

A different way of managing type 2 diabetes and chronic metabolic diseases

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Abstract

Long-term successful management of obesity and its associated conditions, including type 2 diabetes is challenging, nevertheless, moderate amount of weight loss (5–10%) has a significant impact on obesity-associated complications. By shifting the focus from weight loss to health improvement, prevention and treatment of acute and chronic medical conditions, life enjoyed in good health, and improved life expectancy, we aim to challenge the clinical approach to the management of obesity. This session is based on the Research Review article “Obesity and Weight-loss Management: A Radically Different Way of Managing Chronic Metabolic Diseases” (<https://www.researchreview.co.nz/Goodfellow-Speaker-Series-2019-Dr-Schmiedel-Obesity.pdf>) I will discuss the argument that clinically significant weight loss, which can be achieved and sustained with medical means, can change the trajectory and outcome of many chronic conditions linked with obesity, first and foremost type two diabetes. This approach may have a potential to motivate patients and clinicians to consider medical weight management. The role of different pharmacotherapy options to achieve this 5–10% weight loss will be explored.

The presentation will include case studies using an interactive method. The presenter and audience will work through several cases presenting with obesity-associated complications. Each case will highlight one aspect of obesity management.

Learning outcomes:

- Obtaining obesity focused medical history that will guide management.
- Knowledge about medications to stop, adjust or change to allow successful weight loss.
- Development of a ‘clinical approach’ that can be used within the time constraints of the primary care settings

Biography

Ole Schmiedel is a consultant in endocrinology, diabetes, and general internal medicine at Auckland District Health Board (ADHB), Honorary Lecturer University of Auckland, and Clinical Director of the Auckland Diabetes Centre. He qualified in medicine from Humboldt University in Berlin and completed his postgraduate training in diabetes and endocrinology at Cardiff University in Wales. He was awarded his MD for work in diabetes and microvascular complications. His main clinical and research interests are in the management of diabetes, obesity and obesity-related complications, as well as lipid disorders and neuroendocrine tumours. He is involved in education, training and service development projects with a strong focus on supporting primary care teams.



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