

# Preface

As a provider of medical care, regardless of specialty or level of training, 33 % of your patients are obese and over 60 % are overweight or obese. Within 15 years, it is projected that 50 % of your patients will be clinically obese. Socially we have been taught to ignore this fact and try and reach beyond it to interact with the “real person.” While that is an acceptable, even desirable, approach in a social setting, in medicine it is devastating. Obesity is the central paradigm of modern disease. It is the prelude to insulin resistance, high cholesterol, high blood pressure, type 2 diabetes, sleep apnea, and heart disease. If you fail to “see” overweight and obesity in your patients or to take it into account when treating them, you may stem the tide of these obesity-related medical problems for a while, but the patient will lose the battle.

Systematically and with sensitivity, you and your staff must acknowledge the role overweight and obesity plays in your patients’ health. Helping them to achieve better health through weight loss and body fat loss will enable you to make all the other therapies you employ for related disease more effective. It will also strengthen your relationships with your patients.

This book will educate you about the current state of the science of obesity as a disease and help you establish a systematic process for recognizing and working with patients who are overweight or obese. Knowing the facts about the nature of obesity based upon scientific, peer-reviewed data may require you to suspend your personal beliefs about obesity. Set aside your preconceived notions, open your mind, and let us get down to the essential medicine every practitioner should know for helping this group of patients win this battle.

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## Obesity

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