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New approaches in the battle of the bulge

BY ROSEMARIE ANTONINO

Believe it or not, summer is quickly approaching and with that comes thoughts of reviving failed New Year's resolutions — the ones committed to “being fit and healthy” and “losing weight.”

While these thoughts are fueled with good intentions, there are some hard and fast numbers that show we need to take weight loss seriously, for the sake of our health.

Statistically speaking, 69 percent of American adults are either overweight or obese, of this a third of adults are obese with a body mass index (BMI) over



30. These conditions are not mere cosmetic concerns.

Carrying around an unhealthy amount of excess body weight has serious health implications. These include weight-related conditions such as heart disease, stroke, type 2 diabetes and certain types of cancer.

The 2014 National Diabetes Statistics Report identified 29.1 million Americans as diabetic with an estimated 35 million considered pre-diabetic. The American Heart Association reports

that 85.6 million adults are living with some form of cardiovascular disease. Of these, heart disease is the number one cause of death. For those who are

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obese or overweight, even a small weight loss can help lower the risk for developing weight-related conditions.

How do you know if you are at risk?

The Centers for Disease Control and Prevention (CDC) recommend knowing your BMI and your waist circumference as both provide insight into risk for weight-related health conditions. BMI is a screening measure that utilizes height and weight.

A BMI of 18.5-24.9 is considered normal while a BMI of 25.0-29.9 indicates that a person is overweight.

As indicated above, a BMI of 30 or higher indicates obesity. Another way to estimate risk for weight related conditions is to measure waist circumference.

A waist measurement of 40 and higher for men or 35 and higher for non-pregnant women indicates an increased risk for weight related conditions. While both of these methods can help identify risk, they are screening tools; a further discussion with your primary care physician about other risk factors is important to consider.

Now that you know your risk, you can be assured that living a healthy lifestyle is attainable as long as you have the correct educational tools and support. In today's world, we have access to a great deal of information both online and through other sources.

This is a double-edge sword as some of the information and resources out there may not be accurate, thus leading us down the rabbit hole of trying the latest fad diet and celebrity trainer program with the hopes of finally achieving healthy weight loss.

Some may be successful with these approaches, others may fail — not due to a lack of trying, but because the program was not best suited for them.

For some, being overweight or obese is a result of underlying factors, including complex medical conditions that can hinder successful weight loss. Consuming too many calories, being sedentary, inefficient sleep, endocrine disruptors, medications, and genetic makeup can all cause an individual to become overweight or obese.

As there are numerous reasons for weight gain, the solutions for weight loss must align in order to see a result. Physi-

Get help losing

FOR MORE information about body mass index please visit www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi-calc.htm

FOR MORE information about Sturdy's Wellness Weight Management Program please contact 508-236-7497 or visit www.sturdymemorial.org

cians with significant knowledge of obesity medicine can assist in positive weight loss outcomes.

At Sturdy, we have developed the Wellness Weight Management Program to provide our community members with access to specialists in obesity medicine, bariatrics, nutrition, gastroenterology and other disciplines that are crucial to weight management. These specialists are not only knowledgeable, but compassionate about their patient's success. Using the latest technologies and developments in health and weight loss, they are committed to helping individuals meet their goals.

As part of the Wellness Weight Management Program, a physician will work with each patient to evaluate and understand factors that may be attributing to weight gain. From there, they will develop a personalized plan.

These plans can include modifications to diet with simplified nutrition plans, meal supplements, exercise prescriptions, modifications in current medications, vitamins, and/or weight management medications.

Additionally, this program may include referrals to other programs within the hospital such as nutrition counseling, diabetes management, and medically supervised exercise programs. For those who may benefit from other medically appropriate interventions, referrals for the ORBERATM Intra-gastric Balloon or other surgical options may be available.

If you are one of the millions of Americans that diet each year and are tired of the same old programs with limited results, connect with us at the Wellness Weight Management Program at Sturdy.

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