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## The obesity epidemic and eating behaviour: Are diets the answer?

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Obesity is the largest man made epidemic and is the single most important contributor to metabolic syndrome and type II diabetes. Weight loss is of proven effectiveness in controlling or even reversing these metabolic abnormalities. However, the achievement and sustainability of weight loss continues to be extremely challenging. It has been shown that despite availability of myriads of diets, patients invariably regain the weight they lost and rebound beyond. Furthermore, attributing overweight primarily to an imbalance between energy intake and expenditure is over simplistic, as there are many factors affecting food ingestion behaviour that seriously interfere with weight control. This lecture will explore eating patterns and dietary habits in overweight and obese persons as well as external influences promoting overconsumption. These eating practices may be key elements in sabotaging weight loss and maintenance efforts and may present potential areas for intervention through behaviour modification.

### Biography

Abouchacra is a graduate of University of Toronto and has board certification from the Royal College of Physicians of Canada in Internal Medicine and Nephrology as well as American Boards certification in both. She also completed 2-year Clinical Research Fellowship sponsored by the National Kidney Foundation of Canada which served as thesis for Masters in Science (MSc) at Institute of Medical Sciences, University of Toronto, Canada. Dr. Abouchacra is an active membership of Royal College of Physicians of Canada, College of Physicians & Surgeons of Ontario and is a fellow of the American Society of Nephrology (FASN). She is also an affiliate member of the American Heart Association's "Kidney Council", member of the American Society of Nephrology as well as Emirates Medical Association of Nephrology. She has extensive clinical experience in nephrology & internal medicine and has served as Chairperson of Nephrology Department, Tawam Hospital-JHMI. Currently she is seconded as Director of Outpatient services, Al Ain Hospital, Al Ain. She was previously Director of Outpatient services at Tawam Hospital - JHMI, and was also the Chairperson for SEHA Urology & Kidney Disease Service Line Council. Dr Abouchacra is an Adjunct Clinical Professor at Faculty of Medicine and Health Sciences (FMHS) Al Ain, UAE and had previously served as the Chairperson of Academic Affairs Department at Tawam Hospital-JHMI. She actively participates in teaching as well as research activities with numerous publications and scientific projects in peer reviewed journals.

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