



OBESITY MANAGEMENT

Copyright © 2019 Nermeen Asham, BScN, RN, Weight Loss Consultant

Obesity is a “silent” and multifactorial disease that affects the current and future health status of people of all ages in the U.S. and globally; and, it is often misunderstood, unmanaged, overlooked, and its severity is underestimated.

By seeking help and treating obesity early, you can improve your overall health because you can prevent the disease from progressing to the next stage as it affects nearly every organ in your body; also, treatment differs depending on the stage of obesity and severity of the disease.

Epidemic, “the weight gain emergency”, a threat to health, an urgent global health issue, and a public health crisis all describe the state of obesity worldwide; so, let’s all work together to help end our current obesity pandemic.

Successful and sustainable weight loss requires a comprehensive approach, which involves the coordination of four essential components: (1) medical, (2) nutrition, (3) activity/exercise, and (4) education for a lasting behavior change and a healthy lifestyle.

I know you can reach your weight goal, but you can not do it alone because overweight and obesity are complex health conditions that need specific care and life-long support; as a nurse who is passionate about health and wellness, I’m happy to be your coach and assist you during your healthy lifestyle journey.

Think of overweight and obesity like other diagnoses; when people have a health condition that needs to be monitored, treated, or managed, they go see a specialist.

You need the help of a professional health care team, who will provide quality care and compassionate care that is free of bias; and, they will be your tour guide during your journey as well as your weight loss counselor, health coach, support system, and a partner in health throughout the process.

Managing obesity and finding the right solution involves identifying the cause of weight gain based on your medical history and creating a personalized care plan tailored just for you.

Always remember that there is science behind obesity and it is a chronic and progressive medical condition with evidence-based treatment recommendations; so, it takes an interdisciplinary team, who have the expertise in weight management, to treat it and manage it for you.

Never give up on your health goal; and, don't forget to celebrate your successes as well as your challenges during your weight loss & maintenance journey.

Also, choosing to be healthy or reaching your weight goal requires commitment, perseverance, and patience; it's a process, a lifetime journey, and a way of living.

Get help during your healthy lifestyle and weight loss journey from an obesity medicine physician, who can write your prescription for a safe weight loss program that will work for you.

Every step you take towards a healthy lifestyle counts and will reduce your risk of developing other chronic health conditions and life-threatening diseases.

My goal is to make a positive difference in your life, assist in your success, and help create a healthier world with other health professionals and experts out there.

Empower yourself for better health today for a healthier tomorrow.

Never too late or impossible to make a change and to embark on the journey of optimal health; so, believe in yourself and "be the change" one step at a time.

Take action today to work on your weight goal if you think you're overweight or if you're living with obesity by visiting a medical weight loss center near you or a certified obesity medicine specialist for a consultation.

