

# Words from a formerly fat physician

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For obese patients, losing weight may require a different solution than calorie reduction and exercise, writes a formerly obese physician in *CMAJ (Canadian Medical Association Journal)*.

Despite having detailed knowledge of the [negative health effects](#) of obesity, Dr. Ben Williams, now a family medicine resident, could not lose weight beyond short-term losses. "Losing weight was the easy part, keeping it off was the challenge," he writes. "Oh, and I exercised a lot too; I just ate a lot more."

He credits bariatric surgery for his success at shedding 110 pounds and counting from his original weight of 320.

"I was fat because I ate too much, and my surgeon helped me do what I had been unable to do on my own."

Dr. Williams notes, from first-hand experience, that advice to patients to exercise more and cut calories may not be effective and that other solutions may be necessary.

**More information:** [DOI:10.1503/cmaj.120251](https://doi.org/10.1503/cmaj.120251)

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