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A CASE STUDY ON A PATIENT WITH OBESITY

Obesity is one of the complex diseases which is described as accumulation of too many fats in the body and makes one vulnerable to contracting other diseases (Mayo Clinic, 2020). From the questionnaire, the patient is suffering from obesity and sees himself as an obese person, it has negatively affected his physical health and contracting other diseases such as

- Hypertension
- Diabetes
- Cancer
- Respiratory diseases
- Stroke etc
- Besides that, obesity lowers sexual activity since it limits the production of sex hormone among men (Jensen et al., 2013).



They are many causes of Obesity which may range from

- Lack of physical activities
- Genetic causes
- Excess consumption of sugar and carbohydrates etc.
- Poor eating habits

The patient attributed his eating habits causes obesity and he also understand the consequence of his poor eating of fries and chips but has not taken any action to stop the habit.

He also provided that a member of his family: father, mother, brother, or sister has experienced the problem of obesity, which means that genetic has contributed to his problem of obesity. Some genes have been attributed to face a greater risk of obesity as compared to others (Walley et al., 2009)

He also believes that he contributed to his obesity which is evidence in his eating habit since his choice of food is a mixture which includes regular chip as well as fries. Chips have been attributed to contribute so much to weight gain since they have a lot of calories and they are more harmful when they are taken in large amounts (Mozaffarian, 2011)



He also provides that obesity has limited his social life which include:

- Relationships with other people.
- People suffering from obesity face a high risk of being bullied.
- Being isolated.
- Being laughed at.
- They are also more likely to involve himself in bullying.
- Obesity causes one to be demotivated and lower confidence due to negative image of self.



Besides understanding the importance of exercises towards maintaining a healthy weight or reducing the too much fats, he rarely involves himself in healthy exercise like

- Running
- Gym
- walking
- cycling
- swimming or participating in sports but he thinks exercise and physical activities can go a great way towards helping him to lose weight.

He provided that many people facing the problem of obesity fear participating in physical activity or exercise to reduce their weight since they fear

- ❖ being bullied
- ❖ criticised
- ❖ Laughed at by others.

They end up not participating in any activity towards losing their weight (Sam 2016)



He said he has never lost and regained weight but has gradually gained weight ever since which has seen him become obese. ie has never put in efforts towards maintaining healthy weight. He also reported that a physician had informed him that he is obese



Managing obesity is not hard task, it's the matter of

- exercising,
- healthy eating and
- carrying out physical activities
- living a healthy lifestyle which helps one manage their weight towards managing obesity & living high quality of life.

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