

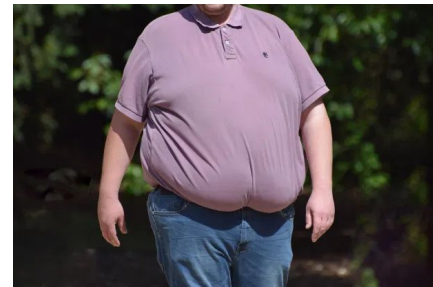
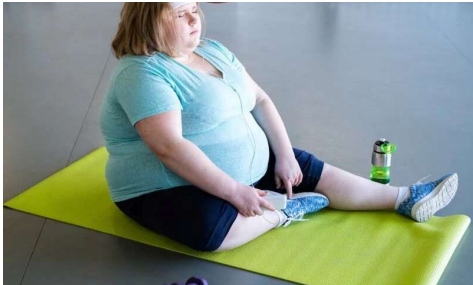
Obesity

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.



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.



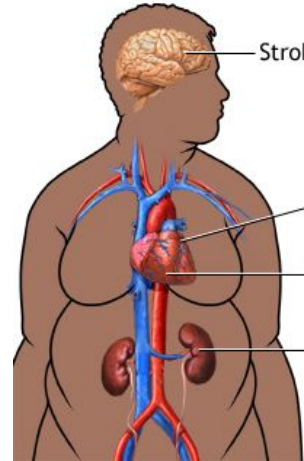
Ways to help

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.



Being overweight can lead to high blood pressure and related complications

Atherosclerosis, hardening of the arteries

Heart attack or heart failure

Kidney failure

OBESEITY EFFECTS On the Body

- Risk of stroke**
Obesity can lead to high blood pressure, which is the leading cause of stroke.
- Increased depression**
Obesity can affect your mental health, including a higher risk of depression and issues with body image.
- Increased risk of heart attack**
High blood pressure, cholesterol, and blood sugar can harden your arteries and increase your risk of heart attack.
- Sleep apnea**
Obesity can make airways too small and lead to sleep apnea, where your breathing stops for periods of time at night.
- Liver disease**
Excess fat can build up around your liver, leading to damage and even liver failure.
- Gastroesophageal reflux disease**
Obesity has been associated with a higher risk of GERD, where stomach acids leak into your esophagus.
- Cancer**
Obesity has been associated with cancers like liver, kidney, colon, and pancreatic, among others.
- Skin fold rashes**
Obesity can lead to discolored and thickened rashes that occur where the skin folds and creases.
- Gallbladder problems**
Obesity raises your risk of gallstones, which may require surgery.
- Type 2 diabetes**
Obesity can make your body resistant to insulin and lead to high blood sugar, increasing your risk of type 2 diabetes.
- Kidney failure**
Other complications of obesity, like diabetes and high blood pressure, can lead to chronic kidney disease.
- Weakened muscles and bones**
Obesity can cause muscle mass and bone density to decrease, leading to disability and fracture risk.
- Infertility**
Obesity can make it more difficult to get pregnant, as well as increase your risk of pregnancy complications.
- Joint pain**
Excess weight can put strain on your joints, causing pain and stiffness.

healthline

ADAM.



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.



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.