



Golden State Obesity Society

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A Message from the President and Vice President Shagun Bindlish, MD, FACP, DABOM, DACLM Smruti Nalawadi, MD, DABOM, DACLM Bass Medical Group



Dear Valued Members,

As we launch the Golden State Obesity Society, I am hopeful and determined. Our journey begins with a profound understanding that obesity is not just a medical condition, but a complex health challenge that requires compassion, innovation, and collaborative effort. Our mission at the Golden State Obesity Society goes beyond medical treatment—we're committed to transforming how obesity is understood and addressed. We're dedicated to creating a stigma-free environment, providing compassionate, evidence-based care, and empowering individuals in their health journeys. Our diverse membership brings unique perspectives, and together, we aim to innovate, support, and drive meaningful change in obesity medicine.

A Diverse Community, A Shared Purpose

We are incredibly fortunate to have assembled such a remarkable and diverse group of professionals dedicated to addressing one of the most critical health challenges of our time.

Understanding the Challenge

Obesity is a complex epidemic rapidly escalating across our population. In my decade of clinical experience, I have witnessed firsthand the profound impact obesity has on individual lives. Each patient's story is unique—filled with personal struggles, resilience, and the potential for transformative health outcomes. Our society is committed to changing the narrative around obesity, moving beyond clinical metrics to embrace a holistic, dignity-centered approach.

Our Collective Mission

The field of obesity medicine has never been more crucial. We are deeply appreciative of each member who is contributing their time, research, and expertise towards advancing the understanding and treatment of obesity. Our collective goal is clear: to provide the highest quality, evidence-based care for patients navigating the challenges of obesity.

Together, we will

- Reduce stigma surrounding obesity.
- Promote comprehensive, patient-centered approaches
- Utilize the latest evidence-based guidelines
- Support patients in their health transformation journeys

LATEST NEWS RELEASE:

Anila Chadha MD ABOM
Regional Leadership Board- Bakersfield
Padmashri Srinivasa, MD
DABOM DACLM



Tirzepatide reduces the risk of developing type 2 diabetes by 94% in adults with pre-diabetes and obesity or overweight.

Tirzepatide resulted in sustained weight loss through the treatment period, averaging a 22.9% decrease in body weight with the 15 mg dose at end of treatment. Results are consistent with the combined pharmacology of GIP and GLP-1 receptor agonism.

<https://investor.lilly.com/news-releases/news-release-details/tirzepatide-reduced-risk-developing-type-2-diabetes-94-adults>

Upcoming Live Events:

**Next Quarterly Meeting:
February 27,
2025**

Join Us!

Membership fee: \$125 (or \$100 if enrolled now for the first 100 members)



Zelle



Cheers to a Mindful Holiday Season: Sipping Smarter, Not Harder

Meenu Vaid MD Addiction Medicine
Founder, Savera



Ohh !! The holidays—when the festivities of the season bring the twinkling lights which shine as brightly as the wine delight. The stress that can build faster than the gingerbread house. With gatherings galore, last minute gift shopping and the dynamics of family at play, it is tempting to give in to the festive cocktails a way.

When the Cocktails shimmer, the temptation calls, But wisdom whispers beyond the halls . Each sip is a choice, each moment is rare between the festive and self-care.

MINDFUL CELEBRATION STRATEGIES :

- Prioritize Self-Care: Walk off that holiday feast, try yoga, or relax with a good book.
- Pace Yourself: Alternate drinks with water or festive mocktails.
- Check Your Stress Levels: Hold the loved ones and build connection, release perfection.

Sip Mindfully: If you do drink, savor it .
The holiday's heart is not in the glass.
But connections that quietly pass.
*So raise a toast—with Sparkling water or wine.
To balance, to love, to your design divine
Cheers! To a Healthy Holiday Season*



Holidays & Healthy Eating by Nisha Shankar, MA



- Holiday foods tend to be high in calories, saturated fats, and sugars
- Practice mindful eating, so you know what and how much you consume
- Consider incorporating healthier alternatives into your festive meals
- Following these tips will allow you to enjoy the holiday spirit without compromising on your well-being
- Stay hydrated between meals
- Take a moment to appreciate the food and company

EMBRACE THE HOLIDAY SPIRIT WITH BALANCE AND JOY

Obesity and Psychiatry Interference

Shikha Verma MD DFAACAP FAPA
Founder and CEO, Synergy Psychiatry
Centers



Obesity and psychiatric disorders have a two-way relationship.

1. Obesity is associated with significant increases in lifetime diagnosis of major depression and bipolar disorder.
2. Receiving obesity diagnosis significantly increased odds for a large spectrum of psychiatric disorders across all age groups, including depression, psychosis-spectrum, anxiety, eating and personality disorders.

Lifestyle changes, like increasing plant-based diet, can help with weight loss and improved mood by changes in energy levels.

- It can reduce gut inflammation, provide antioxidants, and facilitate healthier gut microbiomes.
- It also reduces appetite, trap extra calories, and boost metabolism.
- Fiber-rich foods, such as whole grains, fruits, vegetables, and legumes, not only provide satiety but also help increase GLP-1 secretion from the intestinal cells.

