



Obesity Management in Family Practice

Thomas L. McKnight

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The acknowledgment that obesity is a disease—a disease with enormous impact on both the public health and the economy and an incredible burden to its victims—has finally come. This final recognition will hopefully free research dollars and will encourage third party payers to understand the need to cover services for treatment. Dr McKnight is an honored family medicine educator who combines his sense of academic rigor with the understanding of a compassionate family physician. Thus he approaches this clinical syndrome in the manner of a family physician: he aims to have an effect on the entire person and that person's life, not just some disease entity. His broad-based approach draws on behavioral strategies, diet and exercise modification, and limited use of pharmaceuticals in selected cases. The practical tools presented here will prove to be valuable additions to the armamentarium of care teams that look to develop treatment plans for their patients with this disease. I myself have been obese as long as I can remember. I am the son of obese parents and my sister has shared this chronic problem. Over my lifetime I have dealt with almost all of the problems of obesity, and I have used all of the excuses. I have dealt with many obese patients during my years in practice, some who have said openly that they chose me as their physician because I really couldn't tell them to lose weight, since I could not myself.

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