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Recidivism after weight Loss: Preventing and treating weight regain

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There are now 4 drugs recently approved for obesity management in the last 4 years, along with several new less invasive surgical techniques. Many studies have demonstrated the cardiometabolic benefits of achieving 5-10% weight loss. However, there is not much guideline on helping patients maintain weight loss and prevent weight regain. Unfortunately, majority of patients losing weight fail to maintain the maximum weight loss achieved, whether through behavioral, pharmacologic, or surgical interventions. This is due to metabolic adaptation. This presentation will discuss the potential benefits of combining medications to maximize weight loss and maintenance as well as the potential role of pharmacologic interventions after surgery to counteract metabolic adaptation.

Biography

Yazen Joudeh grew up in New Orleans, Louisiana and graduated from the University of Chicago, majoring in the Biological Sciences and Near Eastern Languages and Civilizations. He then received his medical degree at Louisiana State University in New Orleans, after which he completed a combined residency in Internal Medicine and Pediatrics at the University of Illinois at Chicago. His interests are primary care, preventative medicine, nutrition, and weight management. He is triple board-certified in Internal Medicine, Pediatrics, and Obesity Medicine and has helped thousands of individual patients and families lose weight, maintain weight loss, while improving comorbidities.

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