

# WHY OBESE SHOULD LOSE WEIGHT...

(The Non-Medical Side of it)

**(And Don't tell me I did not warn you ... )**

**DR MAC**



**Fact: EATING is an  
addiction - and is  
NO DIFFERENT from  
those of addiction  
from nicotine,  
cocaine and other  
dangerous drugs.**

**(And this we don't all know)**

**BUT, is there any  
— difference between  
addiction from  
smoking, cocaine  
and **eating**?**

**OF COURSE!**

**EATING** (and smoking)

**is street-legal.**

(The others are not)

**That gives you the liberty to  
enjoy it, FREELY.**

**NICE.**

**THICK FAT chest wall**  
**can RESTRICT**  
**chest cage expansion**  
**→ and slow the removal of**  
**used air**  
**(carbon dioxide)**



**Some billboards  
remind us to be  
healthy....**

 Others lure you to ...  
eat this and that,  
take supersize drinks,  
eat all you can,  
no rice limits, etc ...

**You and the media may not  
realize it yet ....**

✓ **But our local MEDIA is  
leading us to**

**OVERFEEDING**

*Where are you in  
the ladder of this  
Silent Global  
Epidemic ...?*

- Simple Overweight
- + Elevated Cholesterol
- + Fatty Liver
- + Beginning Hypertension
- + Higher Blood Sugar
- + More Hypertension
- + Protein Leak in Urine
- + Back / Joint Pains
- + Kidney Problem
- + Heart Gives Up
- + Eyes fail
- + Lungs succumb
- + Immune system drops
- + Kidneys also Fail
- .... Dialysis, Heart Attack, Stroke
- ..... but alive



**You  
still call  
that LIFE ?**

**and make us join the  
premature death  
race....**

**and become  
the future  
METABOLIC  
SYNDROME  
Victims -  
without you  
knowing....**

Some “keep the hen  
— **(YOU)** that lays the  
**Golden eggs\***

**(\* THE MONEY YOU PAY FOR OVER-  
EATING)**

**Please tell me this is wrong notion.**



**— Sick obese receive  
ensaymadas and Get-Well-  
Soon cards from **your so-  
called friends who may have  
lured you to eat voraciously ...  
but ...****



**don't expect them to share in  
your hospitalization bills!**

● When OBESE patients get sick,  
your favorite restaurants ...

✓ **DON'T** offer any health loans

✓ **DON'T** sponsor your medicines

✓ **DON'T** subsidize your confinement

✓ **DON'T** process any request for refunds

**It costs P20,000-25,000  
per DAY in an ICU for  
critically ill patients  
that go into breathing  
failure..**

**They are usually obese, smokers**

**...**



.... So if you have  
~P500,000 to spare for a  
2-week ICU confinement  
while your breathing  
failed, IT IS OKAY TO EAT  
as if there's no more  
tomorrow ...

✓ (getting home care is another story ...of course)

There is **NO**  
risk-free  
level of  
OBESITY.  
Period.



Being obese during childhood may look 'cute' -

**Medscape** Pulmonary Medicine  
EDUCATION

From MedscapeCME Clinical Briefs

## Obesity at 9 to 12 Years Predicts Heart Disease Risk Factors in Adolescence **CME**

News Author: Emma Hitt, PhD

CME Author: Laurie Barclay, MD

[Authors and Disclosures](#)

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- ✓ When the disease starts, it is NOT easy to stop its progress ....

**AND, IF you pass away** at an  
early age, and you've got a  
**GREAT spouse**, she / he may just  
**pack your old things ...**

**and replace you** like worn-out  
tires ...

**Life goes on ... the lovable spouse  
you leave behind marries again ...  
the new spouse feasts on what you  
leave behind ....**

*... the home you built, the money you  
saved, the child you love...*

*Including **the spouse you left behind...***

*It's called **'LOVE'** ...*



***Is that what you like?***

Of course, before you die from effects of gluttony, the habit will be a source of frequent '*discussions*' with your spouse - some light, some not-so-light....



**(some prefer to just  
be silent ... and  
wait till you reach  
the 'finish line')**

# The Other Problem after a stroke is ... if you do not die ....

- ✓ Probably, you'll have a tube inserted into your nose so that you can eat
  - ✓ That's P1000 / day ....
- ✓ ... And BIG Diapers for your pee and your dung ..... Another P1000/day



**Of course, your spouse needs to work while you are sort of a dilapidated but alive creature ...**

✓ So private duty nurses will take care of you That's P800 / 8-hour shift



✓ PLUS P2400 / day

✓ equals

✓ = P4400/ day

✓ PLUS Medicines --> ~P500 / day

✓ is P500/DAY

✓ or

✓ ~ P15,000 /mo

✓ But YOU ARE ALIVE...



**✓ *Don't forget suction catheters, tissue papers, gloves, MERALCO bills ,etc ...***



- ✓ *And your private nurses may enjoy Teleserye too ... aside from taking merienda from your pantry...*
- ✓ *(you will not know that . You're bedridden remember? And your spouse is busy working)*

✓ **By the way, young patients  
do not die fast.... They fight  
it out....**

✓ **So how long does it  
last?...A year? Two? Ten  
years? ....**

**O** - besity injures.

**B** - reaks Bone too.

**E** - steem fades....

**S** - tops Self-confidence.

**I** - njures your family too.

**T** - akes away ...

**Y** - our Life - SLOWLY but SURELY.

# Obesity is costly - whether home or in-flight.

- ✓ Your plane ticket charge may be
- ✓ **doubled** if you don't fit on the seat



**GAINING UNNECESSARY  
WEIGHT IS A DECISION.**

**Getting fit is too.**



**SMOKING  
KILLS.**

**ALCOHOL  
KILLS.**

**DRUGS  
KILLS.**

**OBESITY  
KILLS too.**



*Voice of* Darren Hardy,  
Publisher, SUCCESS  
Magazine June, 2011



*Of all the instruments of death - cars, alcohol, guns and drugs , all combined - does not even reach a third of the total produced by the #2 Killer in US which is...*

**FOOD from Overeating.**



It pays to be lighter.

Just a thought.

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