

" Mrs. Jones, would it be alright if we speak today about how your BMI is affecting your health?"

By Dr. Dennis Barley

We know that the disease of Obesity leads to certain life-threatening co-morbidities such as cardiovascular disease, diabetes, fatty liver, and even cancer. What this recent pandemic has spot-lighted for us is that Obesity is a very high risk and mortality factor for the SARS CO-V-2.

Let's face it, Obesity in most cases, eventually kills. In 2013 the AMA designated Obesity a disease. The AMA lists it as a complex chronic disease, yet we tend not to treat it like any other. If a patient has Chron's disease, we know the diagnosis and then apply the treatment. The disease of Obesity is no different, however many times it is treated for its symptoms and not its underlying cause. Obesity can be treated and placed into remission with a proven weight management program that utilizes diet education, exercise, and behavioral interventions.

So why is this disease so difficult to speak of with a patient? The reasons are multi-faceted. One, until fairly recently, there was no real training on the disease, so physician confidence was low. Other reasons cited have been a lack of space in the practice, not enough personnel to staff a program, and challenges for reimbursement. That coupled with a physician's fear of offending the patient and

also taking too much time during the appointment, leaves this disease way under-treated.

If trends continue, half of our population will be obese by 2030! We need to get on top of this disease which can put our nation in peril for the next pandemic. We need more good Doctors Fighting the Fight against Obesity.