

Your Weight. Your Health. Your Future.

You're Not Alone...Most Americans Are Overweight

Weight gain among all Americans is one of the most significant health issues facing this nation. In fact, statistics have shown that nearly two out of three Americans are overweight, and a third of them are defined as obese.

Weight gain has moved far beyond the role of aesthetics, and today it is a major national health problem that is approaching epidemic proportions. Over the past two decades, the level of obesity in the United States has risen dramatically. According to the National Center for Health Studies, 30 percent of adults - *more than 60 million people* – are obese. In addition, the statistics for young people are growing alarmingly worse.

Although one of the national health objectives is to reduce the prevalence of obesity among adults to less than 15% by 2010, the situation is actually getting worse. It is a situation that affects all of us – whether you are obese, overweight, or have a loved one threatened by this condition.

Your Weight and Your Health

The correlation between your weight and your health is dramatic. Gone are the days when you thought carrying a few extra pounds only affected your appearance. Those extra pounds affect the way you feel, the quality of your health, even your life expectancy.

The National Center for Disease Control reports that being overweight or obese increases the risk of many diseases and health conditions, including:

- Hypertension
- Dyslipidemia (for example, high total cholesterol or high levels of triglycerides)
- Type 2 Diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast and colon)

Taking control of your weight and learning how to improve the quality of your life are often more than you can do on your own. They require the expertise of a physician who can help you not only lose excess weight but also modify your lifestyle so that it will remain controlled.

The Medical Specialty of Bariatrics

Nearly all physicians will tell you to lose weight in order to improve your health, but very few of them have the medical expertise to help you achieve your goals. Instead, too often they tell you how reducing your weight and improving your BMI (Body Mass Index) would be good for you, but they may not be equipped to help you accomplish that goal. It

isn't easy to decide which weight loss programs are safe and effective. Knowing if you are healthy enough to follow one is even harder. No wonder weight-loss related products are one of the fastest growing business segments in the country today.

The American Society of Bariatric Physicians was formed in 1950 and is an international association of physicians with a special interest and expertise in the comprehensive treatment of overweight, obesity, and related disorders. The ASBP has adopted guidelines related to weight loss that include proper diet and nutrition; appropriate exercise; lifestyle changes (behavior modification); and prescription of anti-obesity medications and other drugs and supplements when required.

Dr. George T. Bartels of Cary is a bariatric medicine specialist and was the first physician to be board certified in the field of bariatrics in Eastern North Carolina. He is a graduate of UNC-Chapel Hill and the Duke University School of Medicine. Having begun his career in the field of family practice, he has specialized in helping patients lose weight through diet and exercise for more than 24 years.

Taking That Important First Step

Taking control of your weight issue is easy, but you have to take that first step by calling Dr. Bartels' office for a consultation appointment. This consultation appointment is free, and there is no obligation for you to continue.

During the consultation, Dr. Bartels' friendly and experienced staff will prepare a preliminary medical review that includes taking your medical history, explaining the various weight-loss programs Dr. Bartels has developed and answering any of your questions. Should you decide to continue, a comprehensive medical exam will be scheduled.

Dr. Bartels has several comprehensive, medically monitored weight-loss programs for patients. He works with each patient individually to determine the right program for him or her. Achieving the target weight for patients has ranged from those wishing to lose a few pounds to one individual who lost over 400 pounds! Following the weight loss, Dr. Bartels then works with the patient to maintain their target weight.

Achieving your target weight and then keeping it for the remainder of your life will improve your overall health and well-being. Dr. George Bartels has built a positive, far-reaching reputation of helping patients achieve that goal.