

Lessons Learned From Weight Loss

By Amber Olson, Medical Student

It has been 4 WHOLE YEARS of weight maintenance after losing 100 lbs. I'll share with you a couple of pearls I have learned along the way.

Weight loss is not about aesthetics. I am beautiful now, and I was beautiful 100 lbs heavier. Weight loss is about health. For me, weight loss was about addressing fatigue, pre-diabetes, knee pain, and foot pain. Finding greater health has allowed me to pursue more of my dreams.

Weight loss is hard, but weight maintenance is harder. As you lose weight, your body fights against you. Hormone levels and metabolic rates change, making weight regain easy. Obesity will be something I will need to battle my entire life, through both lifestyle and medication.

Obesity care is VERY expensive. Health should not be reserved just for those that can afford it. Now is the time to advocate for providers and insurance companies to do a better job. Obesity is a chronic disease and it needs to be treated as such.

Even when you are feeling hopeless, just know there IS hope. After trying diet after diet, I felt like nothing about my health would ever change. But, after finding an obesity medicine physician at UChicago Medicine, my life changed.