If Obese Patients Overeat sometimes, their Adherence will Last Longer: The Controlled Overeat

Coelho RCLA*

Federal University of Viçosa, Minas Gerais, Brazil

*Corresponding author: Coelho RCLA, Federal University of Viçosa, Minas Gerais, Brazil, Tel: 3138992200; E-mail: raquelassiscoelho@gmail.com

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Editorial

Many studies show that the odds of maintaining weight loss after a diet or medication use are low [1]. Even after bariatric surgery, it’s common to observe weight regain after a few years [2]. Many factors are involved in weight regain, such as: increased hunger and decreased satiety, increased ghrelin, metabolic adaptations in thyroid axis and cortisol secretion [3,4]. However, I would like to discuss mental aspects of weight regain. Modern western society is food centred. [3,4]. However, I would like to discuss mental aspects of weight regain. Overweight volunteers did not eat a high fat meal easily, but normal weight did. So, one extra difficult in treating obesity is to show patients that the problem is not in one specific meal or food, but in the whole context. It is not the dessert on sunday that bought all the extra pounds. It is better to eat a dessert on sundays (especially with the whole family seeing) and keep on a healthy, balanced diet the whole week.

In conclusion, when we think of obesity as a chronic disease with chronic management, it is necessary to adjust patients’ and doctors’ expectations, allowing overeat sometimes in a controlled way in order to keep the chronic control.

References