

What causes it?

Genetic makeup
Unhealthy diet
Inactivity
Over eating
Medical issues such as
Depression,
Cushing's syndrome
and Prader- Willi syndrome
Some medications such as
steroids, anti seizure, diabetes,
antidepressants, and
antipsychotic.

What is the treatment for obesity?

Dietary modification
Low calorie diets
Physical activity
Behavior change

Obesity

What is obesity?

It means excessive amount of body fat. Obesity increases the risk of heart disease, high blood pressure, cancer arthritis, sleep apnea, and stroke.

Symptoms

BMI of 30 or higher
Unhealthy eating
less physical activity
You can calculate BMI by dividing your weight in kg to height in meters.

Behavior modification

Setting goals for weight loss
Rewarding positive actions such as physical activity
Creating a support network
Record your goals and diet patterns in a diary
Avoid risks
support groups

Did you know,

BMI doesn't measure body fat. Many athletes, could have a BMI in obese category , without having excess body fat.

Complications related to obesity

High blood pressure
High triglycerides
Breathing disorders
Stroke
Infertility
Sleep apnea
Depression
Cancer, such as, cancer of colon, ovaries, uterus, breast, liver, prostate, esophagus, kidney, cervix
Nonalcoholic fatty liver



Medications

Lorcaserin
Phentermine and topiramate
bupropion
Beta methyl
phenylethylamine
Sibutramine



Sources:

1- Susan Z. Yanovski, M.D.¹ and Jack A. Yanovski, M.D., PhD². (2014).
Long-term Drug Treatment for Obesity: A Systematic and Clinical Review.
JAMA. 2014 January 1; 311(1): 74–86. doi: 10.1001/jama.2013.281361.

2- Gerald V. Denisa,* and Martin S. Obinb. (2013). **Metabolically healthy obesity': Origins and implications.**
Mol Aspects Med. 2013 February ; 34(1): 59–70. doi:10.1016/j.mam.2012.10.004.

3- <https://www.ucsfhealth.org/conditions/obesity/treatment.html>

4- <https://medlineplus.gov/obesity.html>

Surgery

Suggested for extreme obesity
BMI of 40 or higher

Gastric bypass
(Making a small pouch at top of stomach)

Laparoscopic adjustable gastric banding
(separating the stomach into two pouches with a band.)

Biliopancreatic diversion with duodenal switch
(Removing a large part of the stomach)

Gastric sleeve
(Removing part of the stomach)

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