Managing and Preventing Co-morbidities: Obesity

Danielle Milano, MD
Adjunct Clinical Professor
Mount Sinai Medical Center
Director HIV Program,
Boriken Clinic
Author, Skinny Is Overrated: The Real Woman’s Guide to Better Health

O that this too too solid flesh would melt.
Hamlet

If You Put a Bulldog on a Diet... You Don’t End Up With a Greyhound
Why is it so hard to lose weight?

- Genetics
- Epigenetics
- Gut Bacteria
- Hormones
- Brain chemicals

Genetics

30-70% of Weight is Genetic

- Twin studies
- Pima Indians
- Prisoner studies

Epigenetics, too!

The study of heritable changes caused by the activation and deactivation of genes without any change in DNA sequence.

You are what your mother ate.

Supplementing pregnant mice (from a genetically obese strain) with a cocktail of anti-oxidants prevents obesity and diabetes in their offspring.
You are what you eat?

You are what you eat!
The types of food you eat can cause epigenetic changes!

- FUNGENUT: rye versus wheat-oat-potato diet
  - Rye: down-regulated genes for insulin signaling.
  - Oat-wheat-pasta: up-regulated genes for inflammation.
- Bisphenol A
  - People with the highest levels of Bisphenol A in their urine had a 39% increased risk for the development of metabolic syndrome and heart disease.

And you are what your father, and grandfather ate, too.

Changes persist through two generations, if not more.

You are how much you exercised as a child.

DIO pups become obese on a high-fat diet, but:

- Even only 3 weeks of exercise can prevent obesity
- Calorie restricting the pups backfires
- Doesn’t work for adults
The Microbiome
You are what your gut bacteria digest.

Is there an obese-ogenic microbiome?

YES!
Microbiome-associated obesity is transmissible

We are how much our brain wants us to weigh.

- Dopamine D2 receptors are decreased in the obese, as in those suffering from addiction to drugs.
- Brain circuits (reward, motivation, learning, inhibitory control) are disrupted in overeating behavior.
- R Brain Hypothesis
Where do we begin?

Crash Diet?

The Body’s Response to Weight Loss

Lifestyle Changes!

17% decrease in body weight causes a 24% increase in levels of Gherlin
10 Steps

Put your body on a schedule.

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30 am</td>
<td>Sausage garlic bread</td>
</tr>
<tr>
<td>1:00 pm</td>
<td>Pig's feet potato salad dumplings</td>
</tr>
<tr>
<td>8:00 pm</td>
<td>Stewed chicken rice and beans</td>
</tr>
</tbody>
</table>

3 Meals, 2 Snacks (100 calories/hr)

No Soda

- ARIC cohort: 16,000 middle-aged adults
  - Over 9 Years, 40% developed MetSyn
  - Soda was not associated when adjusted for age and weight
  - Diet soda: 34% increased risk
Importance of Exercise

The Road to Obesity Starts at Your TV

- National Weight Control Registry
  - 1 hour/day of TV per week versus 4 hours/day
  - One hour moderate-intensity per day
    • Walking most common
- 30 minutes/day
- One hour, 5 days/wk

WHS: Exercise isn't enough to lose weight.

Visceral Fat

The fates may be against us, but It is not in the stars to hold our destiny, but in ourselves.

Shakespeare, Julius Cesar