



THE SKINNY ON OBESITY

Our most recent study on obesity by New York State Commissioner of Health, Nirav R. Shah, M.D., M.P.H. and Eric R. Braverman, M.D. was published in *PLoS ONE* on April 2nd. The study's critique of BMI - the current standard for assessing obesity - quickly became the number one Google news story, as media outlets from *Nightly News with Brian Williams* to the *Los Angeles Times* weighed in.

"In a study published in the journal PLoS One, lead author Dr. Eric Braverman, president of the nonprofit Path Foundation in New York City, which supports brain research, says that our current measure of obesity — body mass index, or BMI — significantly underestimates the number of people, especially women, who are obese.

-TIME Magazine

"Body mass index--a rough estimate of Obesity using a person's height and weight--may be missing nearly 40 percent of obesity cases, according to a study from the New York University School of Medicine. These so-called 'false negatives' are caused because BMI simply estimates body fat and does not directly measure it,"

-The Chicago Tribune

"Nearly 4 in 10 adults whose BMI places them in overweight category would be considered obese if their body fat percentage were taken into account, according to the study."

-CNN Health

"The study published Monday also found that a measure of leptin, a hormone secreted by the body's fat deposits, generally tracks with an individual's DEXA-measured body fatness. Testing leptin levels, the author wrote, may be a simpler, cheaper way to reliably distinguish those with healthy body fat from those carrying too much."

-Los Angeles Times

"One of the strongest arguments for using BMI is its cost— if a patient knows their height and weight, it's free. But leptin can be measured with a simple blood test, Braverman says, and the cost of performing that test is rapidly dropping,"

-U.S. News and World Report

"The researchers also suggest changing the BMI cut-offs for obesity to 24 for women and 28 for men to maximize accuracy and get more doctors warning their patients of obesity-related diseases."

-CBS News

In response to the media attention, Weill Cornell Medical College held a conference to discuss the findings and potential therapeutic implications with corresponding author **Eric Braverman, M.D.** and Director of the National Institute on Drug Abuse **Nora Volkow, M.D.**. Guests included **US Congressman Jerrold Nadler** and **Governor David Paterson**.

Date: _____



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We are now launching a major campaign to raise funds to expand on the research of obesity and various topics of radiation prevention, concussions and mild cognitive impairment (MCI), menopause, and of course expanding on our obesity findings. Every donation brings us closer to our goal of restoring American healthcare by furthering our understanding of the brain and developing practical diagnostics and treatment methods for clinical use. We thank you for your support and realize that our success is shared with all of those working to improve the public health.

The PATH Foundation is a 501(c)(3) not-for-profit organization dedicated to brain-based research and the development of practical diagnostic and treatment methods that improve well-being and increase lifespan. **Your gift makes our work excel.** Our contributions to medical science are made possible by the generosity of individuals and organizations that share our vision of hope for the future. Because our administration costs are kept at an absolute minimum, more than ninety cents of every dollar the foundation receives goes directly to research efforts.

Your generous contribution really does make a difference for America's health. If interested in donating to the foundation, please fill out this form and send a check or money order payable to the PATH Foundation NY. **Your support is much appreciated.**

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