

Where does lost weight go?

Obesity is a significant threat to public health. The World Health Organization says global obesity rates have nearly tripled since 1975. There are now more than one billion overweight adults across the globe, and at least 300 million people are classified as clinically obese.

Many people want to lose weight and unhealthy fat for personal reasons or at the suggestions of their doctors. Weight loss often involves a combination of increasing exercise and decreasing calorie consumption. As excess weight starts being shed, it becomes evident that a biological process is taking place. Many people refer to it as burning calories. But fat loss is a complicated process that's spawned various misconceptions.

Breathing to lose weight?

Many people may not know that a lot of the fat lost during weight loss

efforts occurs through simple breathing. According to Live Science and a 2014 study from researchers at the University of New South Wales, the body stores excess protein or carbohydrates in a person's diet in the form of fat, specifically triglycerides, which consist elementally of hydrogen, carbon and oxygen. When people lose weight, triglycerides are breaking up into these building block elements through oxidation.

The researchers found that, during oxidation, triglycerides are used up in a process that consumes many molecules of oxygen while producing carbon dioxide and water as waste products. The study found that, during weight loss, 84 percent of the triglyceride fat that is lost turns into carbon dioxide and leaves the body through the lungs. The remaining water may be excreted as sweat, breath or tears, or come out in urine — water excretion is

the lesser-known component of the biological process.

Researchers who authored the University of New South Wales study determined that, when 22 pounds of fat are oxidized, 18.5 pounds of it leaves the body as exhaled carbon. The amount of carbon that is lost can be increased through exercise, according to Medical News Today. By substituting one hour of moderate exercise (like jogging) for one hour of rest, a person can increase his or her metabolic rate of triglyceride usage sevenfold.



Carbon excretion also occurs during sleep, while sitting and doing daily activities. However, the amount excreted during these activities is minimal and can be offset by eating too much food. Simply breathing more and faster during regular activities is not recommended, either, as doing so increases the risk for hyperventilation.

*Dr. Evan Hardegree
now seeing patients in Brownwood*



Evan Hardegree, MD
Cardiologist

For your convenience, Dr. Evan Hardegree, cardiologist, is now seeing patients at Hendrick Clinic in Brownwood. Dr. Hardegree began his academic studies in Abilene at Abilene Christian University. He received his medical degree at Texas A&M Health Science Center College of Medicine. He completed an internal medicine residency at the Mayo Clinic in Rochester, Minnesota, and a fellowship in cardiovascular disease at Scott and White Memorial Hospital and Texas A&M Health Science Center.

**To schedule an appointment,
please call 325-793-3100.**

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Health Services Index

Advertisers Listed Alphabetically

Advent Health Central Texas	Page 13
Body By Design Gym	Page 7
Comanche County Medical Center	Page 6
Coryell Health	Page 3, 8
Goldthwaite Health and Rehabilitation	Page 10
Graves Dental Care	Page 11
Hamilton Healthcare	Page 2, 5, 14, 16
Hendrick Medical Center	Page 4
Hillview Nursing & Rehabilitation	Page 15
MCBank	Page 9

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children.

Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

Stress can cause the following:

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty concentrating and

making decisions

- **Difficulty sleeping or nightmares**
- **Physical reactions, such as headaches, body pains, stomach problems, and skin rashes**
- **Worsening of chronic health problems**
- **Worsening of mental health conditions**
- **Increased use of tobacco, alcohol, and other substances**

**For more information,
visit www.cdc.gov**