M2 - Endocrine, Winter 2008

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**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.*