

Obesity Complications

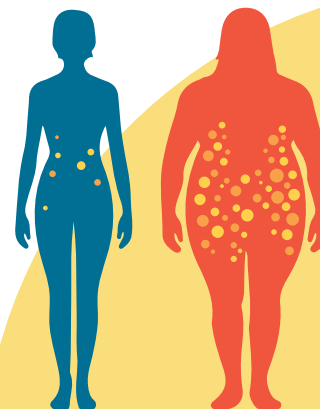
A Holistic Approach to Care

What is Obesity?

- Obesity is a chronic, relapsing, multifactorial neurobehavioral disease.
- It leads to adipose tissue dysfunction and results in metabolic, biomechanical, and psychosocial complications.

Causes of Obesity

- The etiology of obesity includes both modifiable and non-modifiable factors.
- Modifiable factors: eating patterns, physical activity, lifestyle habits.
- Non-modifiable factors: genetics, age, certain medical conditions.



HEALTH CONSEQUENCES

Obesity is linked to over 200 medical conditions, including:

- Insulin resistance & type 2 diabetes
- Dyslipidemia (abnormal cholesterol levels)
- Hypertension (high blood pressure)
- Coronary artery disease & cerebrovascular disease
- Other metabolic and cardiovascular complications

Mechanism: Dysfunctional adipose tissue releases free fatty acids, inflammatory mediators, and adipokines, causing:

- Oxidative stress and inflammation
- Insulin resistance
- Endothelial dysfunction and changes in vascular tone
- Myocardial remodeling
- Other metabolic consequences

Obesity is directly associated with decreased life expectancy.



OBESITY TREATMENTS



Nutrition Therapy



Physical Activity



Behavioral Modifications



Medical Interventions



Surgical Interventions



Challenges in Obesity Management

Recurrence of weight gain is common due to metabolic adaptation:

- Slower metabolism after weight loss
- Increased hunger hormones
- Decreased satiety hormones

This cycle makes long-term weight maintenance challenging, highlighting the importance of combination therapy.