

Challenging Obesity Cases

John Foreyt, Ph.D.
Baylor College of Medicine
Houston, Texas
jforeyt@bcm.edu

**Challenging Obesity Cases
Disclosure Statement**

No conflicts of interest

**Challenging Obesity Cases
Learning Objectives**

- Describe and discuss challenging obesity cases
- Discuss various treatment options with challenging obesity cases
- Discuss options for increasing adherence to diet and exercise with challenging obesity cases
- Discuss options for long-term weight maintenance with challenging obesity cases

Challenging Obesity Cases
Active Learning Questions

1. The DSM-5 criteria for defining bulimia contain all of the following **except**:
 - A. Eating in a discrete amount of time (within a 2 hour period) large amounts of food
 - B. Sense of lack of control over eating during an episode
 - C. Recurrent inappropriate compensatory behavior in order to prevent weight gain (purging)
 - D. The binge eating and compensatory behaviors both occur, on average, at least once a week for three months
 - E. Self-evaluation is unduly influenced by financial and socioeconomic concerns
2. A patient with a BMI of 46 might be a good candidate for:
 - A. Dialectical behavior modification
 - B. Meditation therapy
 - C. Acupuncture
 - D. Hypnotherapy
 - E. Bariatric surgery

Challenging Obesity Cases
Active Learning Questions
Answers

1. E. Self-evaluation is unduly influenced by financial and socioeconomic concerns
One of the important criteria for defining bulimia is the individual's focus on body shape and weight.
American Psychiatric Association (2013). *DSM-5*. Arlington, VA.
2. E. Bariatric surgery
Patients with BMIs greater than 40 should be considered as possible candidates for bariatric surgery after other interventions have failed
Jensen MD et al.(2013). AHA/ACC/TOS Guideline for the management of overweight and obesity in adults. *JACC*.

Challenging Obesity Cases
Case 1
Mexican American Female with Obesity
Description

- 30 year old single Mexican American female
- Referral from physician who was concerned about her increasing weight
- 63 inches tall: 214 pounds: BMI=38
- Moderately elevated blood pressure and high cholesterol but otherwise good health
- Been trying to lose weight on her own but gaining weight steadily for last year or two
- Wants to lose weight but spends sessions crying saying she can't do it
- Poor self esteem

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Case 1

Description

- Sees herself as “big-boned,” has always struggled with her weight, but now her weight is getting out of control
- Has generally been unsuccessful at any sustained weight loss
- Has been on and off diets for several years
- Generally sedentary, does not have a regular exercise program
- Inconsistent food diary but through interview her diet appears to consist of traditional Mexican foods

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Case 1

Questions

- Where would you begin?
- What has the therapist been missing?
- Where should the therapist focus?
- How would you treat this case?
- What is the probability of success with this patient?

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Case 2

White female with bulimia and overweight

Description

- 42 year old married white female
- 64 inches tall; 163 pounds; BMI=28
- Except for the bulimic behaviors and weight, no major health problems at this time
- Married at age 40
- Passed the bar exam but works at a Houston oil company at a job entering data and filing reports

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Case 2
Female with bulimia and overweight
Description

- History of playing the organ with her mother at Methodist church on Sundays, now attends Baptist church with husband
- Mother-in-law rather controlling and overbearing
- Working at an unfulfilling job because father insisted she work there
- Poor body image and self-esteem
- Keeps detailed food diary and records bulimic behaviors

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Case 2
White female with bulimia and overweight
Description

- Has struggled with her weight and uses her bulimia to keep from gaining
- Binges and purges about 2 times/week
- Usually binges and purges after work in evening (sometimes times after lunch)
- Attends OA and has tried Weight Watchers and a number of popular diets in the past
- Compliant patient and is desperately seeking help

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Case 2
White female with bulimia and overweight
DSM-5 Diagnostic Criteria
Bulimia

- Recurrent episodes of binge eating by both of the following:
 1. Eating in a discrete amount of time (within a 2 hour period) large amounts of food
 2. Sense of lack of control over eating during an episode
- Recurrent inappropriate compensatory behavior in order to prevent weight gain (purging)
- The binge eating and compensatory behaviors both occur, on average, at least once a week for three months
- Self-evaluation is unduly influenced by body shape and weight
- The disturbance does not occur exclusively during episodes of anorexia nervosa

American Psychiatric Association (2013). *DSM-5*: Arlington, VA.

Challenging Obesity Cases
Case 2
White female with bulimia and overweight
Questions

- Where would you begin?
- What has the therapist been missing?
- Where should the therapist focus?
- How would you treat this case?
- What is the probability of success with this patient?

Challenging Obesity Cases
Case 3
African-American female with extreme obesity
Description

- 35 year old single African-American female
- 62 inches tall; 250 pounds; BMI= 46
- Struggled with obesity since a child
- Bullied in school
- Chastised by her physician for not doing enough to reduce her weight

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Case 3
African-American female with extreme obesity
Description

- She has been through many programs and also has seen a few RDNs
- She likes to swim but is embarrassed to be in a bathing suit
- Regular church goer
- Works in a local fast food restaurant

Challenging Obesity Cases
Case 3
African-American female with extreme obesity
Questions

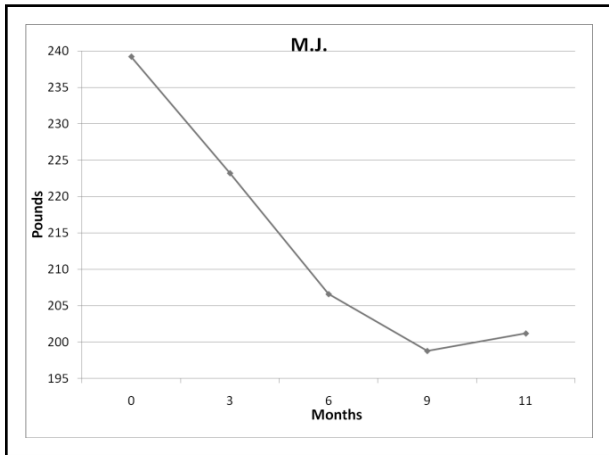
- Where would you begin?
- What has the therapist been missing?
- Where should the therapist focus?
- How would you treat this case?
- What is the probability of success with this patient?

Challenging Obesity Cases
Case 4
White female with diabetes and obesity
Description

- 56 year old white female research subject in Look AHEAD study
- Married; son and husband passed away during trial
- 65 inches tall; 216 pounds; BMI=36
- Past medical history: Type 2 diabetes, diverticulosis, rheumatoid arthritis, sleep apnea, back pain
- Demanding job at accounting firm

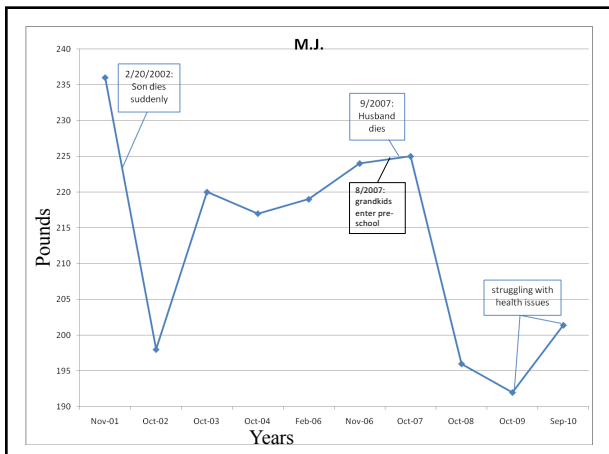
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Case 4
White female with diabetes and obesity
Description

- History of long-term life struggles
- Son dies during year 1 but she stays in trial
- Currently helping youngest daughter with daughter's personal issues and children
- Rotator cuff problems
- Degenerative disks in back
- Family financial struggles
- After year 1, life finally gets in the way
- Husband dies during year 6 of the trial



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Case 4
White female with diabetes and obesity
Questions

- Where would you begin?
- What has the counselor been missing?
- Where should the counselor focus?
- How would you treat this case?
- What is the probability of success with this subject?



Thank You
