

Management of Obesity from a Clinical Standpoint

MICHAEL MCCLURKAN, M.D., FACOG, DABOM, FOMA

Obesity is a complex, chronic disease with a high relapse rate.

Obesity is the root cause of over 200 diseases including diabetes, hypertension and cardiovascular disease.

Obesity is associated with at least 13 different types of cancer.

Obesity and its consequences account for the bulk of spending in any health care plan.

Obesity is a leading cause of employee absenteeism and disability claims.

- 70% of Arkansans are either affected by over-weight or obesity with numbers expected to increase dramatically in the next few years.
- Significant stigma against those with obesity exists even with healthcare professionals. Obesity is not a "lifestyle choice" or "lack of will power".
- Obesity is associated with dysregulation of normal metabolic and hormonal pathways in the body and reinforced by numerous hormonal factors produced by Adipose Tissue (fat stores) itself.

Clinically effective treatment of obesity includes

- Nutritional changes
- Behavior modification
- Physical activity

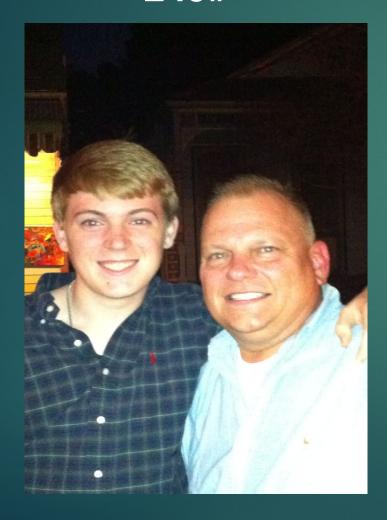
Anti-obesity medications (AOMs) and/or bariatric surgery

Lifestyle changes produce only modest, short term weight loss of about 5% initial body weight (IBW). Basically, "Eat less, exercise more" doesn't work

AOMs, especially the newer ones, are associated with 7% to 20+% loss of IBW and produce more durable results.

- In 2022 the US Office of Personnel Management (OPM) mandated comprehensive obesity care and AOMs be covered for all Federal Employees effective January 1, 2023, and requests all public and private carriers review and update their medical policies to comply
- ▶ FEHBP covers care and AOMs 1/1/2023 (FEHP Carrier Letter)
- Arkansas Medical Society adopted a Position Statement that evidence-based obesity care should be available to all Arkansans
- Dr. Angela Fitch, M.D., Current President of the Obesity Medicine Association (OMA) asks that Arkansas Act 109, passed in 2022, be broadly interpreted to include AOMs as the AR Benefits E-Newsletter indicated in the first Quarter of 2022

I have struggled personally with obesity 240#



Comprehensive Obesity Care and AOMs work! 240# 165#

