

Why Can't My Patient Lose Weight? - Effective Obesity Management in Primary Care

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Program Information



Goals of Treating Obesity

- An effective approach to obesity treatment however must first recognize that obesity is a chronic and often progressive disease. For those patients who have been in a pattern of weight gain over time, the first goal is not weight loss, but weight stabilization (i.e., the prevention of further weight gain).
- Once weight has been effectively stabilized weight loss can be approached as the next step. Because patient expectations often drastically exceed achievable results, it is important to have a full discussion to set realistic behavioural goals that will confer health benefits and reduced risks. Even a weight-loss of 5% is clinically significant, with the potential to substantially reduce risk of comorbidities.
- Meta-analysis shows current weight-management interventions in primary care are not effective over the long term, achieving a mean weight loss of less than 1.5 kg at 12 and 24 months.⁷ A recognition of obesity as a chronic disease requiring lifelong intervention, placing a focus on maintenance of weight loss and improvement in health behaviours over the long term is critical to the success of treatment.

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Learning Objectives for this Course

Upon completion of this program, participants will be able to:

Assess the root causes of obesity in patients.

Identify barriers to weight loss and assist patients in overcoming them.

Individualize treatment of obesity.

Planning Committee

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