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Why diets fail? A role for “Eat-ology” as a disruptive weight loss methodology

Obesity has become a global epidemic, which is rapidly spreading at phenomenal rates. The gravity of this “Globesity” epidemic goes beyond sheer numbers, as it is directly linked to numerous diseases that pose serious health risks and are responsible for escalating health care expenditures. Obesity is the single most important contributor to development of type 2 diabetes along with other metabolic disorders, all of which individually increase cardiovascular morbidity and mortality. Though the solution seems straightforward with weight reduction being the best cure, however, achieving and maintaining weight loss is extremely challenging. Diets have disappointingly had limited short term benefits with lack of sustainability and even rebound weight gain. In addition to their restrictive nature, there are even more complex personal behaviour and social factors affecting food ingestion that current day “diets” do not address. This lecture will highlight these shortcomings and explore dietary behaviour patterns promoting weight gain that may be critical in sabotaging weight loss efforts. Our GERG research group has undertaken a number of research initiatives including a multicentre survey aimed at understanding eating habits in overweight and obese individuals in our region. The published data will be shared for interactive discussion. Furthermore, a recently published novel eating behaviour

modification concept called “Eat-ology” will be introduced. This intervention empowers individuals to identify their own specific “Eating Errors” and imparts techniques to convert them into “Eating Essentials.” In this way, Eat-ology not only circumvents many of the shortfalls of today’s “diets,” but through non-restrictive, simple and practical principles it may enable the transformation of one’s “way of eating” to support weight loss and its long-term maintenance.

Speaker Biography

Samra Abouchacra has had extensive clinical and academic experience in Canada and UAE. She has Canadian & American Board certification in Internal Medicine & Nephrology and master’s in science from the Toronto Institute of Medical Sciences. She is the founder and previous chairperson for Academic Affairs department and previous chairperson of Nephrology department at Tawam Hospital. She also served as medical director of Urology Kidney Disease Service Line Council for the Emirate of Abu Dhabi and has recently held the post of Director of Outpatient Services at Tawam and now Al Ain Hospital in preparation for commissioning of the new facility. She has been actively participating in teaching and research activities with numerous publications in peer review journals and among country investigators for the International Dialysis Outcomes and Practice Patterns Study (DOPPS). She has membership in national & international medical societies and is a fellow of American Society of Nephrology.

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