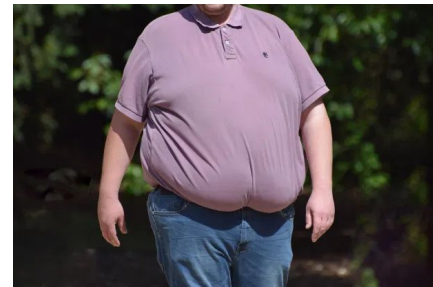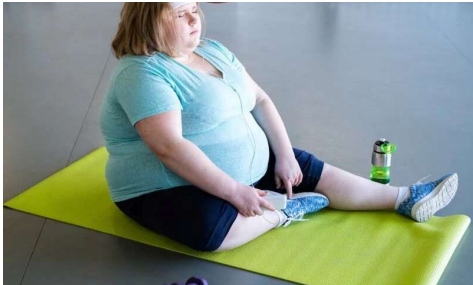# Obesity

By: Obesity Officers

What is it?

Obesity is a complex disease involving an excessive amount of body fat. Obesity isn't just a cosmetic concern. It is a medical problem that increases your risk of other diseases and health problems, such as heart disease, diabetes, high blood pressure and certain cancers. There are many reasons why some people have difficulty avoiding obesity. Usually, obesity results from a combination of inherited factors, combined with the environment and personal diet and exercise choices.

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Symptoms of Obesity.

- breathlessness.
- increased sweating.
- snoring.
- inability to cope with sudden physical activity.
- feeling very tired every day.
- back and joint pains.
- low confidence and self esteem.
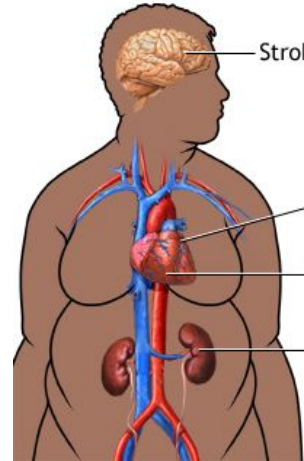- feeling isolated.

Ways to help

1. Exercise regularly. You need to get 150 to 300 minutes of moderate-intensity activity a week to **prevent** weight gain. ...

2. Follow a healthy-eating plan. ...

3. Know and avoid the food traps that cause you to eat. ...

4. Monitor your weight regularly. ...

5. Be consistent.

Effects Obesity Has On Other Body Systems.

Being obese can also increase your risk of developing many potentially serious health conditions, including: type 2 diabetes. high blood pressure. high cholesterol and atherosclerosis (where fatty deposits narrow your arteries), which can lead to coronary heart disease and stroke.

When To Seek Medical Attention

You have morbid obesity—or super obesity—if your BMI is 40 kg/m2 or greater. Doctors also diagnose people who have a BMI of 35 to 40 kg/m2 plus obesity-related conditions with morbid obesity. If your BMI puts you in the obese range, it's time to seek treatment for your weight.

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Sources of Help

Obesity phone number

You can call our main number, **301-563-6526**, and ask for the Editorial Coordinator or send an email to editorial@obesity.org.

Please contact iCure Health for more helpful resources to understanding other diseases.

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