



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Programme: BSc (Hons) Health and Social
Care Level 5

Module: Introduction to Physiology
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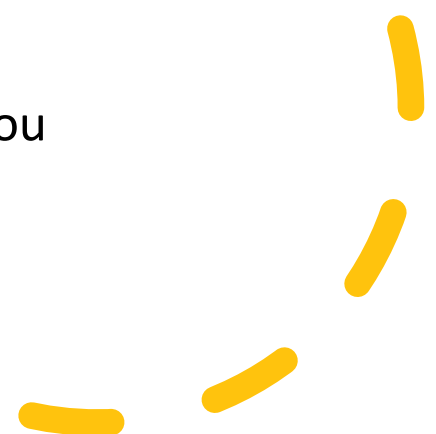
Assignment Title: Poster for Obesity

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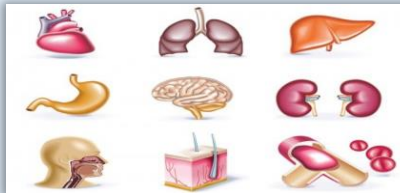


O B E S I T Y



DEFENTION: The term obese means when a person is carrying extra body fat And they weigh more than their usual weight based on their (BMI) Body mass index. (NHS, 2019)

PHYSIOLOGY: Being obese can cause several health problems such as type 2 diabetes, high blood pressure, high cholesterol, and atherosclerosis (fatty particles that narrow the artery) which can then go on to cause coronary heart disease and stroke. Asthma, metabolic syndrome an amalgam of diabetes, high blood pressure and obesity. (NHS,2018) Different types of cancers which may include breast cancer, womb cancer, bowel cancer. Gastro-oesophageal reflux disease (GORD) stomach acid may seep through out of the stomach and enter the gullet. Gallstones, fertility problems, osteoarthritis a state of pain which is in the joints this causes stiffness. Sleep apnoea, this can cause one to have breathing issues when trying to sleep. This can lead to daytime sleepiness that can be dangerous if driving. There is more reason to get diabetes as well as heart conditions. Liver and kidney disease, Pregnancy conditions which can be pre-eclampsia, this is where a women may experience a rise in blood pressure which can be very dangerous. (NHS,2018)



REFERENCES: *Obesity causes and treatments.* Nhsinform.scot. (2021). Retrieved 14 July 2021, from <https://www.nhsinform.scot/illnesses-and-conditions/nutritional/obesity>.
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CAUSES & RISKS: Obesity is mainly caused by one not being active and consuming a lot of food. IF someone was to devour in high amounts of energy mainly sugars and fats but they do not burn of all of that through exercise then the excess energy will be stored on the body as fat. (NHSINFORM, 2021) A poor diet which includes a lot of fatty foods can also be a cause for concern as over time you may be obese, drinking too much alcohol can also lead someone to be overweight as alcohol has a lot of sugars and people that tend to drink a lot are usually overweight. Lack of physical activity and be a cause for obesity as Patient A is eating fried foods and she does not exercise. (NHSINFORM, 2021)

CASE STUDY: Patient A suffers with high blood pressure and her body mass index (BMI) is overweight. Her blood pressure (BP) is 180/190 and her height is 165 cm weight is 86kg. Her father suffered with a heart attack at the age of 65 and her sister has high cholesterol. She does not have time to exercise, and she smokes 10-19 cigarette daily. She drinks 3-6 units of alcohol per day. Her diet consists of fried foods and red meat.

INTERVENTIONS: Patient A's GP can recommend to her that she needs to eat a healthy balanced diet of fruits and vegetables with the recommended amount of carbs and do regular exercise at least for 30 minutes. (NHS, 2019) She needs to avoid all foods that have high levels of salt as she already has high blood pressure, and it may be very dangerous for her. Her doctor may be able to advise her on other services that may be useful to her such as local weight loss groups these could be with her local authority or the NHS or one she may wish to pay for. She can also get exercise on prescription where she can be referred to a member of a health team for some sessions with a qualified trainer. (NHS, 2019)



Speaker notes:

Definition of obesity:

The word "obesity" refers to a person who has excess body fat and weighs more than their normal weight, as measured by their (BMI) body mass index. It's a frequent issue in the United Kingdom that affects about one in every four people and approximately one in every five children aged 10 to 11. (NHS, 2019)

Physiology: Obesity may lead to a variety of health issues, including type 2 diabetes, high blood pressure, high cholesterol, and atherosclerosis (fatty particles that restrict arteries), which can lead to coronary heart disease and stroke. Asthma, metabolic syndrome (diabetes, high blood pressure, and obesity), and obesity. (NHS,2018) Breast cancer, womb cancer, and bowel cancer are examples of different kinds of cancers. Stomach acid from gastro-oesophageal reflux disease (GORD) may leak out of the stomach and into the gullet. Gallstones, infertility issues, and osteoarthritis, a kind of joint discomfort that causes stiffness. Sleep apnoea is a condition that causes difficulty breathing while sleeping. This may cause daytime drowsiness, which is hazardous if you're driving. Diabetes and heart disease are caused by a variety of factors. Kidney and liver disease, Pre-eclampsia is a kind of pre-eclampsia in which a woman's blood pressure becomes dangerously high throughout her pregnancy. (NHS,2018)

Causes and Risks: People get obese because they do not exercise or eat a lot of food. Excess energy is stored as fat if someone ingests large quantities of primarily carbohydrates and fats but does not burn all of it via activity. (NHSINFORM, 2021) A bad diet which is heavy on fats may also be a reason for worry, as you may end up obese, and too much alcohol use may contribute to weight gain since alcohol contains a lot of sugars (NHSINFORM, 2021)

Case study: Patient A has high blood pressure and a high BMI. In addition to having a blood pressure (BP) of 180/190, she is 165 cm tall and weighs 86 kg. Her father died of a heart attack when he was 65 years old, and her sister had high blood cholesterol levels. She does not have time to exercise, and she smokes between 10 and 19 cigarettes each day on average. She consumes 3-6 units of alcoholic beverages each day. Fried meals and red meat are the staples of her diet.

Interventions: The GP may advise Patient A on how to improve her health by eating a balanced diet of fruits and vegetables and exercising regularly for 30 minutes. (NHS, 2019) She should avoid any meals rich in salt since she already has high blood pressure. Her doctor may be able to recommend additional programmes, such as local weight reduction organisations, that she may join for free or pay for. She may also receive exercise on prescription from a health team member who can connect her to a certified trainer. (NHS, 2019)

References

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