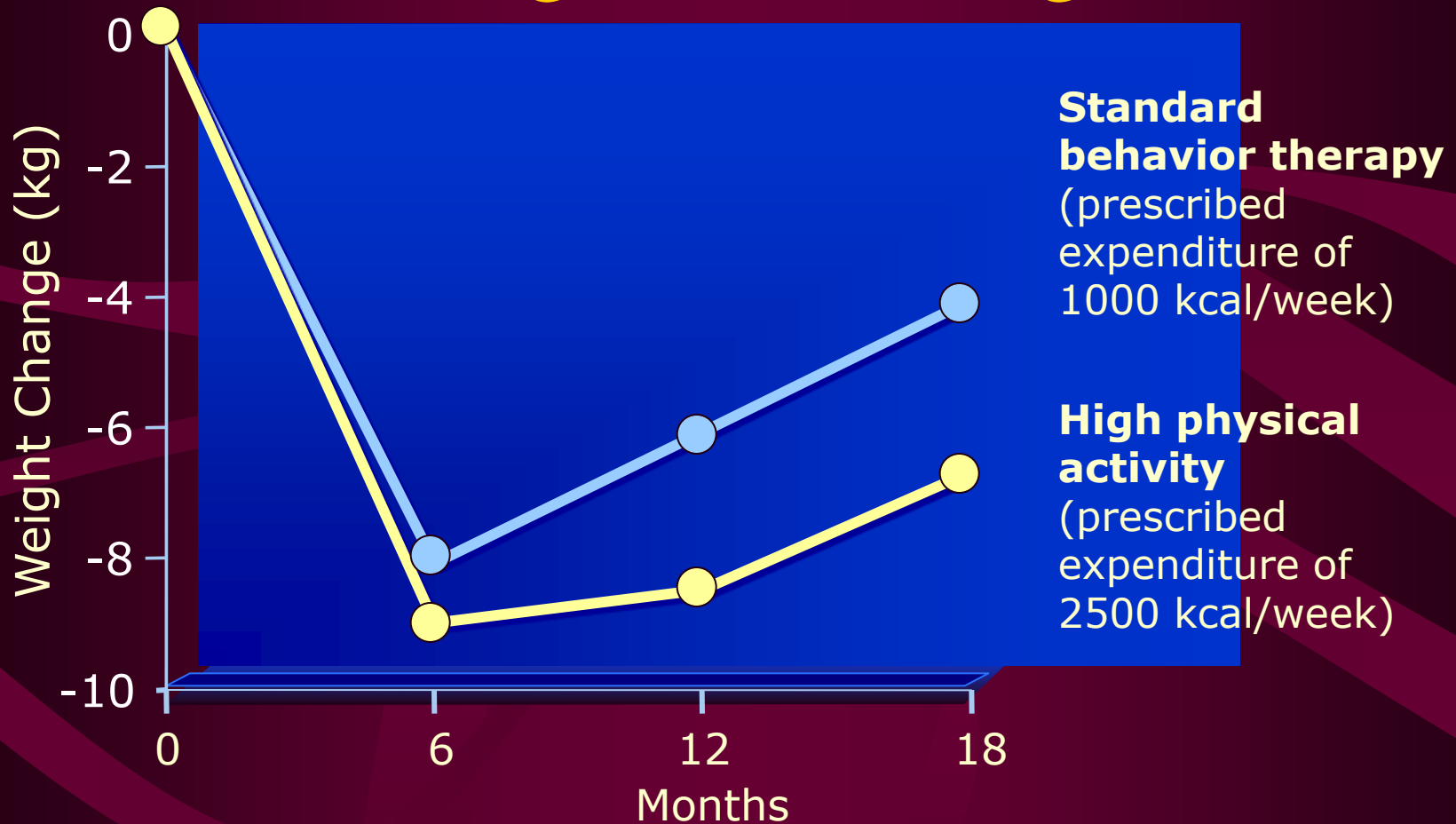
■ BMI 18.7–27.6 kg/m²
■ BMI >27.6 kg/m²



Fyzická úroveň pacienta, tzv. úroveň fitness:

- a) je minimálne tak významná, ako samotné zníženie hmotnosti;
- b) u mužov, ktorí sa pravidelným cvičením počas 5 rokov preskupili so skupiny „unfit“ do skupiny „fit“, klesla celková mortalita o 44 %;
- c) štúdia CARDIA ukázala, že vývoju hypertenzie sa dá zabrániť pravidelným cvičením a zvýšením úrovne fitness

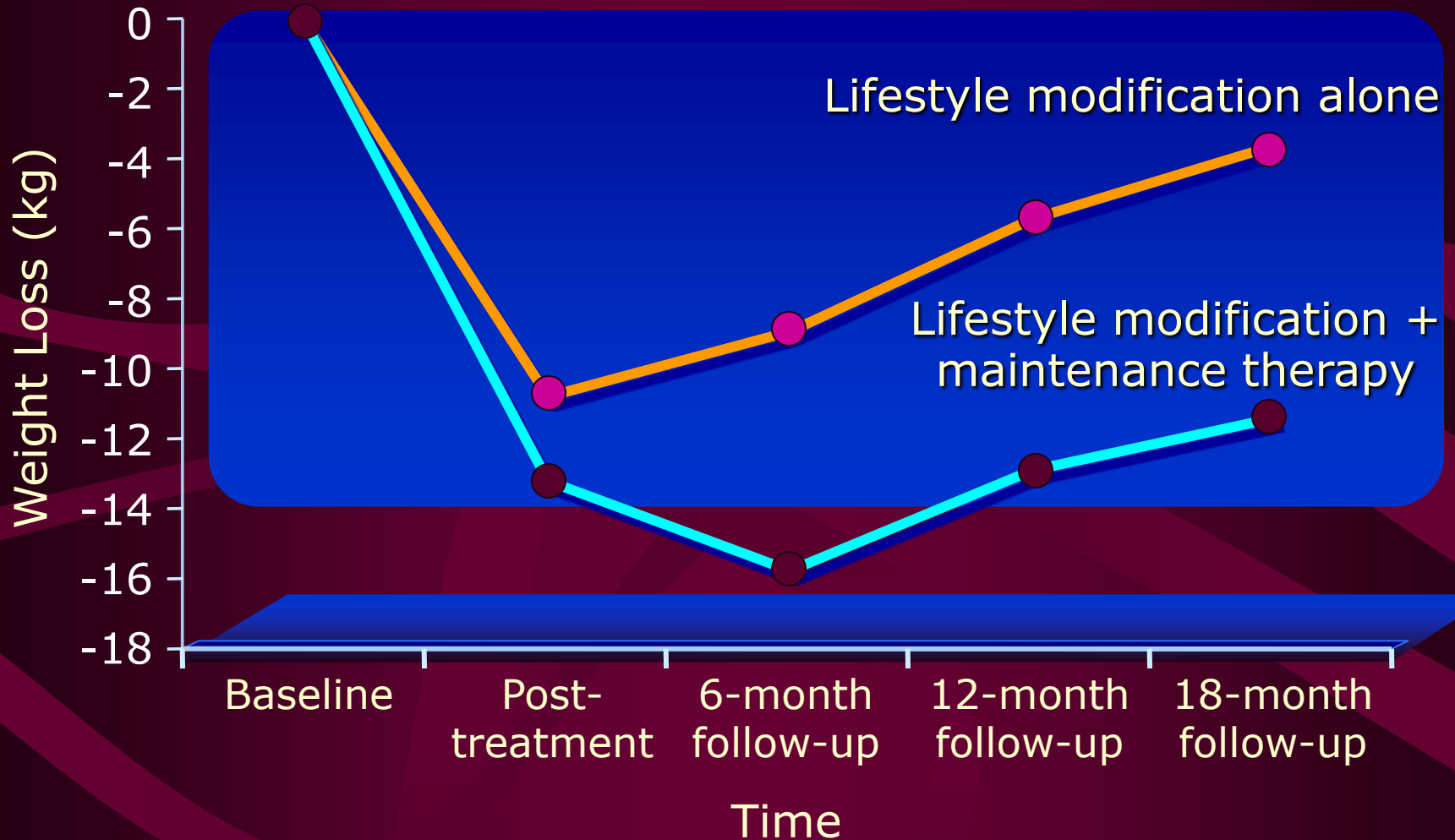
Higher Physical Activity Goals Enhance Long-Term Weight Control



5-10 % redukcia u obéznych

- Pokles sTK o 6,1mmHg, dTK o 3,6mmHg
- Pokles TG o 20-30%
- Pokles LDL o 15%
- Vzostup HDL o 10%
- U pac. s DM pokles HbA1c o 1,1%, 25% redukcia mortality, 35% redukcia mikroangiopatie
- Cvičenie u osôb so sedavým spôsobom života prinesie 44 % redukciu celkovej mortality


Obesity Requires Long-Term Care

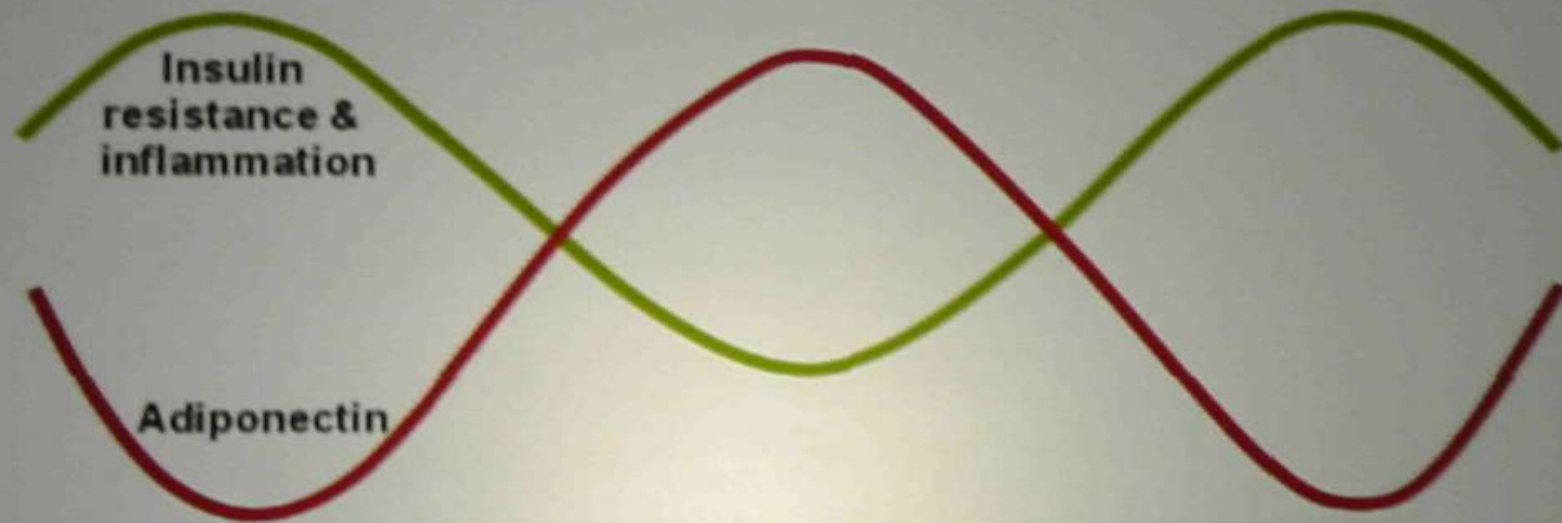
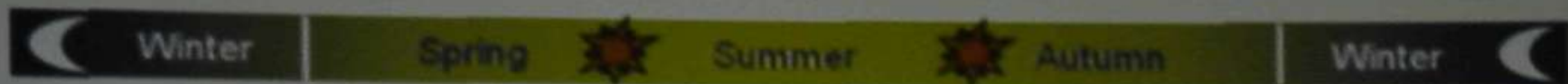




The Brown Bear

- Hibernates for 4 -6 months
- Puts on fat before sleeping
- Blood Pressure falls
- Heart rate falls to 8 -12 beats per m
- LV mass declines and wall stiffness increases

Melatonin 



We hibernate too...

