

DR. CAROLYNN FRANCAVILLA, MD, FOMA, DABOM

WEIGHT LOSS MASTERCLASS

Session 1: Understanding Weight Gain



WHAT TO EXPECT IN THIS MASTERCLASS

- **Module 1: Underlying Causes, Secrets to Maintaining Weight Loss**
- **Module 2: Nutrition: Pros and Cons of Different Plans, Learn the Healthy Eating Plan, Habits for Consistency**
- **Module 3: Exploring Exercise, Learn the Four Tendencies and How to Get Yourself to Exercise**
- **Module 4: Exploring Medications and Surgery Options, Emotional Eating Tips**

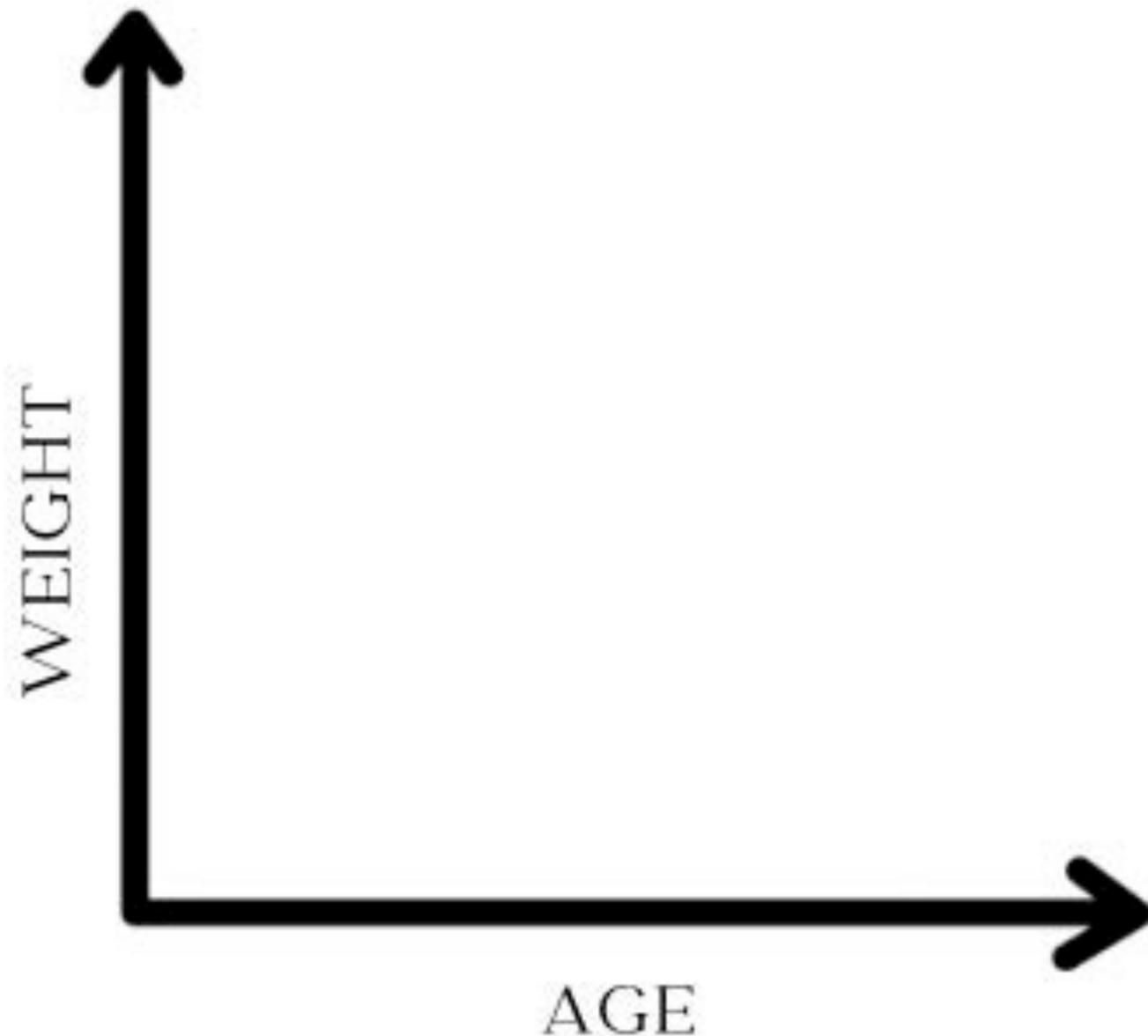
WHAT TO EXPECT IN THIS MASTERCLASS

- Some of this you will have heard before, some of this will be new
- Be open minded
- Commit to making changes
- Look for things you **CAN** do, don't get stuck in what hasn't worked before
- Get some paper to take notes and let's go!

DISCLAIMER

- **These statements and products are not intended to diagnose, treat, cure or prevent any disease. I expressly disclaim all liability with respect to actions taken or not taken based on any or all of the information or other contents of these materials.**
- **They are for educational and informational purposes only, not intended as medical advice. The information does not create, nor is it intended to replace, a relationship with a qualified healthcare professional.**
- **Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or your health prior to starting dietary routines, exercise or supplements.**

YOUR WEIGHT GRAPH



- When did you start struggling with weight?
 - Before puberty—>genetic?
 - Puberty—>hormonal?
 - Pregnancy? Menopause?
 - Medication?
 - Stress?
 - Age?
 - Decrease in activity?
- What has worked?
 - Specific “Diet”?
 - Accountability?
 - Medication?
- What hasn't?
 - Didn't work for you
 - Too strict to stick with

WHY DO YOU STRUGGLE WITH YOUR WEIGHT?

When you lose weight **TWO** things happen:

1-Metabolic Adaptation

2-Appetite Adaption

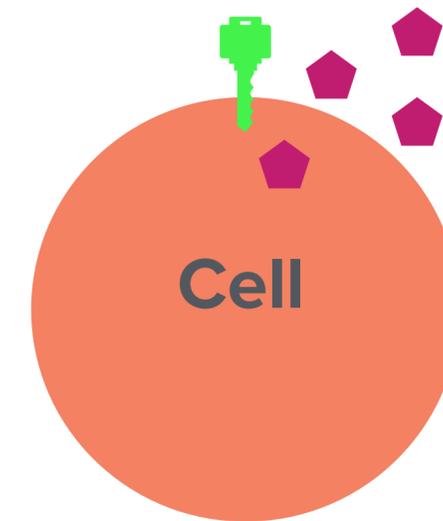
Your Body's goal is to maintain or gain weight- it will fight weight loss



WHAT ELSE IS GOING ON...?

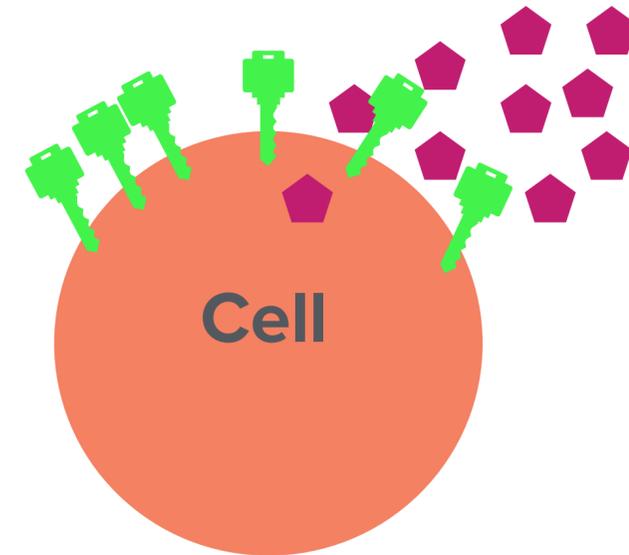
INSULIN RESISTANCE

- Insulin resistance leads to increased fat storage, difficulty burning fat, and changes in appetite. It can progress to diabetes.
- About 90% of the people coming to see me for help with weight have this



INSULIN RESISTANCE

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INSULIN RESISTANCE

- How do you know if you have insulin resistance? About 90% of my patients have this.
- Type 2 diabetes
- Prediabetes (a1c above 5.6 or fasting blood sugar above 100)
- Fasting insulin to fasting glucose ratio HOMA IR >2
- PCOS
- Gestational Diabetes
- Acanthosis Nigricans (darkening of skin on neck or armpits)
- Strong family history of type 2 diabetes
- Metabolic syndrome (3/5)
 - High blood glucose (sugar)
 - Low levels of HDL cholesterol in the blood
 - High levels of triglycerides in the blood
 - Large waist circumference (35 inches women, 40 inches men)
 - High blood pressure

INSULIN RESISTANCE

- **SOLUTIONS:**
- **Increase activity, even small amounts, especially after eating**
- **Decrease carbohydrates, especially simple carbohydrates**
- **Metformin**
- **GLP injections**
- **Berberine (supplement than can be like metformin)**
- **Understand weight loss is harder for you**

HORMONAL ISSUES

Hypothyroidism

- Can cause weight gain, can make it harder to lose weight
- Easy to screen with blood test called TSH
- **SOLUTION:** Need prescription for thyroid replacement. Understand weight loss is harder for you

Cushing's

- Severely elevated cortisol- can be from long-term steroid use, tumors secreting hormones
- Signs sudden weight gain, central adiposity, HTN, “moon facies”, proximal muscle weakness, bruising, depression, hyperlipidemia, large purple stretch marks on abdomen
- Needs testing with your doctor
- **SOLUTION:** depends on cause, needs medical treatment

HORMONAL ISSUES

Menopause

- Weight gain around belly
- Decrease muscle mass
- **SOLUTIONS:** increase protein, increase resistance training, HRT can help but don't use just for weight

PCOS

- Often start struggling with weight as teen
- Symptoms can be facial hair, acne, irregular periods
- **SOLUTIONS:** For weight, similar treatment to insulin resistance.

HORMONAL ISSUES

- Women seem to experience hormonal changes differently.
- Many of my patients gain weight from birth control, pregnancy, breastfeeding.
- While most women don't gain weight on birth control, most return to normal weight after pregnancy, most lose with breast feeding- your weight graph will show your truth!
Genetics and other factors can affect your response!

SLEEP DISTURBANCES

Poor sleep quality

- Adults need 7.5 hours minimum
- Sleep apnea
- Pain
- Hot flashes
- Poor sleep can raise cortisol, increase appetite, decrease energy for lifestyle change
- **SOLUTION:** get more sleep, treat the issue affecting sleep Treat sleep apnea, treat menopause hot flashes, treat pain

MEDICATION SIDE EFFECTS

Changing meds may not lead to weight loss!

DO NOT STOP MEDS without discussing with your prescriber

	May cause weight gain	May help weight loss
Cardiovascular medications	Propranolol Atenolol Metoprolol	
Diabetes Mellitus Medications	Most insulins Sulfonylureas Thiazolidinediones Meglitinides	Metformin Glucagon-like peptide-1 agonists Sodium glucose co-transporter 2 inhibitors Alpha glucosidase inhibitors
Hormones	Glucocorticoids Estrogens High dose progesterone	
Anti-seizure Medications	Carbamazepine Gabapentin Valproate	Lamotrigine Topiramate Zonisamide
Anti-depressants	Amitriptyline Doxepin Imipramine Some SSRIs Mirtazapine	Bupropion
Mood Stabilizers	Gabapentin Lithium Valproate Vigabatrin	Lamotrigine
Migraine meds	Gabapentin Amitriptyline Valproic acid Some beta-blockers	Topiramate

**STOPPING THINGS THAT MAKE US GAIN WEIGHT
DON'T AUTOMATICALLY LEAD TO WEIGHT LOSS.**

-DR. FRANCAVILLA

MICROBIOME

- Frontier of medicine
- SOLUTIONS:
- Eat probiotic foods:
 - Kombucha, sauerkraut, kimchi, yogurts
- Prebiotics: fiber in foods- lots of fruits, veggies
- Probiotic supplements
- Metformin
- Bariatric Surgery

ENVIRONMENTAL TOXINS

- **Obesogens and endocrine disruptors: plastics, pesticides, dyes**
- **SOLUTION: eat organic, avoid processed foods, reduce other toxins in environment. May not be reversible or completely avoidable**

BINGE EATING DISORDER

- Eating an amount of food that is much larger than what most people would eat on short time (less than 2 hours)
- Feel out of control when eating, can't stop, keeping going back for more/
- May also: eat rapidly, feel severe guilt or shame after, eat past being physically hungry, eating alone out of embarrassment, eating to a point of feeling physically ill
- You find these episodes upsetting
- Occurs at least one a week for 3 months
- You don't vomit or otherwise compensate for the eating with laxatives or over-exercising
- **SOLUTIONS:** therapy, Vyvanse, anti-depressants, new GLP medications

OTHER MENTAL HEALTH CONDITIONS

- **Depression**

- Can be side effect of medications
- Can be hard to activate to exercise or make food
- **SOLUTION:** treat depression, ask for medication least likely to cause weight gain

- **ADHD**

- Impulsive eating
- Trouble with organization for lifestyle/ follow through on plans
- **SOLUTION:** treat ADHD

STRESS

- **Stress**

- **Raises cortisol and other stress hormones. Affects appetite and fat storage**
- **SOLUTION: decrease stressors in life- can require radical transformation, therapy, meditation, journal, yoga, community**

- **Trauma**

- **Chronic stress response**
- **Therapy**

GENETICS

- You can't change your genes! But knowing its genetic can help and occasionally qualify for special meds
- Your doctor can test you for free - have them go to www.uncoveringrareobesity.com if you have had severe obesity since childhood
- Even if these genetic tests are normal, there are a lot of genes and genetics is definitely a factor!

BLOODWORK

- Labs you could get:
 - Hemoglobin A1C
 - Comprehensive Metabolic Panel (CMP) will include glucose level
 - TSH (thyroid screen)
 - Fasting lipids (cholesterol and triglycerides)
 - Fasting insulin (not all doctors like ordering this test)
 - Other tests as recommended by your doctor
- Get labs from:
 - Your doc
 - SoWell Weight Biology Kit
 - LabCorp or Quest

**YOUR WEIGHT IS NOT YOUR FAULT!
BUT YOU CAN DO SOMETHING ABOUT IT.**

-DR. FRANCAVILLA

HOW MUCH WEIGHT DO YOU NEED TO LOSE?

■ 10% is a great goal!!!

Percent Weight Loss	2.5%	5%	10%	16%
Medical outcomes	<ul style="list-style-type: none"> • Improved Blood Glucose • Reduced Triglycerides • Improved PCOS • Improved Fertility 	<ul style="list-style-type: none"> • Improved Quality of Life • Improvement in Depression • Improved Mobility • Reduced Hepatic Steatosis • Improved Sexual Function • Improvement in Incontinence • Improved LDL 	<ul style="list-style-type: none"> • Improvement in Sleep Apnea • Improvement in Non-alcoholic steatohepatitis 	<ul style="list-style-type: none"> • Reduction in cardiovascular and overall mortality

Harold Edward Bays, Angela Golden, Justin Tondt, Thirty Obesity Myths, Misunderstandings, and/or Oversimplifications: An Obesity Medicine Association (OMA) Clinical Practice Statement (CPS) 2022, Obesity Pillars, Volume 3, 2022.

HOW MUCH WEIGHT DO YOU NEED TO LOSE?

- What is a 10% weight loss for you?
- Take your current weight and multiply by 0.1
- 200lb=20lb weight loss goal

- What if you lost 10% and had better energy, better blood, didn't get diabetes, took less medications, had an easier time traveling.... Would it be worth it?

- What are your goals beyond a number on the scale?

LET GO OF BIAS AND STIGMA

- Your weight is not your fault
 - Your worth is not related to your weight
 - You can be healthier, even if you are not a normal BMI
 - You deserve to do anything you want to do, or be anywhere you want to be
 - You are trying hard enough
 - You don't have to be perfect
-
- Let go of blame, shame, and judgement towards yourself

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Question and Answer Time!

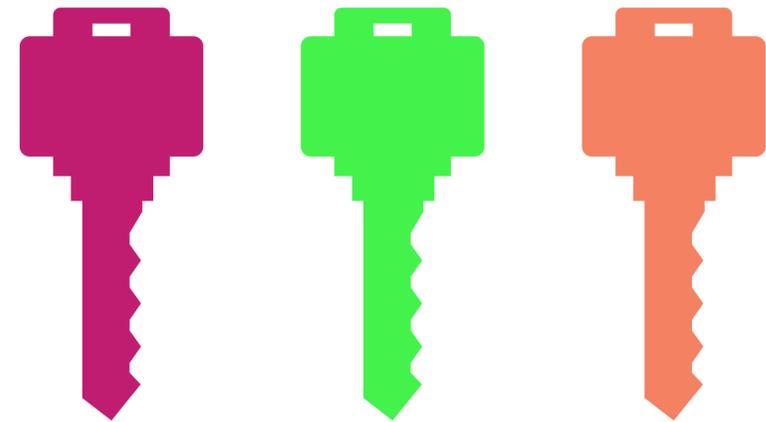


**WHATEVER YOU DO TO LOSE WEIGHT
YOU HAVE TO KEEP DOING!**

-DR. FRANCAVILLA

SECRETS TO WEIGHT MAINTENANCE

- Data from the National Weight Control Registry: self-reported data of people who have lost 30lbs or more and kept off for a year
- What are they doing???



78% EAT BREAKFAST

EVERYDAY.

75% GET ON THE SCALE

AT LEAST ONCE A WEEK.

62% WATCH LESS TV

THEY DO.

90% EXERCISE

DAILY. FOR SIXTY MINUTES. MOSTLY WALKING.

SECRETS TO WEIGHT MAINTENANCE

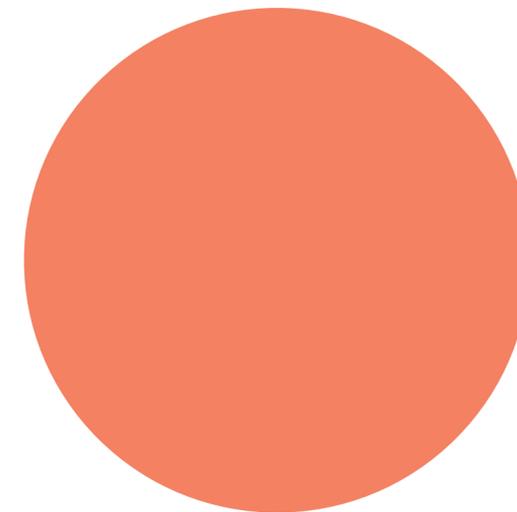
- **Maintain a consistent eating pattern all week. No cheat days. No crash diets. They eat in a sustainable way they can continue LONGTERM.**
- **What goes wrong? Stress, life circumstances, traumatic events**
- **After maintaining for TWO YEARS long term success goes up 50%**
- **Let's commit to some of these secrets and come up with a plan to achieve them...**

Write it down and make it real!

WHAT WILL YOUR LIFE LOOK LIKE TO ACHIEVE THIS?

Lets come up with a plan: 78% Eat breakfast... how will you achieve this?

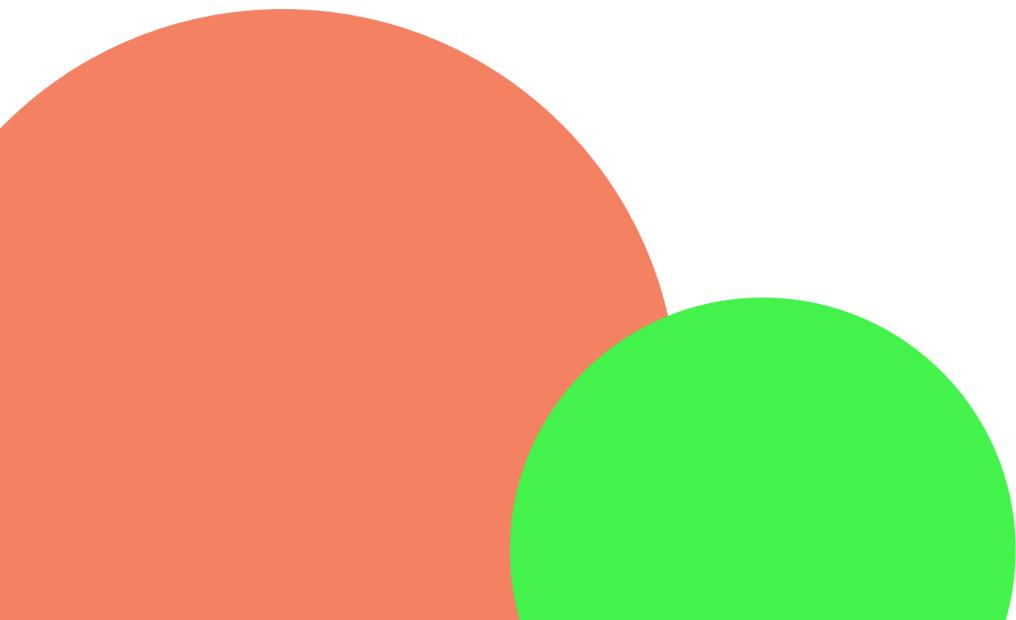
- Meal prep?
- Frozen options?
- Protein bar or shake?
- Eggs
- Stash of food at work?
- Wake up earlier?



WHAT WILL YOUR LIFE LOOK LIKE TO ACHIEVE THIS?

Lets come up with a plan: **75% Weight themselves at least once a week...** How will you do this?

- Do you have a scale? Any scale can work (but if you want the best body composition scale check out the InBody
- How to weigh: first thing in AM, after using bathroom, same jammies, in undies, or nude
- Where will you log this?
- How do you feel about the scale? Is it triggering? Can you work to become more neutral about this?



WHAT WILL YOUR LIFE LOOK LIKE TO ACHIEVE THIS?

Lets come up with a plan: 62% watch less TV... How will you do this?

- Why does this help? Very sedentary, some of us snack while watching TV. Other activities may be more social or joyful.
- What could you do instead?
 - Walk
 - Yoga
 - Art or craft
 - Knit
 - Clean your house
 - Play with a pet
 - Meditation
 - Learn a language
 - Hangout with friends
 - Play bingo
 - Play a sport
 - Go to therapy
 - Create a masterclass
 - Look its endless.... There's lots you could do!

WHAT WILL YOUR LIFE LOOK LIKE TO ACHIEVE THIS?

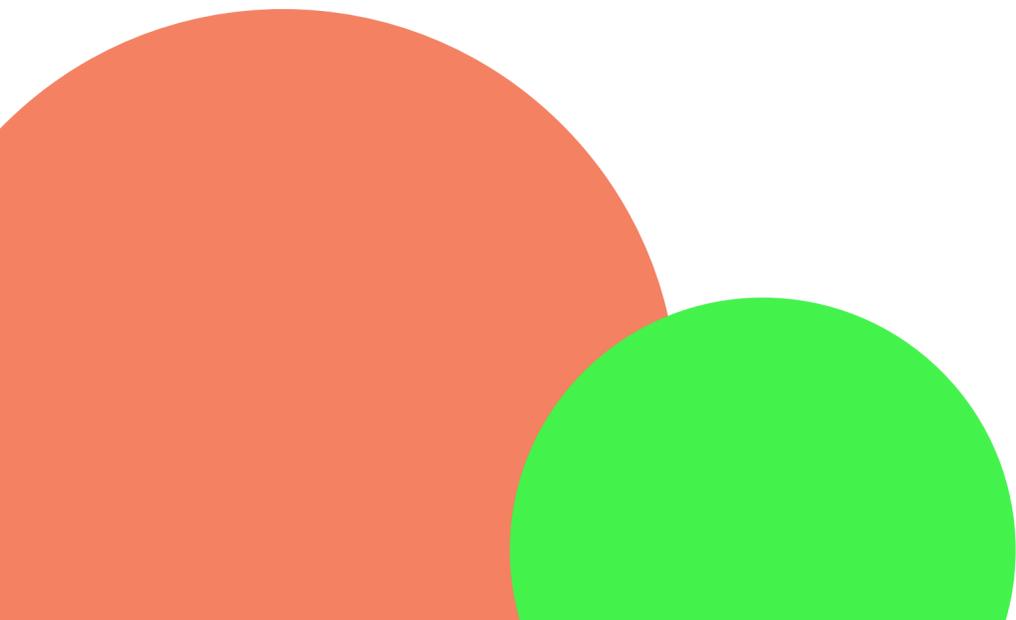
Lets come up with a plan: **90% Exercise 60 minutes a day.**

- Exercise session coming up in week three!
- Let's start thinking now though
- When will you exercise?
- How will you exercise?
- Can you commit to gradually increasing over the next 9-12 months? To maintain this is the biggest **SECRET!** Exercise does not cause weight loss but it is **ESSENTIAL** to weight maintenance!

WHAT WILL YOUR LIFE LOOK LIKE TO ACHIEVE THIS?

Lets come up with a plan: More success when maintaining a consistent eating pattern...

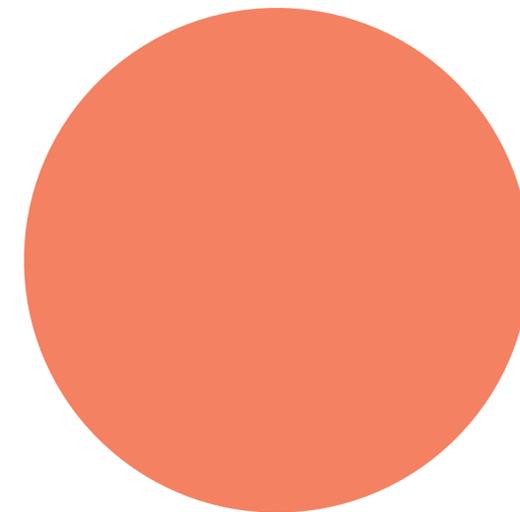
- **Stop short term diets!**
- **Stop cheat days!**
- **Pick a sustainable way to eat longterm**
- **Next week I will teach you the Health Eating Plan**



WHAT WILL YOUR LIFE LOOK LIKE TO ACHIEVE THIS?

Lets come up with a plan: Stress and Traumatic Events are the most likely thing to derail you

- Module 4 will cover emotional eating
- Get therapy for stress or trauma
- Take mood medications longterm if needed
- Build up a community
- Replace food with other coping mechanisms
- Build consistency and sustainable habits



WHAT WILL YOUR LIFE LOOK LIKE TO ACHIEVE THIS?

Lets come up with a plan:

- **78% Eat breakfast... how will you achieve this?**
- **75% Weight themselves at least once a week... when will you do this**
- **62% Watch less TV**
- **90% Exercise at least 60 minutes a day, most commonly by walking**
- **Maintain a consistent eating pattern all week. No cheat days. No crash diets. They eat in a sustainable way they can continue LONGTERM.**
- **After maintaining for TWO YEARS long term success goes up 50%**
- **What goes wrong? Stress, life circumstances, traumatic events**

HOMework

- **Why do you struggle? Do you need to get bloodwork done? Have other medical problems addressed?**
- **What would a 10% weight loss be for you?**
- **What health improvements are you looking for beyond the scale?**
- **How will life need to look over the next 6-9 months to be able to sustain weight or weight loss?**

- **Join me next week to dive into pros and cons of nutrition, learn the healthy eating plan, and explore habits for long term success**

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Question and Answer Time!

