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Challenges in combating obesity and importance of counseling for good dietary compliance among patients

Chaya P Mishra

Consultant Nutritionist & Clinical Dietitian, India

A successful case study of transformation of a morbidly obese (BMI-53kg/m²) to obesity Gr-III (BMI-37kg/m²) with total reduction of 43kg (94.6lbs) achieved in a span of 10 months with dietary approach and minimal activity (5 to 40 minutes of walk) in ten months, thus majorly attributable to diet therapy and successful counseling. An individual male aged 27 yrs, height-170cms, weight-149.7kg (329.3lbs) BMI 53 kg/m², abdominal girth 142 cms with hypertension (on medication since two years Telmesarten 80) with a history of several episodes of yo-yo effect of weight loss and poor self esteem. He was explained about diet therapy and the time required for achieving weight reduction of 80 kg (176 lbs) with emphasis on regular follow ups. In each follow up different types of 10 days menu plans were prescribed (high protein-low fat-adequate CHO, complex CHO adequate protein and high fiber diets) according to the likings of the patient for better compliance. With each follow up body weight and abdominal girth were measured which showed a reducing trend motivating him further to adhere to the diet. With every follow up challenges like, over enthusiasm to shed more weight, urge to work out more, inadequate compliance to diet, social and emotional binging, greedy diet, lack of interest due to unsatisfactory weight reduction were all dealt with appropriate counseling and involving the family and friends for support. By the end of eight months his hypertensive drugs were totally withdrawn by the consultant physician after tapering and the parameters like VLDL and Triglycerides were well within normal limits with satisfactory general well being.

Biography

Chaya P Mishra, BSC Medical Technology in Radio diagnosis with distinction from Bangalore University, MSc Dietetics & Nutritional Sciences with distinction from Allahabad University, NET qualified for Assistant Professor in 2013. Formerly served in scientific posts for Indian Council of Agriculture Research- Nainital and Bhabha Atomic research centre Hospital- Mumbai. Presently Consultant Nutritionist and Clinical Dietitian at Allahabad, India.

chayamishra@yahoo.com

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