OBESITY

INTRODUCTION

Obesity refers to the body weight of the individual when it goes above normal. It is a disease that could result in huge damage to the individual body. Individuals with acute obesity have a higher chance of having several other diseases.

Body mass index is the worldwide measure of body mass integrated both linear mass and tissues of a human. Obesity can cause cancer, diabetes, heart-related diseases, hypertension, respiratory orders, and so on. Obesity has complex treatment and a greater rate of relapse ((MacKintosh, et. al., 2019).

PHYSIOLOGY & OBESITY

The dynamic study of the working of the human body is known as Physiology. It demonstrates the physics and chemistry over basic functions of the human body, through the molecular behaviour in the cells to organ system working in coordination. For centuries, physiology has been deeply coordinated with the medical.. (Evers, et. al., 2017).

CAUSES

Obesity is caused due to consumption of a huge number of calories, especially food containing an excessive number of sugars and unhealthy fat, then an individual burns that extra fat by physical exercises or activities. Excessive energy is reserved through the body in the form of fat. Obesity is the most basic issue worldwide because the reason as various individual modern standards of living includes the consuming street and junk food of lower-cost, spending a large part of the day on laying at a bed and being lazy. (MacKintosh, et. al., 2019).

Patient A is a 38 year old male. Except for hypertension, he considers himself healthy. He has seen his family doctor three months ago for regular blood pressure check up, as he does every six months

Allergies: none to medications, latex, animals, foods, or environmental

drinks 2 glasses of whiskey socially on weekends, denies smoking or illicit substance use

Physical activities: walks on treadmill for twenty minutes once or twice a week

Weight: 280 pounds, Height: 6'3", BMI: 35kg/m2, BP: 150/90 mmHg Most recent abnormal laboratory tests: total cholesterol - 220, triglycerides- 310.

Patient A admitted that weight loss has been one of the greatest challenges for him. His several previous attempts at weight reduction have been unsuccessful. He expressed willingness and readiness to try again, but was concerned that he would not be able to follow the plan long term. Patients A's family was very supportive, and willing to help with his weight loss attempts.

Lack of doing exercises- Exercise and physical activities involving any kind of sport has a major role in any individual's healthy life. But there are so many people who doesn't involve any kind of physical activity or exercise in their daily life who are at the same time eating unhealthy drinks and food could result in gaining extra weight and obesity.

Interventions for obesity

Basic treatments for patients with obesity involve losing weight by adopting healthy diet plans, physical activeness and other good habitual activities. Weight-based management programs might assist individuals in losing weight or gaining lost mass.

Bariatric surgery involves the various types of functionalities that assist in losing individual weight by making changes to the individual's digestion system. It is the option for individuals with the extreme point of obesity (MacKintosh, et. al., 2019).

Special diets based on fasting and calorie-limited food plans are also available options for obese individuals.

CONCLUSION

Obesity is caused due to consumption of a huge number of calories, especially food containing an excessive number of sugars and unhealthy fat, then an individual burns that extra fat by physical exercises or activities. Weight-loss devices, medicines and bariatric surgery are some available interventions for people with obesity

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