

OBESITY AND YOUR DIGESTIVE HEALTH

Do You Know Your GI Risks?



**A Patient Education Resource from the
American College of Gastroenterology**

*GI Specialists Committed to
Quality in Patient Care*



Gastroesophageal Reflux (GERD)

Erosive Esophagitis

Barrett's Esophagus

Esophageal Cancer

Cirrhosis

Nonalcoholic Fatty Liver Disease

Pancreatic Cancer

Gallstones

Colorectal Adenomas

Colorectal Cancer

Decreased Quality of Life

Early Death

DO YOU KNOW?

Nearly 65 percent of adult Americans are overweight and almost 40 percent are obese.

Do you know if you are overweight or obese?

The best way to determine your level of obesity is a measure called Body Mass Index or BMI. You can calculate it yourself from your height and weight, or look up your BMI on a BMI table.

Body Mass Index

WEIGHT IN LBS.

	120	130	140	150	160	170	180	190	200
5'0"	23	25	27	29	31	33	35	37	39
5'2"	22	24	26	27	29	31	33	35	37
5'4"	21	22	24	26	28	29	31	33	34
5'6"	19	21	23	24	26	27	29	31	32
5'8"	18	20	21	23	24	26	27	29	30
5'10"	17	19	20	22	23	24	26	27	29
6'0"	16	18	19	20	22	23	24	26	27
6'2"	15	17	18	19	21	22	23	24	26
6'4"	15	16	17	18	20	21	22	23	24

19-24 NORMAL

25-29 OVERWEIGHT

Body Mass Index and Waist Circumference

It is important to know your BMI because if your BMI indicates you are overweight or obese there are serious health risks that you should think about. The health risks associated with an increased BMI in the overweight or obese range are compounded by excess abdominal fat.

Measuring your waist circumference can estimate your abdominal fat and help you and your doctor understand the effect of obesity on your health. Women who have a waist circumference greater than 35 inches and men who have a waist circumference of greater than 40 inches have a higher risk of disease and additional risk severity. An abnormal waist circumference alone is a risk factor for obesity related disease even if BMI is normal.



WEIGHT IN LBS.

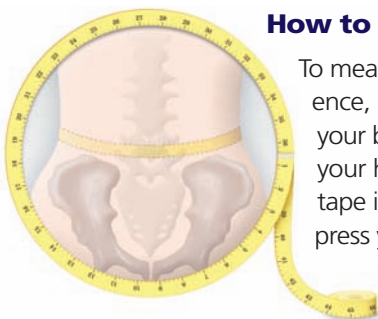
210	220	230	240	250	260	270	280	290	300
41	43	45	47	49	51		55	57	59
38	40	42	44	45	48	49	51	53	55
36	38	40	41	43	45	46	48	50	52
34	36	37	39	40	42	44	45	47	49
32	34	35	37	38	40	41	43	44	46
30	32	33	35	36	37	39	40	42	43
29	30	31	33	34	35	37	38	39	41
27	28	30	31	32	33	35	36	37	39
26	27	28	29	30	32	33	34	35	37

30-39 OBESE

40+ SEVERELY OBESE

Used by permission of the Cleveland Clinic Bariatric and Metabolic Institute.

How to Measure Your Waist



To measure your waist circumference, place a tape measure around your bare abdomen just above your hip bone. Be sure that the tape is snug, but does not compress your skin, and is parallel to the floor. Relax, exhale, and measure your waist.

$$\text{BMI} = \frac{\text{weight in pounds} \times 703}{\text{Height in inches}^2} \quad \text{or} \quad \frac{\text{weight in kg}}{\text{height in meters}^2}$$

What is your BMI? _____

What is your waist circumference? _____

Do you know the general medical risks of being overweight or obese?

Some of the most common, general medical diseases and risks associated with being overweight or obese include arthritis, type 2 diabetes, coronary heart disease, high blood pressure, cancer and premature death.

Do you know the gastrointestinal diseases that are associated with obesity?

You won't be surprised to know that many of the common gastrointestinal diseases that are seen in individuals with a normal BMI are seen up to 2-3 times more commonly in individuals who are obese. Many of these gastrointestinal diseases like GERD, liver disease and cancer significantly reduce the quality and longevity of your life.

Digestive Disorders Associated with Obesity

Esophagus

- GERD Symptoms
- Erosive Esophagitis
- Barrett's Esophagus
- Esophageal Cancer

Gallbladder

- Gallstones and Cancer

Pancreas

- Cancer

Colon

- Precancerous Polyps and Cancer

Liver

- Nonalcoholic Fatty Liver Disease
- Advanced Hepatitis C-related Disease
- Cirrhosis and Liver Cancer

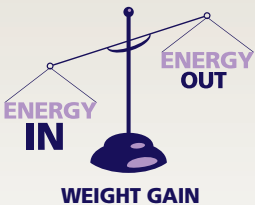
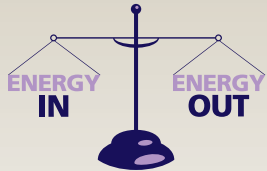


Management Strategies for Weight Stabilization and Loss

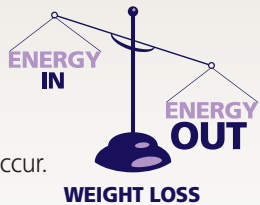
Today is the first day to prevent further weight gain and improve your health.

Did you know?

The essentials of maintaining a lifelong healthy weight are to eat the appropriate amount and type of calories (*energy in*) and exercise daily (*energy out*).



When energy intake exceeds energy expenditure, weight gain may occur.



When energy expenditure is greater than energy intake, weight loss can occur.

In general, the primary steps to successful weight loss include:

Step 1) A Moderate Reduction in Calories

Calories should be reduced by about 500 to 1000 kcal/day. Diets containing 1000-1200 kcal/day for women and 1200-1600 kcal/day for men should be chosen for those that weigh over 165 pounds. The goal for weight loss is no more than 1 to 2 pounds / week.

Additional measures that have helped patients reduce their caloric intake include the use of a **food diary** and **portion control**. A food diary is a record of all the food and drinks that are consumed each day. In fact, a recent study has shown that people who write down what food they eat lose almost twice as much weight as people who do not.

FOOD DIARY FOR: _____

TIME	AMOUNT	FOOD SELECTION

Activity (10 minutes per circle)

Water (8 oz per circle)

Fiber (5 grams per circle)

Sleep (1 hour per circle – minimum 7)

- Multivitamin**
- Calcium**
- Supplements**

DATE: ____ / ____ / ____ SUN MON TUES WED THURS FRI SAT
(circle one)

HUNGER LEVEL	MOOD	GI SYMPTOMS

Photocopy these 2 pages for everyday use of this food diary.
 Food diaries often provide an area to document mood and level of hunger to help get a handle on the emotional attachment that drives our bad eating habits which can lead to obesity.

BMI _____
Waist Circumference _____

Portion Control

Understanding a normal **portion size** can help control excess caloric intake.

**1/2 cup serving of
canned fruit, vegetables,
or potatoes...**

*... looks like half a tennis ball
sitting on your plate*

**3 ounces of meat,
fish, or chicken...**

*... is about the size
of a deck of playing cards
or the palm of your hand*

1 ounce serving of cheese...

*... is about the size
of your thumb*

**1 cup serving of milk,
yogurt, or fresh greens**

*... is about the size
of your fist*

Step 2) Increase in Physical Activity

Increasing physical activity increases energy expenditure in addition to other healthy benefits. A goal of at least 30 minutes of daily moderate activity is recommended (use the physical activity guide below.)

Physical Activity Guide	Approximate Calories per Hour
Light gardening/yard work	330
Dancing	330
Bicycling (<10 mph)	290
Walking (3.5 mph)	280
Weight lifting (light workout)	220
Stretching	180
Standing	81

Step 3) Medications or Surgery

These may be indicated for obese individuals or overweight individuals with additional medical problems related to obesity. These options can be discussed with your physician based upon your special situation.



Maintaining Your Gastrointestinal Health

While gastrointestinal diseases and disorders are seen more commonly in overweight and obese individuals than in normal weight individuals, there are no current recommendations for extra testing of organs in the absence of gastrointestinal symptoms or pre-existing laboratory abnormalities.

Weight loss is a recommended strategy to prevent the symptoms related to some gastrointestinal diseases such as gastroesophageal reflux (GERD) and hiatal hernia, and to decrease the risk of progression of diseases such as nonalcoholic fatty liver disease (NAFLD), recurrent colorectal adenomas and colorectal cancer.

The American College of Gastroenterology recommends that all average risk Americans age 50 and older undergo colorectal cancer screening with colonoscopy. African Americans should begin screening at age 45. Since colorectal cancer and precancerous polyps are more common in overweight and obese individuals, extra efforts should be made for these individuals to have colonoscopy at the age of 50 years, if not sooner. Talk to your doctor.

Helpful Links to Learn More

American College of Gastroenterology

www.acg.gi.org/obesity

Great tools including a food tracker, portion size information, tips on physical activity and healthy eating

National Heart Lung and Blood Institute

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/patmats.htm

Weight loss information from the federal government

National Institute of Diabetes and Digestive and Kidney Diseases

<http://win.niddk.nih.gov/index.htm>

The "Weight Control Information Network" offers many resources and links





AMERICAN COLLEGE OF GASTROENTEROLOGY

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Your Physician's Contact Information: