Access to Obesity Services Should be Rationed
OBESITY ILLS ARE A ‘MYTH’

New report finds no evidence of increased health risks formerly linked to excess weight
Morbid obesity vs Obese morbidity

Sharma et al
CMAJ 2011
Edmonton Obesity Staging Score Distribution Across BMI Categories in Ireland

1.1 million

Overweight

Overweight, EOSS Stage 3, 10, 10%
Overweight, EOSS Stage 2, 47, 47%
Overweight, EOSS Stage 1, 28, 28%
Overweight, EOSS Stage 0, 15, 15%

Class II

Class I

530,000

Class III

220,000

130,000

Padwal R, Sharma AM et al. CMAJ 2011

www.drsharma.ca
Should we medicalise this man?

BMI 37 kg/m²
Physically active
Employed
BP = 126/82
Glucose 5.3 mmol/L
Should we focus or resources on this man?

- BMI 33 kg/m²
- 3rd party assistance for ADL
- Unemployed due to discrimination
- Fasting glucose 7.9mmol/L
- HbA1c 51 mmol/L
- 152/92 mmHg
- Sleep apnoea

Candidate for which intervention?
Response to leptin therapy in a child with congenital leptin deficiency

Males

Weight (kg)

Age (years)

Child B

98th centile

50th centile

2nd centile

Courtesy Prof Steve O’Rahilly
Subcortical areas of the brain
le Roux et al. Irish Medical Journal 2016
Conclusions

Obesity is a complex and chronic disease of the subcortical areas of the brain.

Obesity has enormous impact on individual, healthcare systems and society.

Personalised medicine should be about getting the right treatment to the right patient at the right time and we are almost there.
A HEALTHY WEIGHT FOR IRELAND

OBESITY POLICY AND ACTION PLAN
METABOLIC MEDICINE HEROES
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- Al-Qahtani, Ghalia Abdeen
HSE Framework for Action on Obesity 2008 - 2012
An expert report on how to clinically manage and treat obesity in Ireland
Policy Group on Obesity
October 2015
Dizygotic Twins

Monozygotic Twins

Borjeson, Acta Paed. 1976
Conflict of interest

NovoNordisk,
Johnson & Johnson,
ONO pharmaceuticals,
Covidien,
Fractyl,
GI Dynamics,
Roche,
AstraZeneca
Lilly
Boehringer Ingelheim