

INTRODUCTION TO PHYSIOLOGY

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OBESITY



Introduction

Obesity is my chosen health issue for this presentation, because, of the alarming rate at which the issue has risen amongst adults and children. The recent lockdown due to the covid-19 pandemic has contributed in making the situation worse because most people were confined in their homes with little or no movement, which led to a significant rise in large cases of in obesity.

Definition:

The world health organisation (WHO) defines 'obesity as abnormal fat accumulated in the body, that may affect the health of an individual. The risk of this fat present in the body can lead to a number of diseases, including diabetes, cardiovascular diseases and cancer. The issue of obesity is now on the rise in many countries around the world' (WHO,2018).

Physiology of Obesity

The Physiology of Obesity is basically, the science of the obesity, which includes looking into how the body handles the issue and the causes of obesity. The image in (Obesity Problem, 2015, fig.2) shows the physiological impact of obesity. In looking at the Psychological Aspects of Obesity, Fabricatore and Wadden concludes that 'obesity is a very complex condition associated with a number of medical disorders. A common assumption is that, obesity must also be related to the psychological and emotional complications' (A. Fabricatore, T. Wadden, 2004). This logical idea is true in all aspects of the disease of obesity, because, there are many varying factors that contribute to the problem.

Fig 1



Fig 2



Causes of Obesity – The following are some of the causes of obesity; Genetics – how our body naturally processes food into energy, Old age – can slow down the process of burning the energy, lack of sleep – can cause the body to crave high calorie foods, pregnancy – weight gained during pregnancy, Environment – poor environment, Poverty – inability to afford healthy foods, Exercise – lack of exercise.

Case Study (Patient A)

In looking at the lifestyle of Patient A, taking into account her age (45 years) , height (1.6m= 2.56m²), weight (80 kgs) and lack of regular activity, I worked out her body mass index (BMI) using the [BMI formular Weight (kg) / height (m²) = 31.25],this means from the definition of obesity, patient A is clinically obese.

Recommendations:

Generally, obesity can be prevented by living a healthy lifestyle, hence, Patient A will need to alter her current lifestyle with immediate effect to avoid further health problems. Based on the symptoms and diagnosis Patient A will need to contact her GP for proper assessment, change her diet, give up smoking, register with Gym and personal trainer, to change her lifestyle and begin to exercise regularly, follow a healthy eating plan and possibly seek private medical treatment.

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