

Fabry patientendag 2017

Afvallen

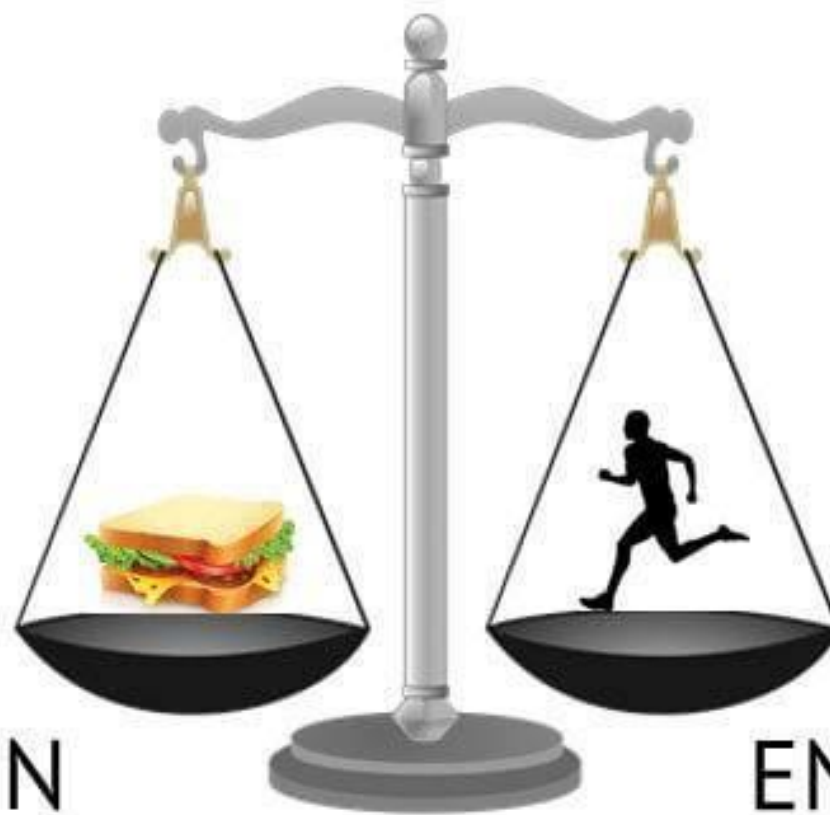
Mirjam Langeveld, internist erfelijke
stofwisselingsziekten

Wat is obesitas

- BMI > 30 kg/m²
- 1832 introductie Quetelet index
- 1972 Ancel Keys BMI
- Obesitas = een risico factor



Oorzaken obesitas



ENERGIE IN
(ETEN & DRINKEN)

ENERGIE UIT
(VERBRANDING & BEWEGING)

Portion *Distortion*

20 YEARS AGO

TODAY

DIFFERENCE

Renée Comel, National Cancer Institute



333 Calories



590 Calories

257 MORE CALORIES

Lifting weights for **1 HOUR AND 30 MINUTES** burns approximately 257 calories* **Based on 130-pound person*



500 Calories



850 Calories

350 MORE CALORIES

Playing golf (while walking and carrying your clubs) for **1 HOUR** burns approximately 350 calories* **Based on 160-pound person*



1 cup spaghetti with sauce and 3 small meatballs

500 Calories



2 cups spaghetti with sauce and 3 large meatballs

1,025 Calories

525 MORE CALORIES

Housecleaning for **2 HOURS AND 35 MINUTES** burns approximately 525 calories* **Based on 130-pound person*

20 YEARS AGO

TODAY

DIFFERENCE



Coffee, 8 oz (with whole milk and sugar)

45 Calories



renee_comel, www.flickr.com

Mocha Coffee, 16 oz (with steamed whole milk and mocha syrup)

350 Calories

305 MORE CALORIES

Walking **1 HOUR AND 20 MINUTES** burns approximately 305 calories* **Based on 130-pound person*



1.5 oz

210 Calories



4 oz

500 Calories

290 MORE CALORIES

Vacuuming for **1 HOUR AND 30 MINUTES** burns approximately 290 calories* **Based on 130-pound person*

Renée Comel, National Cancer Institute



1.5 diameter

55 Calories



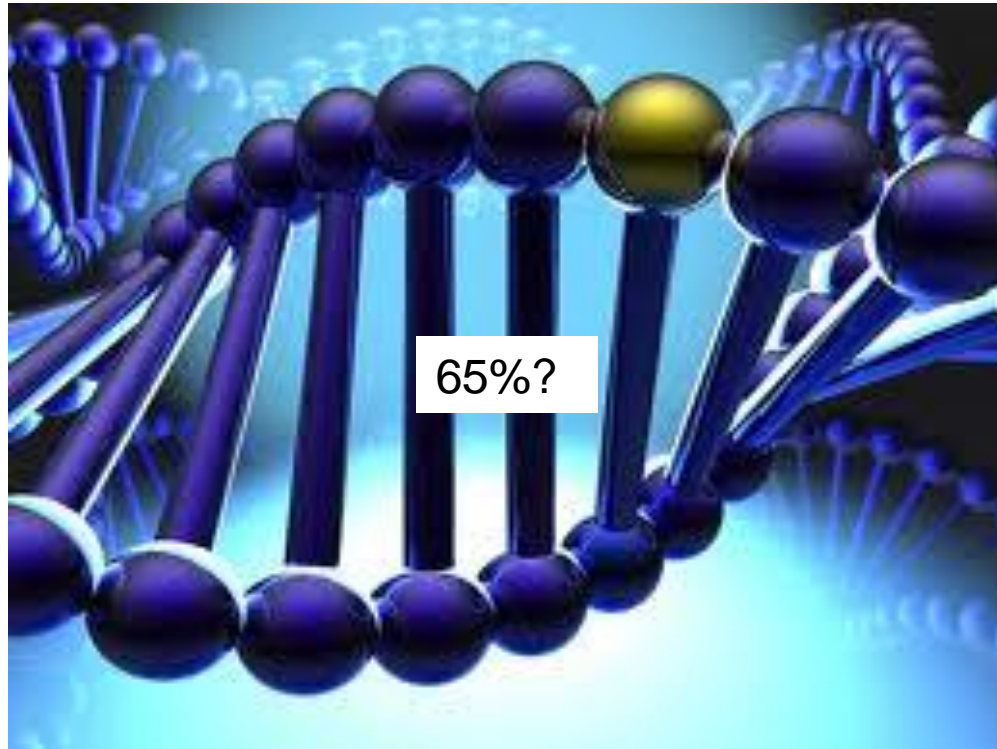
3.5 diameter

275 Calories

220 MORE CALORIES

Washing a car for **1 HOUR AND 15 MINUTES** burns approximately 220 calories* **Based on 130-pound person*

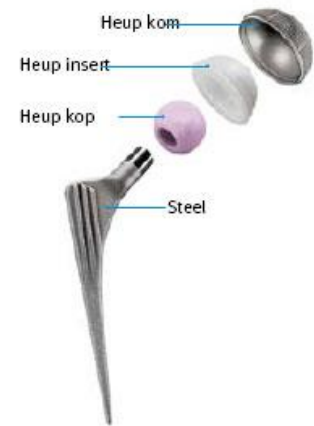
Oorzaken van obesitas



Gevolgen obesitas

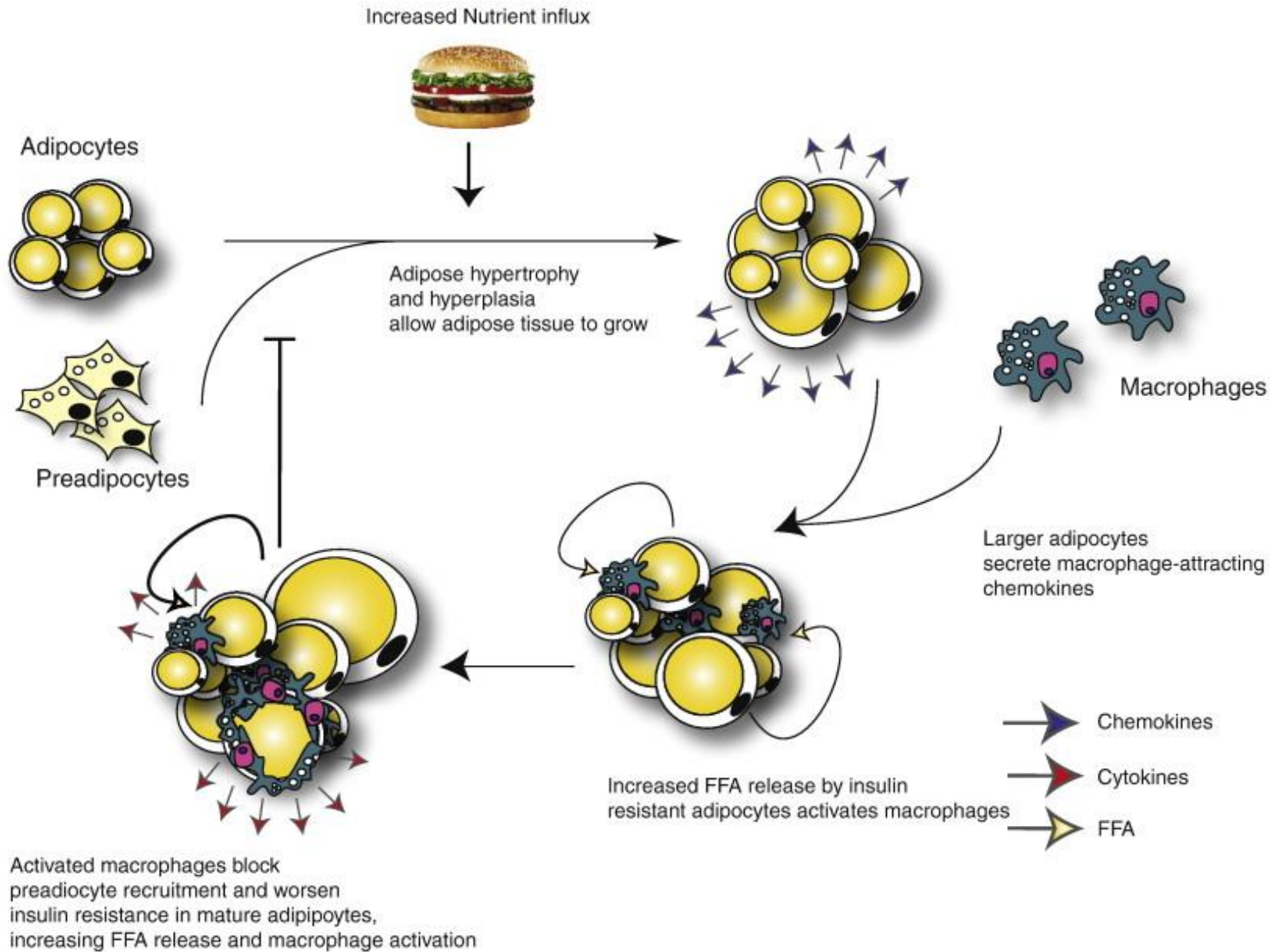
Hoe hoger het BMI, hoe groter het risico op:

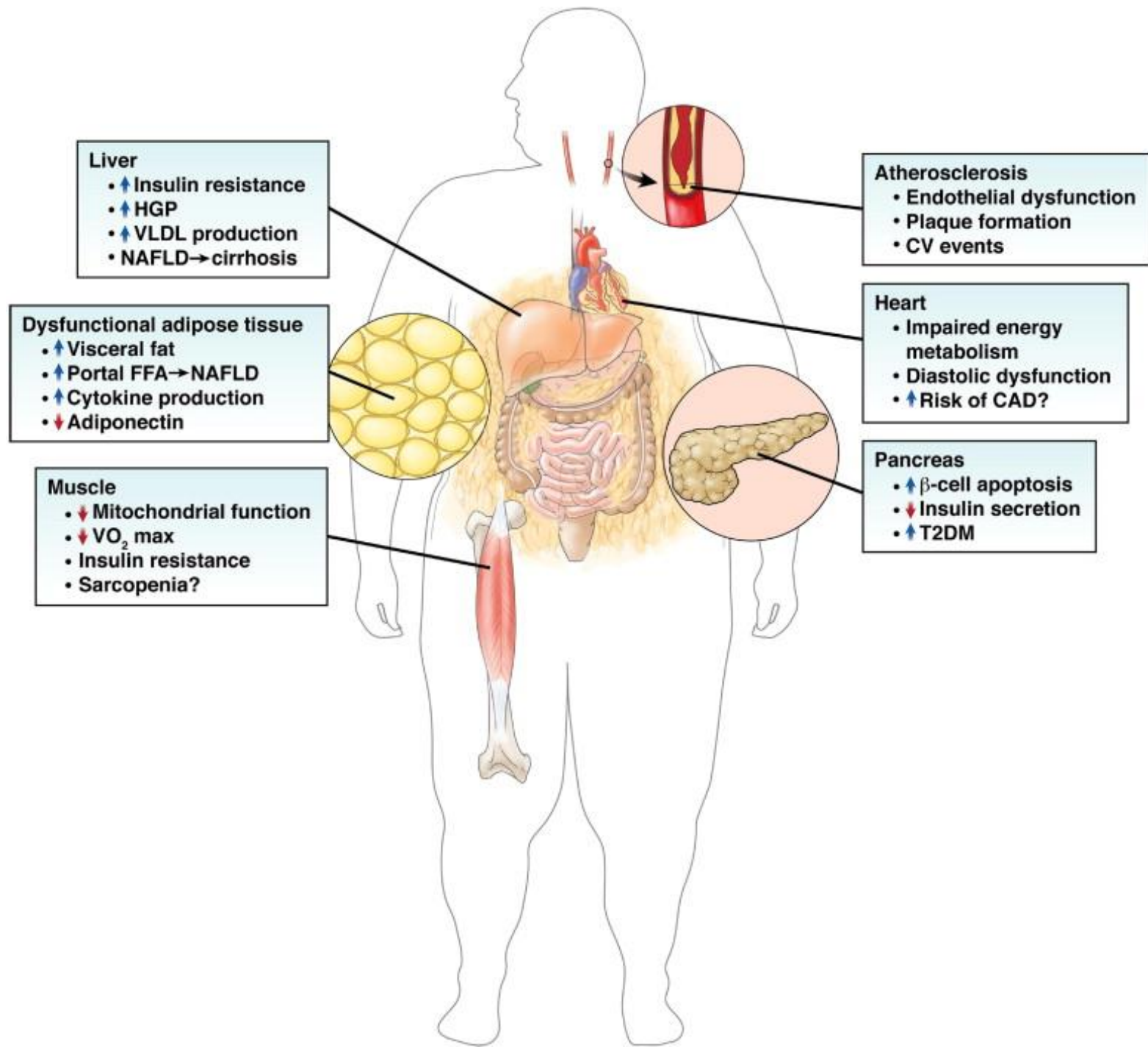
- mechanische complicaties
- OSAS
- suikerziekte
- hypertensie
- Hart- en vaatziekten



Onderdelen van een heupprothese







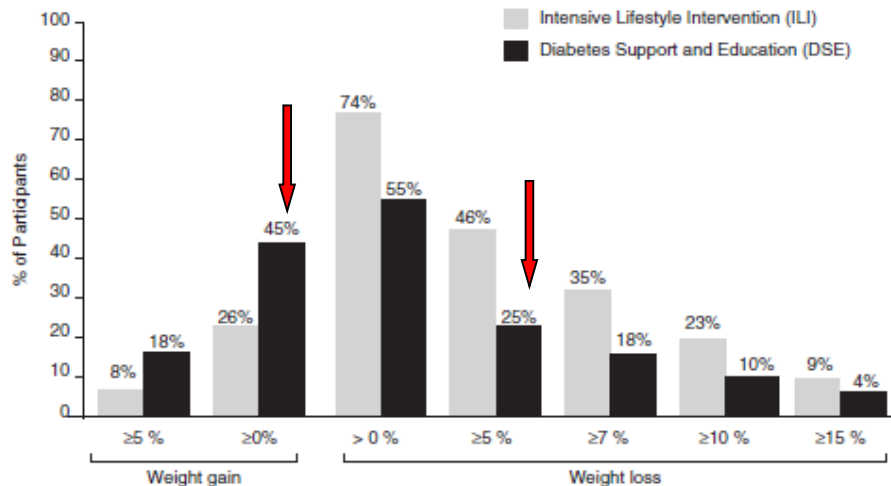
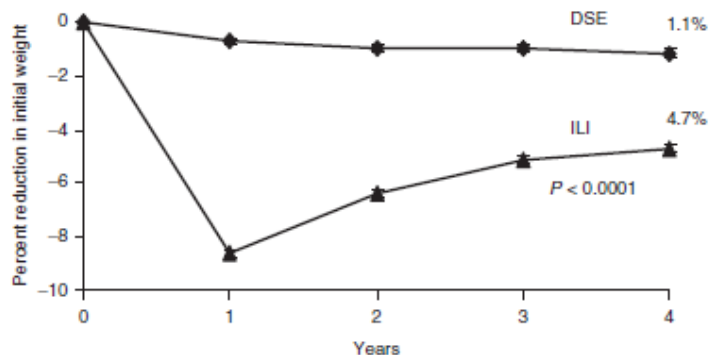
Behandeling van obesitas

- Bariatrische chirurgie
- Medicatie
- Dieet

Four-Year Weight Losses in the Look AHEAD Study: Factors Associated With Long-Term Success

Thomas A. Wadden¹, Rebecca H. Neiberg², Rena R. Wing³, Jeanne M. Clark⁴, Linda M. Delahanty⁵,

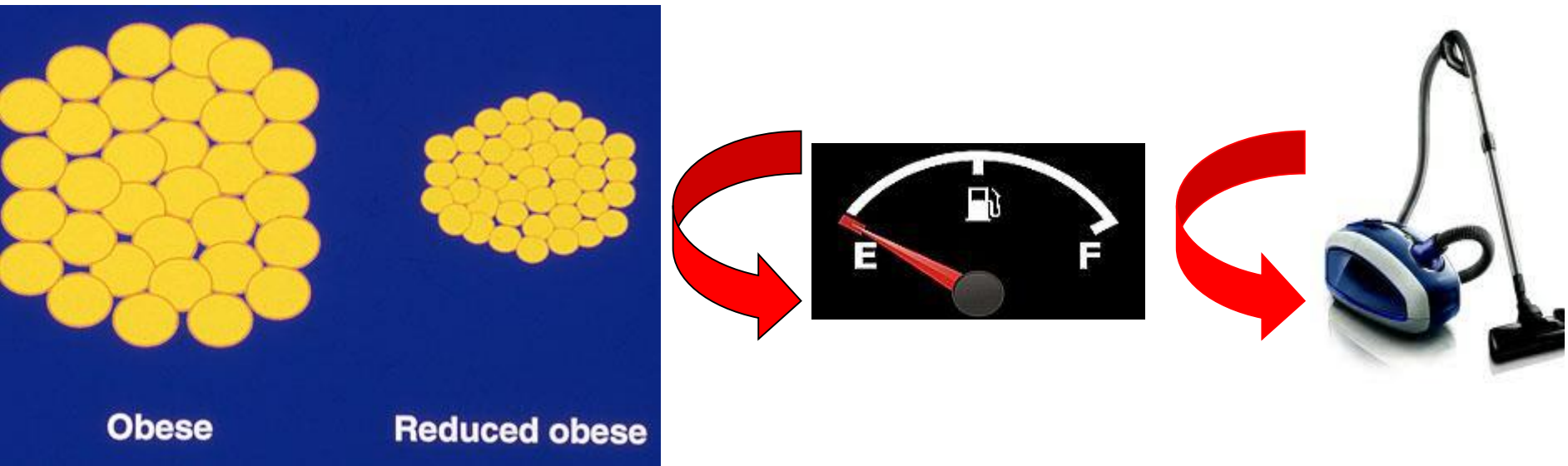
Four year follow up Intensive Lifestyle Intervention (diet, exercise, frequent meetings) versus 'standard care'(diet, physical activity instructions 3 times a year). 1500 type II Diabetics with a BMI of >25 kg/m²



Het jojo effect



Waarom is afvallen zo moeilijk



Waarom is afvallen zo moeilijk

- Meer eetlust
- Minder verbranding



Samenvatting

- Voorkomen gewichtstoename is het belangrijkste
- Voor afvallen is een blijvende verandering van eetpatroon nodig, voorkom het jojo effect
- Stabiliseren van gewicht is vaak al heel nuttig
- Bewegen is goed voor de gezondheid, ook als je er niet van afvalt