

WEIGHT LOSS

22 January, 2016

As our Society becomes increasingly overweight the impact on lung disease of obesity is becoming more evident. Being overweight does several things.

- a) It requires more energy and activity to be able to move a greater weight around. This is a load on your heart and on your respiratory system. If you had to carry a sack of bricks around everywhere you went then you would quickly come more breathless.
- b) Having a lot of weight on your trunk/chest wall abdominal wall makes it harder to expand your chest. As such your breathing will become more shallow and fast and make you short of breath
- c) Obesity also seems to cause asthma to worsen via a metabolic pathway.
- d) Sleep apnoea is directly correlated with weight gain and can contribute further to the morbidity of other lung diseases

For all of the above reasons weight loss is a key way to help improve lung disease.

Significant weight loss requires the professional advice and guidance of a dietician. Although exercise per se is important it is unusual to lose more than 5kg from exercise alone. Exercise is for fitness and appropriate diets are for losing weight.

The Lung Health Clinic believes strongly in the merits of good professional advice about losing weight in patients with chronic lung disease and can refer you to high quality dieticians.

Please note, the above content is our best advice at the time of creating this document, however we cannot guarantee its accuracy in terms of changes or advances that may have occurred since this document was created. Please feel free to print this document for your own personal use.