



Fat City (Short Black)

Karen Hitchcock

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I ask a young 200-kilo patient what he snacks on. "Nothing," he says. I look him in the eye. Nothing? He nods. I ask him about his chronic skin infections, his diabetes. He tears up: "I eat hot chips and fried dim sims and drink three bottles of Coke every afternoon. The truth is I'm addicted to eating. I'm addicted." He punches his thigh.

In *Fat City*, Karen Hitchcock unpicks the idea of obesity as a disease. In a riveting blend of story and analysis, she explores chemistry, psychology and the impulse to excess to explain the West's growing obesity epidemic.

Karen Hitchcock is a doctor and writer. She is the author of an acclaimed Quarterly Essay, *Dear Life*, and an award-winning collection of short stories, *Little White Slips*. She writes a regular column for *The Monthly*.

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