



WHAT'S CAUSING ME TO NOT LOSE WEIGHT?!

If you're doing everything right and you're not able to lose weight, there may be some other causes.

9 Reasons You May Not Be Losing the Weight:

1. Lack of sleep: Studies have shown that lack of sleep absolutely contributes to your body's inability to lose weight. When your body is tired, one of the ways that we stay awake is by eating; therefore, if you're chronically tired due to sleep deprivation, you're going to have a tendency to eat more calories. The second thing that can happen is there are many hormonal changes that occur when you don't sleep. Subsequently, these hormonal changes can increase your hunger and fat storage that occurs in your body.

2. Stress: This can be in the form of physical stress or emotional stress. The hormone **cortisol** gets released when your body is in a stressful state, which can increase your appetite and also affect other hormones that may increase your storage of fats and sugars in your body. Regular exercise, meditation, and prayer are great stress relievers.

3. Depression: Did you know that having depression or taking medications for depression could be a cause of your weight gain? Depressed eating or stress eating can hurt your chances for a healthy weight. Managing your stressors is an important first step to controlling stress-eating. In addition, 25% of the people taking antidepressants medication can experience weight gain as a side effect.

4. Corticosteroids: Anti-inflammatory steroid medications like prednisone or Solu-Medrol are notorious for causing weight gain. They may cause increase in fluid retention or increased appetite. They affect many hormones including insulin in your body. These effects can stimulate the hormones that store fat and sugar, which can sabotage your weight loss efforts. The severity of weight gain may be dependent on the dose and/or length of time that you have been on these medications. It can also affect how your body distributes its fat over time, which can trigger fat storage around your abdominal area, face, or back of the neck.

There are many other medications which can be associated with weight gain. These medications can be used for blood pressure like beta blockers or some of the diabetic medications like sulfonylureas. If you feel that one of your medications may be causing

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weight gain, do not wait to discuss this with your doctor.

– If you feel that any of your weight gain may be related to some of the medications you are taking, it's important to not stop taking any medications without first consulting your physician. Please recognize that the medications that your physician put you on may be critical to your underlying health.

– Because medications react differently in different people, you should not compare yourself to other people taking the same medication. In other words, some people may gain weight on a specific medication and others will not.

5. Fluid retention: This may be a cause of weight gain and may be related to hormonal imbalances or related to the quantity of sodium that is in the food that you have recently eaten. Sticking to a lower sodium diet may help alleviate fluid retention.

6. Hormonal imbalances: This can also play a role in your inability to lose weight and/or keep it off. Too much estrogen (xenoestrogen) in your body or lack of progesterone may be one reason why it is difficult for you lose weight. Other hormonal imbalances, including a slow thyroid or extra androgens as in polycystic ovarian syndrome (PCOS), can also affect why you may not lose weight effectively. Polycystic ovarian syndrome is a common hormonal problem in young women. Most women with polycystic ovarian syndrome grow small cysts on her ovaries. This condition leads to hormonal imbalances that can affect the woman's menstrual cycle and lead to excess body hair and acne. Women with PCOS are commonly resistant to insulin, which may cause weight gain. The weight tends to collect around the abdomen. Abdominal obesity increases the risk for heart disease and strokes.

7. Slow thyroid. If your thyroid is not making enough thyroid hormone, you may feel tired, cold, experience weight gain, constipation, hair loss, or dry skin. Without enough thyroid hormone in your system, your metabolism may slow down, making weight loss more difficult. Even thyroid functioning at the lower end of the normal range may cause weight gain. So if you have been told by your doctor that your thyroid labs were in a normal range, but you have all of the symptoms of a slow thyroid, **you may be right.**

8. Hormone imbalances like Cushing's syndrome. This is when your adrenal glands produce too much cortisol or you have been on prednisone for a long time which can cause weight gain around the face, back of neck and abdominal area.



9. Slow metabolism. Your metabolism is influenced by many factors including your diet, body composition, and hormone balance. One of the best ways to kick start your metabolism is to increase the lean proteins in your diet and to start exercising consistently, especially resistance training. Find an activity that you enjoy and **STICK WITH IT!!**

I hope this discussion of potential weight loss hindrances will only empower and allow you to transform into a healthier and more vibrant you!

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