

Carel's Pharmacy & Compounding Center

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Obesity

Obesity is a disease that affects nearly one-third of the adult American population (approximately 60 million). The number of overweight and obese Americans has continued to increase since 1960, a trend that is not slowing down. Today, 64.5 percent of adult Americans (about 127 million) are categorized as being overweight or obese. Each year, obesity causes at least 300,000 excess deaths in the U.S., and healthcare costs of American adults with obesity amount to approximately \$100 billion.

Causes of Obesity

Weight gain and obesity are caused by consuming more calories than the body needs - most commonly by eating a diet high in fat and calories, being sedentary or both. However, the imbalance between calories consumed and calories burned can also be caused by a number of different obesity-related factors including genetic, hormonal, behavioral, environmental and even cultural. It is important to remember that obesity is not always simply a behavioral issue. In fact, endocrine researchers are on the forefront of medical research into the mechanisms of metabolism, appetite and satiety and their connection to obesity. For instance, genetic traits, the way a body expends energy (metabolism), hormones that affect the way calories are processed (hyperthyroidism), and other organ systems in the body can all affect appetite. Eating disorders, metabolic syndrome, behavioral issues and an individual's environment and culture may also affect the development of obesity. For this reason physicians consider many factors when assessing obesity.

How Obesity is Measured

Obesity is measured using two primary tools, body mass index (BMI) and waist circumference. Body mass index, or BMI, is the most common measure of obesity by an individual's weight relative to his or her height. Measuring waist circumference is a way to assess obesity by measuring a patient's abdominal fat. Men who have a waist measurement greater than 40 inches, and women with a measurement greater than 35 inches are likely considered to be overweight. It is important to note that clinicians do not typically use waist circumference values.

Types of Diseases Associated with Obesity

Overweight and obese people are at an increased risk for developing the following conditions and more: cardiovascular disease, metabolic syndrome, diabetes, hypertension, polycystic ovary syndrome, osteoarthritis, and fertility complications.

Types of Treatments Available for Obesity

There are several types of treatments available for obese patients including dietary therapy, behavior therapy, drug therapy, combined therapy, and surgery.

This month's featured compound is **PCS Capsules**.

PCS Capsules is a compounded treatment for weight loss. They contain Phentermine 37.5mg, St. John's Wort Standardized Extract and Chromium Picolinate. Phentermine is a controlled prescription medication used as a short-term supplement to diet and exercise in the treatment of obesity. It stimulates the central nervous system which increases the metabolism and decreases your appetite. St. John's Wort is a herbal medication used to treat depression, anxiety and/or sleep disorders. It is used in the PCS Capsules to decrease cravings. Chromium Picolinate is a trace mineral that aids in processing of carbohydrates and fats in the body. It also helps cells respond properly to insulin. Chromium Picolinate has been used to build muscle, prevent and treat diabetes and promote weight loss. PCS capsules are taken once daily. They are normally prescribed for a short period (1 to 3 months).

If you have any questions regarding these therapies or any other medication related problems, please call our specially trained compounding pharmacists and staff at (580) 355-4540.