



## Doctors' corner at Natomas Family practice

**Welcome** to the first of our regular emails regarding health-related issues that we as providers are here at Natomas Family Practice hope will provide you with helpful information regarding health-related topics that we find important.

Spring has finally arrived and we hope many of you have kept those New Year's resolution you've made!

We would first like to talk about obesity. The technical definition of obesity is having a body mass index (BMI) of 30 or higher. If you are a woman at 5'3" and weigh 170 lbs or more, you are considered obese. If you are a male at 5' 9", you are obese if you if you are over 200 lbs. There are various BMI calculators on the internet to find your BMI and to determine if you are underweight, average weight, or obese.

Obesity is a complex disorder involving too much fat. It is not just a cosmetic concern. It is associated with a host of health problems. For example, it can increase your blood pressure, increase your risk of diabetes, stroke, heart disease, also the risk of certain types of cancer is also increased when you are an unhealthy weight.

While there are many causes of obesity, including endocrine (glandular disorders), depression and anxiety, genetics, the main factors are **INACTIVITY** and an **UNHEALTHY DIET AND EATING HABIT**.

We are constantly asked about the best way to lose weight. We, as providers, have the same problem as well.

**First**, we ask our patients to exercise regularly. While it is often recommended to exercise 3-4 times per week, we know this is simply not doable for many of us. We suggest you incorporate some type of walking regimen into your daily activity. This may be parking a little further at work or walking at lunch time. Knowing how many steps you take either by a phone or smart watch will help keep you accountable and motivated.

**Second**, please follow a healthy eating plan and please limit the portions! Our portions tend to be way too large! Save some leftovers for your next meal if you are eating out. Focus on a low-calorie, nutrient-dense foods (nuts, lean meats, fruits, and vegetables.) Drink lots of water! We recommend at least 4-6 glasses of water per day. Keep a water bottle at your desk. If you get hungry at around 10 am or 11 am, like I do, keep a healthy snack at your desk. If you are too hungry at lunch, you will tend to overeat.

**Third**, monitor your weight weekly. It has been shown that if you weigh yourself once per week are more likely to keep off excess pounds. It keeps you accountable and it helps to tell you if your efforts are working.

In closing, obesity is a common problem that has many consequences. Please be consistent with a healthy diet and be physically active. Until next time, stay well and be happy!