### Summarise the management of obesity and MetS

Describe the three main ones

| Public health
| Management of complications
| Behavioral and dietary
  - Small-moderate weight loss (approx. 5%)
  - Valuable metabolically – reduces risk of T2DM
| Medical
  - Orlistat is the only agent currently licensed in the UK for obesity
  - Moderate (5 – 10%) weight loss
  - Valuable metabolically – reduction in T2DM
  - If stopped weight tends to return to baseline
| Surgical
  - Effective in reducing weight (15 – 25%)
  - Improves glycaemic control (may lead to remission of T2DM)
  - Sufficient weight loss to impact on other non-metabolic complications
  - Risk of short and long term complications
  - Not an ‘easy’ option

### Describe the clinical implications of ‘metabolic syndrome’

| What are the problems?
| What are the aims of management?
| What is the evidence that the treatment achieves these outcomes?
  - Lifestyle (diet and exercise)
  - Multiple risk factor identification and modification