

# Guide to Managing Obesity

## Patient presents with obesity

### History

#### Obesity related health complications

- Type 2 diabetes
- Cardiovascular disease
- Hypertension
- Obstructive sleep apnoea
- Degenerative joint disease
- Gastro-oesophageal reflux disease
- Gout
- Gallstones
- Venous stasis disease
- Polycystic ovarian syndrome
- Metabolic syndrome
- Non-alcoholic steatohepatitis
- Asthma
- Mental health illness

#### History of obesity

- Chronicity of obesity
- Previous weight loss programs
- Medications
- Alcohol
- Smoking history
- Surgical history
- Hypothyroidism

### Clinical Examination

- Blood pressure
- Signs of Cushing's syndrome
- Abdominal exam

$$\text{BMI} = \frac{\text{weight}}{\text{height}^2}$$

### Investigations

- FBC
- ELFTs
- TFTs
- HbA1c
- Fasting glucose
- Glucose tolerance
- Fasting lipid profile (with HDL)

### Management Plan

If BMI > 27 with co-morbidities, or BMI > 30

- Multidisciplinary lifestyle plan with advice on diet, exercise, behavioural modification, alcohol and smoking [reliably produces and sustains between 5 and 10% excess weight loss]
- Consider the addition of pharmacotherapy

## Refer to the Surgical Weight Loss Centre

- If BMI > 30 with Type 2 diabetes and increased cardiovascular risk
- If BMI > 35 with obesity related co-morbidities
- If BMI > 40  
[reliably produces and sustains between 60 and 80% excess weight loss]

For more information or referral, visit [www.surgicalweightlosscentre.com.au](http://www.surgicalweightlosscentre.com.au)

or call 07 5556 8888

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