

Obesity: Management Strategies for Patients with Obesity and Related Diseases

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Obesity is a major healthcare problem across the planet. When we account for the metabolic diseases impacted by obesity, including type 2 diabetes, heart disease, cancer and others, obesity is the leading treatable cause of death. Obesity impacts patients of all ages and in almost all of our medical and surgical practices. There are now many effective ways to manage obesity and related diseases. In this special issue of the *Rhode Island Medical Journal*, we will highlight the most up-to-date management strategies for patients suffering from this common problem, presented in the following articles:

- Featured original work from **Viviane Fornasaro-Donahue, MS, RD, LDN**, and colleagues discussing intuitive eating behaviors and the role of anti-obesity medications.
- **Marcoandrea Giorgi, MD**, reviews the gut microbiome and its role in obesity.
- **Kristy Dalrymple, PhD**, and colleagues discuss the current weight loss recommendations for patients with psychiatric comorbidities.
- **Eva Koeller, MD**, and **John Romanelli, MD**, debate the role of bariatric surgery in the era of GLP-1 receptor agonists.
- For pediatric patients, **Artur Chernoguz, MD**, discusses practical recommendations.
- **Andrew R. Luhrs, MD**, contribution includes best practices in primary care and when to refer, as well as how to support patients before and after weight loss surgery.
- **Emily Ortega Goddard, MD**, reviews endoscopic therapeutic options to address obesity and related diseases.
- In an original contribution, **Beth A. Ryder, MD**, and colleagues demonstrate the use and efficacy of pre-operative aprepitant as an antiemetic in patients undergoing sleeve gastrectomy.
- Finally, the team from **Brown Health** presents a case on the successful endoscopic management of a subacute leak after sleeve gastrectomy.

We hope this issue helps provide some insight into the management of this important disease and helps to provide alternatives for our patients.

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