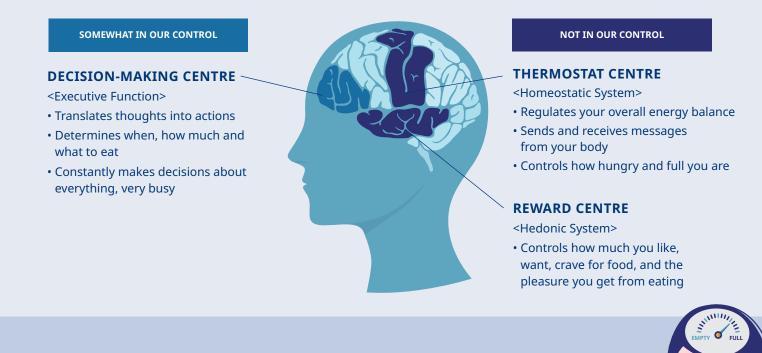
Obesity: A Disease of the Brain

The understanding of obesity has changed over time.

We are now learning why many people gain weight and how the brain plays an important role in our **appetite system** and overall weight management.¹

Three parts of the brain regulate when and how much we eat:^{2,3}



We cannot control whether we feel hungry or full because our appetite system is often **outside of our control**.^{2,3}

The body responds to weight loss by making you more hungry and less full, therefore more challenging to lose weight.⁴⁻⁶ Humans evolved to survive when food was scarce – our brain defends against weight loss & encourages weight regain!



We all inherit a unique appetite system, and the degree of how much we want certain foods **varies from person to person**.



Studies have found that people living with obesity have a heightened reward system when shown images of food.⁷

- There is a much stronger drive or wanting for food
- Participants were more sensitive to being hungry

These biological barriers help us understand why obesity is a disease of the brain.



Obesity treatment options available today support different parts of the appetite system

THERMOSTAT CENTRE	Medications and bariatric surgery can access these two areas of the brain:
REWARD CENTRE	 Make the thermostat centre less sensitive, and less hungry Dampen the drive to eat in the reward centre
DECISION-MAKING CENTRE	Behavioural therapy can help you build skills to support this area.

Scan the QR code to learn more about the appetite system.



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