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Definition

According to (WHO, 2021) overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. Most of the adults with BMI of 30 to 39.9 means they are obese 40 or above means you are severely obese.

Physiology

Obesity has a clear potential to have a direct effect on respiratory and physical well-being. Obesity cause airway dysfunction that could worsen for people living with asthma. The most reported effect of obesity on lung function is a reduction in functional residual capacity. According to (Cheryl, et all 2010) "physiology of obesity and effect on lung function" *journal of applied physiology pp 10-11*. this effect reflects a shift in the balance of inflationary and deflationary pressures on the lung due to the mass load of adipose tissue around the rib cage and abdomen and in the visceral cavity.

Risk factors

Patient A is 48 years old she a hard smoker and drink between 3 and 6 unite of alcohol a day and have high blood pressure. Obesity is not only can lead to physical change for patient A, however it can lead to several serious and potential life-threatening conditions like type 2 diabetes, stroke, heart disease, lung disease, some types of cancer, such as bowel cancer and breast cancer. And many more other diseases. "The psychological problems associated with being obese can also affect your relationships with family and friends and may lead to depression". (NHS,2019). In addition, being obese can be rejected by people especially your close ones. The patient A is a high risk of developing one this disease because of her family background and her life stander.

Case study

Patient A is 48 years old, and she smoke 10 to 19 cigarette a day which no good for her body because smoking can reduce immune system. Patient A father had a heart attack at the age 68 which is mean the patient family background has heart disease. according to (NHS,2021) the person who is obese is in high risk of develop heart disease. Furthermore, the patient A height is 165cm and weight 86kg which is according to BMI calculation she is obese.

Recommendation

The best way to treat the patient A is to advise her to have an exercise regularly and eat healthy reduced-calorie diet. Furthermore, to advise her to reduce the amount of cigarette and alcohol she is having a day. other way to treat her obesity is to use weight loss management professional (such as a dietitian). You may also benefit from receiving psychological support from a trained healthcare professional to help change the way you think about food and eating. (NHS,2019).

Speaker notes

Definition

According to (NHS,2019) a better measure of excess fat is waist size, which can be used as an additional measure in people who are overweight (with a BMI of 25 to 29.9) or moderately obese (with a BMI of 30 to 34.0). obese person is a someone who carry weight more than she or he should normally carry. The body mass index is the measure system we use to measure if the person is obese or not.

Physiology

According to (asmbs.org,2021) people with obesity have reduced breath capacity. They are not able to breath in as much air in and out. These people are at high risk for respiratory disorders. Asthma has been shown to be three to four times more common among people with obesity. Being obese can have a serious impact on health. Carrying extra fat led to serious health consequences such as cardiovascular disease (mainly heart disease and stroke), type 2 diabetes, musculoskeletal disorder like osteoarthritis, and some cancers (endometrial, breast and colon). These conditions cause premature death and substantial disability (WHO,2021). People with obesity can have sleeping disorder due to lack of breathing because their body fat can block their airway.

Risk factors

The patient A is a high risk of developing one this disease because of her family background and her life stander. According to BMI index patient A is obese and she is hight risk of developing cardiovascular disease especially heart attack. According to (pennmedicine.org, 2019) obese individuals require more blood to supply oxygen and nutrients to their bodies which cause an increase in blood pressure is also a common cause of heart attack, which are sadly more common for obese individuals. According to patient A profile she is high risk of developing those four diseases type 2 diabetes, stroke, heart disease lung disease and several other diseases related to obesity.

Case study

According to (NHS, 2021) the person who is obese is in high risk of develop heart disease. Not only can lead to heart disease however patient A can develop other disease due to her poor lifestyle because do not do any exercises, abusing alcohol and poor diet because she eats very high calorie diets, she is eating meat, chips, and fries daily which not only contributing to worsen her obesity however it can also lead to several disease which can be fatal for the patient. Which we can find in this study the patient A poor lifestyle is due to lack of time for herself because she is not have a time to eat healthy foods and exercises it may because she is working very long shift and have very few days off and holiday. Additionally, which we can find is the Patient A view of foods is bad because she is thinking meat, chips, and fries which she is thinking it a good diet for her and it easy and quicker for her to get. Regarding her smoking and alcohol misuses the patient A is abusing those two. According to (NHS,2019) the recommended weekly limit of alcohol is 14 units is equivalent to 6 pints of average-strength beer or 10 small glasses of low-strength wine. This poor lifestyle and poor may come from her family background because if you look at her father and sister health history you can see their health condition maybe due to their lifestyle because father had a heart attack which is very common for people who do not exercise and eat high calorie foods and drinks. Maybe the same for her sister because poor diet and lack of exercise could be main factors for her sister high cholesterol. Environment where patient A was growing up and she is living is one of main reason why her lifestyle is bad. Furthermore, finance can be an issue as well because in our days healthy diet is expensive and hard to get for some people it may be the case for patient A. Poverty is one of the main causes of obesity in developed countries like United Kingdom. For one in five people in England, who are living in poverty, eating healthy foods is secondary to eat at all (royal college of physician 2020). The socio-economic factor of patient situation is including housing, income, access to space, education and exposure to sale and advertising of unhealthy foods.

Recommendation

Advice to the patient A is to do an exercise regularly like walking, cycling, running short distance, and swimming. Because the patient A need to start doing some 40 minutes exercising a day before she can increase it to more minutes. Patient A may have some financial difficult to go to gym however walking and cycling is a best option for her now. Regarding her poor diet. Patient A need to change the way she thinks about foods and eat healthy reduced-calorie foods. Furthermore, to advise her to reduce the amount of cigarette and alcohol she is having a daily. The best way to deal with her obesity is to use weight loss management professional (such as a dietitian), however this option maybe cost some money for the patient and the patient finance not in good condition however she can use NHS services to help her about foods, cigarette, alcohol, and physical exercise. She may also benefit from receiving psychological support from a trained healthcare professional to help change the way you think about food and eating. (NHS, 2019). Patient A also need to seek a physiological help to help her mentally because she may feel down about her physical look and her families and friend relationship

Reference

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