

Part 2 B-Roll Interview Transcript

Louis Aronne, M.D., Clinical Professor of Medicine at Weill Medical College of Cornell University, Director of the Comprehensive Weight Control Program

00:05

"Visceral fat is a key driver of type two adult onset diabetes. It's been shown in many studies that fat in the abdomen produces the metabolic situation that causes type two diabetes, and as a result, treating visceral fat is a key way to prevent type two diabetes."

00:32

"When it comes to visceral fat, it's sort of a good news and bad news story – it's the type of fat that causes risk, but it's the first fat that you lose when you begin to lose weight. And so the significance is that people get better very quickly when they begin to lose weight. Patients constantly ask, 'how could it be that I have just lost five or ten percent of my body weight, and my diabetes is so much better,' or, 'my cholesterol is so much better.' And the reason is, that they've lost so much visceral fat."

01:09

"We know that visceral fat is one of the first types of fat lost from, from studies that have been done, from the fact that waist is reduced so much as people lose weight, and the significance is of great importance because it explains why losing a small amount of weight, just five or ten percent, causes disproportionate health benefits – a reduction in blood sugar, cholesterol and blood pressure."

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"A small amount of weight loss has been shown to have disproportionate health benefits because the first fat that you lose is visceral fat, and that's the riskiest fat – so that a five percent weight loss has been associated with a ten to twenty percent reduction in visceral fat, and that's where the health benefit comes from."

02:00

"There are many improvements that are associated with visceral fat loss, beginning with a reduction in blood sugar, going to a reduction in total cholesterol, triglycerides, an improvement in good cholesterol or HDL cholesterol, and extending all the way to an improvement in inflammation, and that can improve problems as disparate as asthma and arthritis."

02:25

"The best way to measure if you're losing visceral fat is by looking at your belt. If you need to punch a new hole in your belt, then congratulations, you've lost a lot of visceral fat. You can also measure it with a tape measure, uh, that's what we do in our clinic, we watch people's waist and we find that that is really the best and simplest measure."

02:48

"Many studies have shown that losing weight with a healthy diet program can not only reduce body weight, but can reduce visceral fat, and the good news is, there's a disproportionate reduction in visceral fat. A weight loss of just five percent can produce a 10 or 20 percent reduction in visceral fat, and that's good news for the complications of obesity like diabetes, high cholesterol, and the many, many other complications that we associate with obesity."