

Learning Objectives for Obesity Lecture--M2 Endocrine Sequence:

- 1) To learn the scientific definition of obesity and various body fat distribution patterns. To understand apply the BMI formula.
- 2) To recognize that body weight is regulated by a feedback control mechanism and that leptin is a key component.
- 3) To recognize that there are complicated central neurotransmitter pathways within the central weight control center.
- 4) To understand that obesity is caused by an interaction of environmental factors and genetic factors (The genetic factors may influence energy expenditure and efficiency as well as appetite control).
- 5) To learn the medical risks and complications associated with obesity.
- 6) To learn the treatment goals for clinical management of obesity (whom to treat for how long).
- 7) To learn various approaches to obesity treatment including life-style modification (diet, exercise and behavior modification), medical management and surgical intervention. To become familiar with limitations of these therapies, success rate and long-term experience.
- 8) To become familiar with currently available drugs used in the clinical setting along with approved indications, problems and precautions.
- 9) To become aware of the new-drug development efforts for obesity and to recognize a few drugs that may become available in the United States in the next 5 years.
- 10) *To learn the EO rules and also know that EO is not to blame for this lecture (Dr. Kumagai and Dr. Lash are responsible).*

The lecture will be based on slides. Use the other supplementary guide as a source for references.