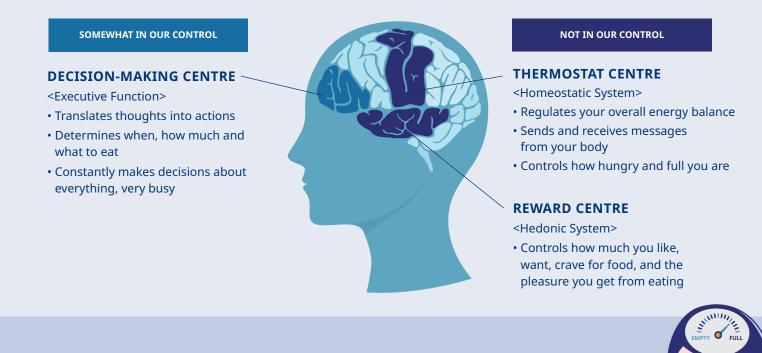
## Obesity: A Disease of the Brain

## 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.<sup>1</sup>

## Three parts of the brain regulate when and how much we eat:<sup>2,3</sup>



We cannot control whether we feel hungry or full because our appetite system is often **outside of our control**.<sup>2,3</sup>

The body responds to weight loss by making you more hungry and less full, therefore more challenging to lose weight.<sup>4-6</sup> 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.<sup>7</sup>

- 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	<ul> <li>Make the thermostat centre less sensitive, and less hungry</li> <li>Dampen the drive to eat in the reward centre</li> </ul>
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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