

Dietary changes and behavior changes used to prevent and treat obesity

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Obesity is a complex disease which occurs due to an excessive amount of body fat. It is a medical problem that increases the risk of health problems, such as heart disease, diabetes, high blood pressure and certain cancers.

Dietary changes, Behavior changes, exercise and activity, Endoscopic procedures for weight loss, weight-loss surgery etc are some of the methods used to treat obesity.

Key Words: Dietary changes, Behavior changes, Exercise and activity, Obesity.

INTRODUCTION

Obesity is a condition in which excess body fat is accumulated in the body that may have a negative effect on health. Eating more calories than you burn in daily activity and exercise causes obesity. These extra calories add up and thus lead to gain weight. Common specific causes of obesity include, eating foods high in fats and calories, sedentary lifestyle, no enough sleep, which can lead to hormonal changes that make you feel hungrier and eat high-calorie foods, genetics, which can affect how your body processes food into energy and how fat is stored, growing older, which can lead to less muscle mass and a slower metabolic rate, making it easier to gain weight, pregnancy (weight gained during pregnancy can be difficult to lose and may eventually lead to obesity) Certain medical conditions may also lead to weight gain. These include polycystic ovary syndrome (PCOS), Prader-Willi syndrome, Cushing syndrome, hypothyroidism (underactive thyroid), and osteoarthritis [1].

DISCUSSION

Obesity should be diagnosed and treated well in order to reduce future risks. Obesity is diagnosed by performing a physical exam and some tests. These include by review of weight history, weight-loss efforts, physical activity and exercise habits, eating patterns and appetite control, what other conditions you've had, medications, stress levels, and other issues about your health. This also includes family's health history to see any other inherited health problems. These tests include general physical exam, calculating BMI, measuring waist circumference, checking for other health problems, blood tests. There are certain complications due to obesity. Obesity leads to more weight than simple weight gain. High ratio of body fat to muscle puts strain on your bones and also internal organs. It also increases inflammation in the body, which is thought to be a cause of cancer. Obesity is major cause of type 2 diabetes [2].

Obesity is linked to a number of health complications, some of which are life-threatening type 2 diabetes, heart disease, high blood pressure, certain cancers (breast, colon, and endometrial), stroke, gallbladder disease, fatty liver disease, high cholesterol, sleep apnea and other breathing problems, arthritis, infertility.

Obesity is prevented by taking steps to prevent unhealthy weight gain and related health problems. The steps to prevent weight gain are the same as the steps to lose weight. This include daily exercise, a healthy diet, and a long-term commitment to watch what you eat and drink, exercise

regularly, follow a healthy-eating plan, know and avoid the food traps that cause you to eat, monitor your weight regularly and be consistent.

Obesity is treated initially by modest weight loss of 5% to 10% of total weight. A change in your eating habits and increased physical activity is main step in weight loss programs [3].

Dietary changes

Reducing calories and practicing healthier eating habits are vital to overcoming obesity. Although you may lose weight quickly at first, steady weight loss over the long term is considered the safest way to lose weight and the best way to keep it off permanently [4-6]. Dietary changes to treat obesity include cutting calories, feeling full on less, making healthier choices, restricting certain foods, meal replacements. Crash diet may help you lose weight, but can regain weight when you stop the diet. To lose weight and keep it off you have to adopt healthy-eating habits that you can maintain over time [7,8].

Exercise and activity

Increased physical activity or exercise plays crucial role in obesity treatment. Regular exercise, even simply walking is used to maintain their weight loss for more than a year. To boost your activity level Exercise and regular aerobic exercise is the most efficient way to burn calories and shed excess weight; any extra movement helps burn calories [9-11].

Behavior changes

Modifications in lifestyle changes help to lose weight and keep it off. Steps to take include examining your current habits to find out what factors, stresses or situations may have contributed to your obesity. Behavior modification, sometimes called behavior therapy, can include Counseling and Support groups [12,13].

Prescription weight-loss medication

Weight-loss medication is used along with diet, exercise and behavior changes, not instead of them. Anti-obesity medications, is used to stick to a low-calorie diet by stopping the hunger and lack of fullness signals that appear when trying to lose weight. Weight-loss medications are prescribed when diet and exercise programs haven't worked and body mass index (BMI) is 30 or greater, BMI is greater than 27, also have medical complications of obesity, such as diabetes, high blood pressure or sleep apnea.

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Endoscopic procedures for weight loss are also used to treat obesity. Weight-loss surgery also called bariatric surgery is used to reduce weight. Weight-loss surgery limits the amount of food you're able to comfortably eat or decreases the absorption of food and calories, or it does both. Common weight-loss surgeries include gastric bypass surgery, adjustable gastric banding, biliopancreatic diversion with duodenal switch, gastric sleeve [14,15].

Vagal nerve blockade is another treatment for obesity. It is done by implanting a device under the skin of the abdomen that sends intermittent electrical pulses to the abdominal vagus nerve, which tells the brain when the stomach feels empty or full [16].

CONCLUSION

Obesity is treated by Dietary changes, Behavior changes, Exercise and activity, weight-loss medications, and few surgical procedures. All these are required to avoid future health risks and complications due to obesity.

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