

OBESITY



DEFENITION

The term obese means when someone is overweight and is carrying extra body fat. (NHS,2019)

Obesity is a serious health Issue which can affect patient A if her lifestyle is not changed. (CDC,2019)



PHYSIOLOGY

The physiological impacts of being overweight can be very damaging on the human body it can cause the individual to develop diabetes, Hypertension, high blood pressure, high cholesterol, heart disease, sleep apnoea, respiratory disease, cancer, gastroesophageal reflux disease (GERD) cerebrovascular disease and stroke, bone/ joint damage, and accidents. (Asbm,2021)

CAUSES AND RISK FACTORS

In the lifestyle questionnaire that was completed by patient A, it showed that they were not living an active life. She mentioned that she has high blood, patients father suffers with a heart attack at the age of 68. Her sister has high cholesterol. Patient's Blood pressure (BP) is 180/190 her height is 165cm weight is 86kg. She has no time for exercise and her diet consists of meat and fried foods. She drinks alcohol between 3-6 units every day. This sort of lifestyle would ultimately lead her to have severe health concerns. Little or no exercise and the consumption of junk foods as well as smoking daily would inevitably cause the patient to suffer with heart issues and obesity. (CDC, 2021)

INTERVENTIONS

For one to be successful in losing the extra body fat they must exercise regularly as well as eat a balanced diet which consists of fruit and vegetables. Patient A may benefit from psychological support to help change their mindset when it comes to food. (NHSINFORM,2021) As well as cutting out her alcohol intake and she may need support to quit smoking.

REFERENCES

- nhs.uk. 2021. *Obesity*. [online] Available at: <<https://www.nhs.uk/conditions/obesity/>> [Accessed 13 July 2021].
- American Society for Metabolic and Bariatric Surgery. 2021. *The Impact of Obesity on Your Body and Health | ASMBS*. [online] Available at: <<https://asmbs.org/patients/impact-of-obesity>> [Accessed 16 July 2021].
- Nhsinform.scot. 2021. *Obesity causes and treatments*. [online] Available at: <<https://www.nhsinform.scot/illnesses-and-conditions/nutritional/obesity>> [Accessed 19 July 2021].
- Centers for Disease Control and Prevention. 2021. *Adult Obesity*. [online] Available at: <<https://www.cdc.gov/obesity/adult/causes.html>> [Accessed 23 July 2021].

