

Middle/Old Age Weight Gain!

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Notice a few extra pounds around your waist lately?

- Women's body changes from 35 to 55 years old.
- Loosing weight and maintaining!!!
- Weight gain accumulate around stomach and waist.
- Diet, fasting, exercise, nothing work.



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The beginning!!!



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- For most women, start at perimenopause.
- Perimenopause: the years leading up to menopause.
- Other reasons for most people are aging
- Aging also plays a role in changing body composition.



Menopausal changes in body composition



- Increase weight
- Increase total body fat (%)
- Decrease lean body mass
- Increase abdominal adiposity
 - Increase waist circumference
 - Increase truncal fat (Dexa Scan)



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Weight gain at middle age

- For over all males and females aging comes with:
 - Slowing metabolism
 - Increase food
 - Genetics
 - Reduced physical activity



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Slowing metabolism

- Decreasing the number of calories a middle age need for energy.
- The muscle mass decrease so less calories needed.
- Muscle need more calorie than fat.



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Increase food

- Increase appetite
- Eating more , cause increasing fat
- Less energy needed so less calorie food is used and it all change to fat

around the waist

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Genetics

- It play a major role
- You have more potential than other females with no genetic factors.
- You have to work harder to maintain the figure
- It make up affects your basal metabolic rate



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Reduced physical activities

- Hormonal imbalance make you tired
- Less tendencies to exercise.



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Complications

- High cholesterol
- Diabetes
- High blood pressure
- Heart attack
- stroke



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Body mass index

- It is direct measurement of body fat
- Calculated by dividing an individual's weight (in kilogram) by square of their height (in meters).
- BMI of less than 25 is ideal
- Between 25 to 30 is moderately over weight
- More than 30 is seriously over weight.



Prevention

- Vitamins
- Exercise
- Diet
- Life style
- Hormonal balance



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Vitamins

- Vitamins may decrease weight gain in middle age.
- Multivitamins, vitamin B6, and vitamin B12, and chromium slowing down weight gain.
- Using vitamins increase the energy, for more exercise.



Yoga and exercise

- Yoga can prevent weight gain and reduce unwanted pounds in middle age.
- Yoga at least 30 minutes per week.
- Fast walking
- Cardiovascular
- Weight lifting
- Aerobic



Diet



- Deprive yourself on too many calories
- Have 200 to 400 less calories per day
- Your body needs less calories,
- Your metabolism is slowing down
- Increase fruits and vegetables for calorie intake
- People who eats regular meals more successful vs people who skip meals

Stress

- Stress in middle age can contribute to weight gain.
- Loss of parents, cruel boss, lonesome, divorce,
- Stress may be lethal for menopausal women





Prevalence of metabolic syndrome with menopause

Features of metabolic syndrome:

- Central obesity
- Insulin resistance
- High blood pressure
- Hypercoaguable state
- Dylipidemia
 - Elevated TG
 - LDL
 - Reduced HDL

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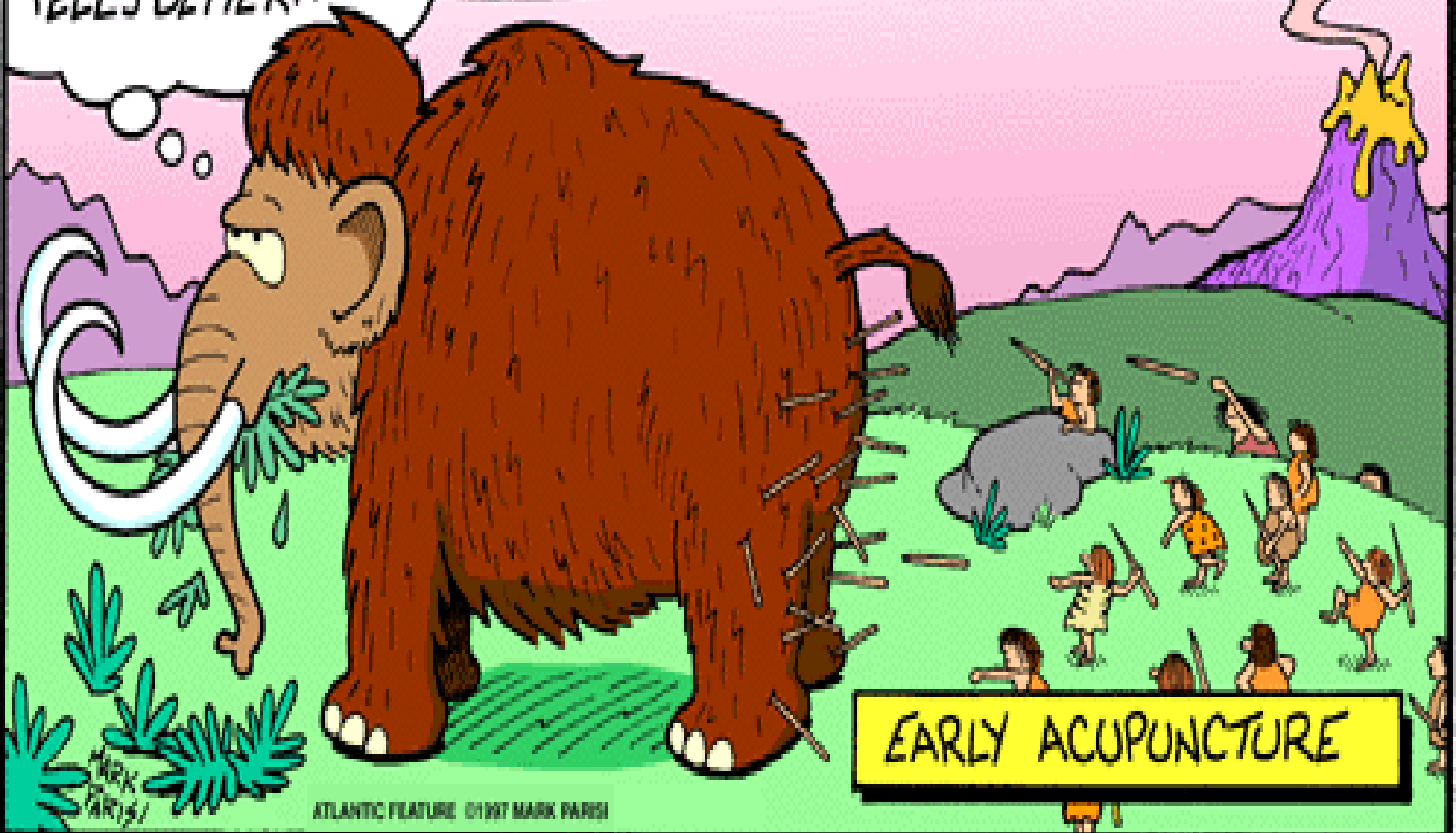
Identification of Metabolic Syndrome



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THAT'S ODD... MY NECK SUDDENLY FEELS BETTER...



EARLY ACUPUNCTURE

MARK
PARISI



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MEN-O-PAUSE ???

- Every aspect of our lifestyle can affect hormone balance, and just as importantly, hormone balance can profoundly influence every aspect of our lives.
- Puberty marked the beginning of reproductive life, and menopause marks the end of it.
- Menopause is best defined as a permanent cessation of menses due to depletion of ovarian function.
- The mean age is 51.4



MEN-O-PAUSE ???

There are two periods:

- 1) Premanopause: it is transient from regular cycles to permanent amenorrhea, characteristics as marked period irregularities and beginning of climacteric symptoms occur.
- 2) Menopause: it is the complete time of amenorrhea, which average age of women is 1/3 of their lives.



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Hormonal deficiencies cause:

- Hot flashes
- Vaginal atrophy
- Urinary incontinence
- Sexual dysfunction
- Sleep disturbance
- Decrease well being
- Depression/mood swing
- Skin atrophy
- Energy decline
- Osteoporosis
- Heart disease
- Cognitive decline
- Alzheimer
- Macular degeneration
- Tooth loss

What are bio-identical hormones?



- Have the same chemical structure as hormones that are made by the human body.
- In order for a replacement hormone to fully replicate the function of hormones, which were originally naturally produced, and present in human body, the chemical structure must exactly match the original.



- Synthetic hormones are not found in humans, and are not identical in structure or function to the bio-identical hormones they are intended to replace.

- Synthetic = substitution
- Bio-identical= replacement

Benefits of bio-identical hormonal replacement

- Fewer side effects versus synthetic derivatives
- Protection against heart disease
- Reduced risk of breast cancer
- Improved cholesterol and lipid profile



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ESTROGEN

It is the most powerful hormone of human body.

Study showed with estrogen therapy:

Overall mortality from all causes reduced 46%

Coronary heart disease death rate reduced 60%

Stroke rated reduced 70%

Human estrogen are made of:

-Estriol 60-80%

-Estrone 10-20%

-Estradiol 10-20%



Benefits of estrogen replacements are



-Decrease hot flashes

-Improve sleep patterns

-Better concentration

-Better coordination



-Improve memory

-Fewer wrinkles

-Less urinary incontinence

-Less vaginal dryness



-Less Alzheimer's disease

-Less osteoporosis

-Less colon cancer

-Less cataracts



-Less tooth loss

-Less cardiovascular disease



-Improve good cholesterol and decrease bad cholesterol

-Less macular degeneration





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- Structural differences in the estrogen molecules may account for some of the unpleasant side effects experienced by many women who take horse estrogens (premarin), for HRT.



If the shoe were on the other hoof.

Progesterone

The function of progesterone is to:

- 1) Act as precursor of other sex hormones such as estrogen and testosterone
- 2) Protect against breast fibro cysts
- 3) Act as a natural diuretic
- 4) Help us fat as energy
- 5) Act as natural antidepressant
- 6) Help thyroid function



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Progesterone

- Is necessary during pregnancy for maintenance of the uterine lining
- Prepare the breasts for lactation
- Stimulate osteoblast mediated new bone formation (increase bone mass and density)
- Protects against endometrial hyperplasia resulting from estrogen therapy



Testosterone

- It is produced primarily by gonad: the ovary in women and testicle in men
- During the reproductive years, the female's blood concentrations of testosterone and estrogen are equal during the women's menses.
- Testosterone replacement therapy can:
 - Restore a women's libido
 - Reserve energy
 - Increase sense of well-being
 - Decrease the cholesterol
- Also as testosterone level falls, she may experience a severe headache
- Anybody with a low blood testosterone is a candidate for testosterone therapy

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D H E A

- The hormone that “Does it All.”
- Reduced DHEA levels can translate into reduction of other hormones, particularly testosterone and androgen



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Hormonal Therapy:



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Every body with different hormonal deficiency



Best method measure hormonal and make hormone based on the need of individual



Main natural hormone is triest made of:
estriol, estrodiole and estrone



Preferably biest just combination of estrodiole and estrone.



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Phytoestrogen

- soy products contains large amount of Phytoestrogen, these act as natural estrogen.
- they increase cell growth in vaginal wall of post menopause women,
- increase HDL, reduce risk of heart disease and osteoporosis.
- also reduce the chance of breast and endometrial cancer
- another source of phytoestrogens are: oats, cherry, wheat, rye, corn, chick peas, alfalfa and sesame.
- Main sources are: soybeans, chickpeas, lentils and beans
- Dosage is 40mg/day
- Don't give large amount to pregnant or cancer prone patients (breast ca)
- Side effect is GI upset

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Black Cohosh

- The most promising herbal remedy for treating menopausal syndrome
- Side effect is GI disturbances
- Recommended is 40mg/day



Evening primrose

Use for menopausal syndrome

Fibrocystic breast and pain reduction

Use for PMS

• Help eczema, contact dermatitis

• Help endometriosis

• Help rheumatoid arthritis

Use as 2-4g/d

Side effects are: headache/ indigestion/ softened stools

Do not give in patients taking anticonvulsants

Chaste Berry

- Increase secretion of LH and decrease FSH
- increase in progesterone and decrease in estrogen
- useful for PMS, Menopause and heavy periods



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Recommendation to My Patients:

- 1) Diet with at least five vegetables and fruits per day. This diet promotes health not only by providing known vitamins, but also because it contains fiber and other poorly defined nutrients and replaces meat and animal fat.
- 2) Women in the childbearing age should take a vitamin supplement containing at least 1mg of folic acid per day.
- 3) Adults should take one multivitamins per day, mainly for the effect of folic acid (and vitamins B6 and B12) on homocysteine, vitamin D on osteoporosis and possibility vitamin B12 on neuralgic disease in the elderly.
- 4) Homocystein patients with premature coronary heart disease should be treated with folic acid(1mg/day), pyridoxine or vitamin B6 (10mg/day) and B12 (0.4mg/day).



Recommendation to My Patients:

5) Vitamin E, 400 IU/day is recommended for certain group: patients with small dense LDL and lipoproteins since these lipoproteins are subject to enhance oxidative modification; patients with consuming high fish oil supplements which reduce circulating alpha tocopherol levels, and patients with high cholesterol who have dramatically reduced resistance to LDL oxidation.

6) Use of high dose of individual vitamins or multivitamins tailored to age, sex, or other medical conditions is not supported by strong research evidence.