



HEALTHYWEIGHTNY.COM

# Obesity Happens

Healthy Weight NY - Personalized Weight Loss Solutions

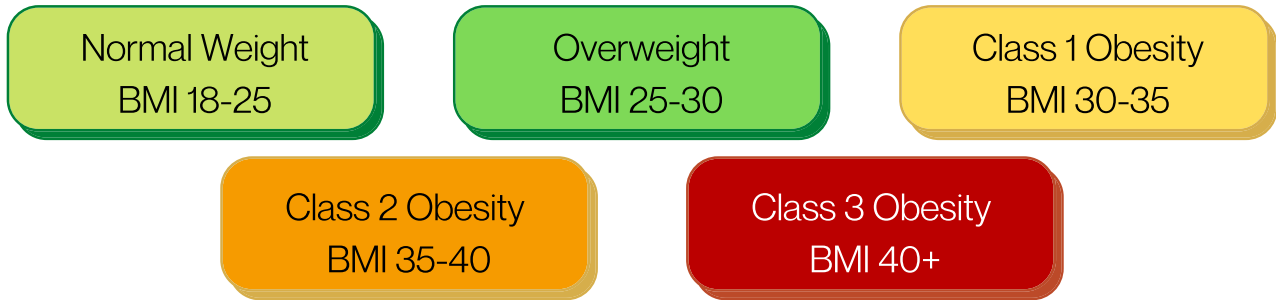
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**Click2MD**

# About Obesity

Currently, BMI, which is a ratio of your weight to height, is used to define obesity. Waist to hip ratio further defines the type of obesity (for simplicity sake the terms 'overweight' and 'obesity' will be referred to as obesity).



BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
<b>Height (inches)</b>	<b>Body Weight (pounds)</b>																
<b>58</b>	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
<b>59</b>	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
<b>60</b>	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
<b>61</b>	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
<b>62</b>	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
<b>63</b>	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
<b>64</b>	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
<b>65</b>	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
<b>66</b>	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
<b>67</b>	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
<b>68</b>	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
<b>69</b>	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
<b>70</b>	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
<b>71</b>	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
<b>72</b>	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
<b>73</b>	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
<b>74</b>	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
<b>75</b>	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
<b>76</b>	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

Source: NIH

Obesity is caused by excessive caloric intake, in most instances. Common causes are:

- Increased carbohydrate consumption
- Eating highly processed foods
- Eating without hunger
- Increased snacking
- Caloric dense foods & sugary drinks
- Stress
- Insomnia





# Complications of Obesity

Regardless of the cause, obesity poses significant health risks. Risks include:

- Diabetes mellitus type 2
- Metabolic syndrome
- Cancer (e.g. leukemia, multiple myeloma, non-Hodgkin's lymphoma, esophagus, kidney, breast, colon, rectal)
- Nonalcoholic fatty liver disease (NAFLD)
- Hypertension
- Obstructive sleep apnea and pulmonary hypertension
- Coronary artery disease and heart attack
- Stroke
- Gallbladder disease
- Anxiety and major depression
- High-grade prostate cancer
- Mood disorders
- Personality disorders
- Eating disorders
- Asthma
- Sexual dysfunction & infertility



These complications have been documented by multiple studies including The Million Women Study (BMJ, 2007) and a 900,000-person study (NEJM, 2003) who were cancer-free at the start of these multi-year studies.

A metabolically healthy obese (MHO) person is obese but doesn't have abnormal blood tests due to obesity. Approximately 10% of all people fall into this category. On the other hand, 5–6% of people with normal BMI have Metabolic Syndrome, a condition that increases your risk of heart disease, stroke, and type 2 diabetes. However, a person who is MHO still carries a higher risk of heart disease and premature mortality as compared to a normal-weight healthy person.

A few studies have shown that increased BMI has some protective effect on obesity-related mortality, especially cardiovascular disease. However, all the studies were retrospective. When all other factors are included, this beneficial effect was significantly blunted. People should not use this paradox to avoid a healthier lifestyle and should aim to attain better body composition. Being mildly overweight in older patients (>85 years old) does have some protective effect on morbidity and premature mortality.



## When to Consider Weight Loss

You need to consider weight loss to keep yourself healthy, avoid unnecessary illnesses, and manage chronic conditions, including disease reversal. A weight loss program can improve or prevent the following:

- Diabetes mellitus type 2
- Metabolic syndrome
- Hyperlipidemia
- Polycystic ovarian syndrome
- Nonalcoholic fatty liver disease (NAFLD)
- Gluten hypersensitivity (celiac disease)
- Seizure disorder refractory to medications
- Obstructive sleep apnea
- Irritable bowel syndrome
- GERD
- Hypertension
- Asthma
- Poor body image leading to psychological issues
- Sexual dysfunction & infertility
- Depression
- Arthritis

# Why Obesity Happens

## Nature vs. Nurture

Cultural factors and parenting behaviors, including the types of food you eat, the prevalence of snacking in addition to meals, and periods of fasting between meals, can cause obesity. Genetics often play a minimal role.

## Hormones & Psychology

There are multiple hormones and psychological factors that cause obesity, including hypothyroid, growth hormone deficiency, testosterone deficiency, abnormal estrogen levels, abnormal leptin levels, abnormal ghrelin, polycystic ovarian syndrome, metabolic syndrome, PPAR abnormality, lipoma, protein lipase abnormality, hypothalamus abnormalities, etc.

The leptin hormone is secreted by fat cells. Leptin tells your brain when to stop eating by sending satiety signals to the brain (e.g. feeling of being full). Sometimes leptin decreases during weight loss, telling the brain that more food is needed, which actually may cause you to eat more and gain weight!

## Behaviors

There are several behavioral factors that may cause obesity:



- Restraint disinhibition: Inability to refrain from overeating when there is an abundance of food. A sedentary nature (e.g. decreased physical activity) can also increase the effect.
- Abuse: Can be emotional, physical, sexual (especially in women). Some of the long-term adverse consequences of abuse include obesity both as a result of stress eating and emotional imbalance.
- Dietary patterns: Include binge eating disorders (BED), bulimia nervosa, and night eating syndrome (NES). Many of these eating disorders are in part due to anxiety and stress.
- Overeating syndromes (BED): Consumption of a large amount of food within a two-hour period while feeling a loss of control.

## Energy Expenditure

Physical behaviors are the largest modifiable component of energy expenditure. Physical activity effects are variable and can constitute 15% to 30% of 24-hour energy consumption. In the average overweight person, the amount of energy expended in physical activity and exercise often is insufficient to counter a sedentary nature. Excessive sitting is associated with obesity and diabetes, independent of physical activity. More than half of the US adult population maintains an almost totally sedentary lifestyle. Most Americans walk between 4,000–5,000 steps per day. Most people with significant weight loss walk between 15,000–18,000 steps per day. Increased physical activity has many other beneficial effects on the body and mind.

## Medications

Certain medications may also cause weight gain (partial list).



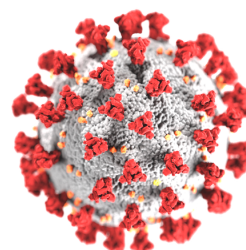
**Antipsychotics** olanzapine, clozapine, risperidone, quetiapine, aripiprazole  
**Antidepressants** imipramine, amitriptyline, trazodone, paroxetine, fluoxetine, citalopram, mirtazapine, MAO  
**Antiepileptics** gabapentin, valproic acid, carbamazepine, divalproex  
**Mood stabilizers** lithium, carbamazepine, lamotrigine  
**Steroids** hormonal contraceptives, steroids  
**Antidiabetics** insulin, sulfonylureas, TZD  
**Antihistamines** commonly with older agents, oxatomide, loratadine, azelastine  
**Antihypertensives** alpha and beta-adrenergic receptor blockers, metoprolol, Coreg, Flomax

## Inflammatory State

Obesity is associated with a low-grade chronic inflammatory state. These individuals have mild to moderately elevated inflammatory markers (e.g. CRP). Pro-inflammatory diets include ones that are rich in saturated fatty acids (e.g. fried chicken). Obesity also alters the immune response, leading to infections.

## Obesity & COVID-19

*"Patients with severe obesity – those with a BMI of 40 or greater – had slightly more than double the risk of being put on a ventilator and a 26% higher risk of death compared to normal-weight patients."* - [American Heart Association 2020](#)



# Healthy Weight NY Program

Appropriate BMI and waist circumference is one of the key pillars of staying healthy. To develop a weight loss plan, lifestyle, cultural preferences, eating habits, food choices, physical activity, sleep patterns, anxiety, and stress are evaluated. We then discuss several options and develop a plan that is mutually acceptable, can easily be followed, and stay with you until your goals are achieved. Referrals can also be made to a nutritionist if needed.

Our goal is not to starve you and work with the foods that you like. Weight loss-appetite suppressant medications can be used if needed. With a very low-calorie diet (VLCD), we may also use meal replacement supplements.



## Initial Evaluation

Involves a detailed medical history, physical exam, and understanding of weight loss goals. Labs and EKG are ordered if indicated. A questionnaire is given for you to fill out documenting food habits and activities.



## Analysis & Plan Development

Analyze the completed questionnaire given during the initial evaluation. A personalized weight loss plan is developed incorporating your food habits and lifestyle preferences.



## Implementation & Monitoring Progress

Meet twice a month or more, in person or virtually. Monitor progress and discuss issues and suggestions. Modify the plan if needed. Meet monthly goals.



## Telemedicine

Weight loss plans can also be implemented via telemedicine. This includes virtual consultations for initial and follow up appointments.

**Membership fee: \$75 monthly**



# Weight Journey

Let's see where you have been and where you are going.

## High School Graduation

Weight

Height

Size



## College Graduation

Weight

Height

Size



## Best Weight

Date

Weight

Size



## Guess Your Weight in 1 year

Weight

Size



## My Goal Is...

Weight

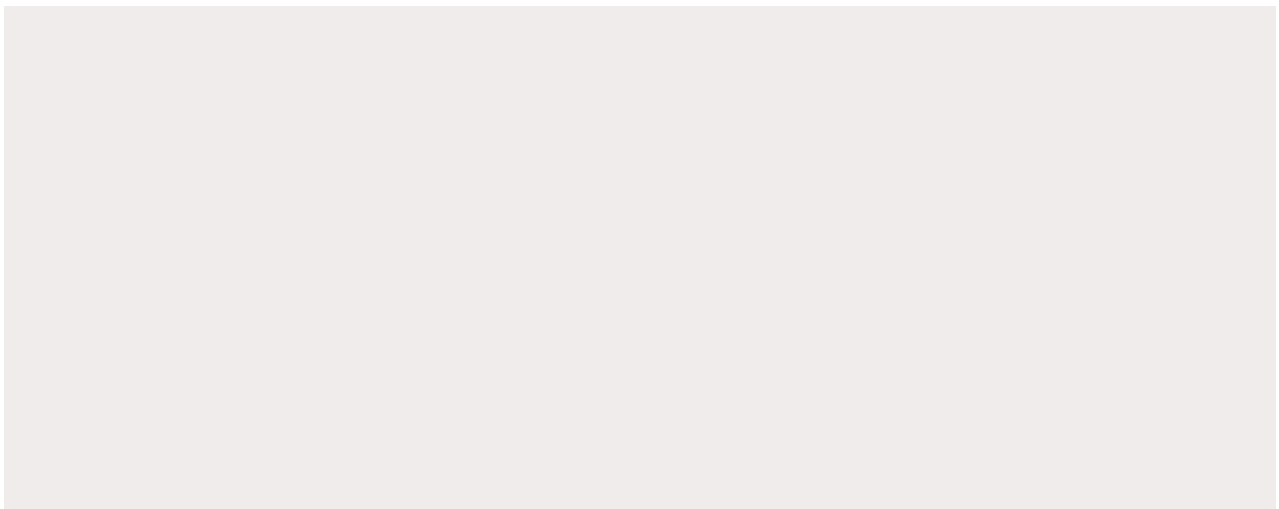
Size



## Interventions That Did Not Work For Me

We can help you. Call **716.528.0000** or **Book Online** to get started. **The first visit is on us.** Procrastinating does not help.

You are welcome to discuss anything. For example, weight goals, exercise, diet, cost, the time it will take to lose weight, weight-related medical issues, etc.



# Team

Healthy Weight NY is part of Click2MD, a medical practice founded and led by Mian Majeed, MD. He has practiced medicine for over 30 years.

## Mian Majeed, MD

Dr. Majeed has practiced throughout Western New York since the late 1980s, including at Brooks Memorial Hospital in Dunkirk (Chair/Director of Emergency Department), The Catholic Health System (Sisters Hospital - St. Joseph's Campus and Mercy Hospital), Medina Memorial Hospital, and Eastern Niagara Hospital in Lockport.

He has taken care of patients with various illnesses in both outpatient and inpatient settings, including emergency departments, medical units, and intensive care for over three decades.

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## Salma Khalil, MD

Dr. Khalil has practiced medicine throughout Western New York since the late 1990s, including positions at State University of New York (SUNY) Fredonia (Medical Director for Student Healthcare), Millard Fillmore Suburban Hospital, Roswell Park Cancer Institute, Eastern Niagara Hospital, Buffalo General Hospital, and VA Hospital Buffalo.

She has extensive experience in both outpatient and inpatient settings and has taken care of patients with various illnesses in medical and intensive care units.

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“

***Dr. Majeed is very well informed, extremely professional and compassionate which makes a big difference to me. He has been thorough with evaluation and analysis. He has very good opinions/advice on care and treatment for my issues.***

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**Eileen A. Sullivan**

ASK QUESTIONS.  
EXPLORE ANSWERS.  
MAKE DECISIONS.

**Click2MD**

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