



obesity

A 3D rendered word "obesity" in a bold, sans-serif font. The letters are yellow at the top and transition to orange at the bottom. The word is positioned below a thin black horizontal line. The background is a solid teal color with a dark teal circular shape on the left side.

What is Obesity ?

- It may be defined as a condition with excessive amount of body fat.
- Obesity is the most common nutritional disorder in affluent societies. It is associated with increased mortality. It predisposes to the development of important diseases and diminishes the efficiency and happiness of those affected.

Causes

- **Hereditary**
- **Endocrine factors e.g. Hypothyroidism, Hypogonadism, Hypopituitarism, Cushing syndrome**
- **Socio-economic**
- **Use of drugs e.g. Steroid, Oral contraceptives, and Phenothazines etc.**
- **Energy in balance**

Onset

Obesity is most prevalent in middle age, but can occur at any age of life. Obesity in childhood and adolescence is likely to be followed by obesity in adult life.

Complications

- Psychological
- Mechanical disabilities e.g.
 - Flat feet,
 - Osteoarthritis of knees
 - Respiratory infections
 - Abdominal hernias
 - Diaphragmatic hernias

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- Metabolic disorders e.g.
 - Non-Insulin dependent Diabetic mellitus
 - Cardiovascular disorders
 - Obesity increases workload on the heart therefore hypertension is a common associated phenomena.

Management

