# **Obesity**

Obesity is a medical condition characterized by excess body fat. It is commonly measured using the Body Mass Index (BMI), which compares your weight to your height.

### **Calculating BMI**

To calculate your BMI:

$$BMI = \frac{weight\ in\ Kg}{Height\ in\ meter^2}$$

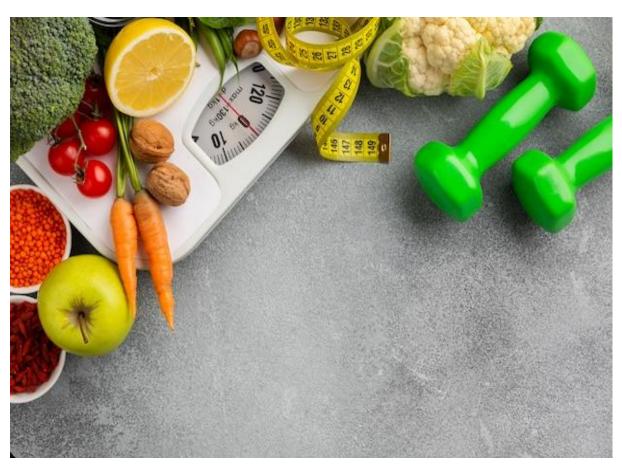


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## **BMI Categories**

• **18.5 to 24.9:** Healthy weight

• **25 to 29.9:** Overweight

• **30 to 34.9:** Grade 1 obesity

• **35 to 39.9:** Grade 2 obesity

• 40 or above: Severe obesity

Obesity can also be assessed by measuring waist circumference. Men with a waist circumference of 37 inches (97 cm) or more and women with a waist circumference of 35 inches (80 cm) or more are considered obese and are at higher risk of health problems.

#### **Effects of Obesity**

Obesity can lead to several serious health conditions, including:

- Cancers
- Depression
- Gallstones
- Joint Pains
- Heart Disease
- High Blood Pressure
- High Cholesterol
- Metabolic Syndrome: A combination of diabetes, high blood pressure, and obesity
- Reduced Fertility
- **Reduced Life Expectancy:** Severe obesity can reduce life expectancy by 3 to 10 years.
- Sleep Apnoea: Interrupted breathing during sleep
- Type 2 Diabetes

## **Causes of Obesity**

- Medications
- Medical Illness like underactive Thyroid
- Lack of Physical Activity

### **Investigations**

• **Blood Tests:** To rule out other underlying causes of obesity.

### **Treatment Options**

- Diet and Lifestyle Changes
- Medications
- Surgery

#### **Take Action Today**

Understanding and addressing obesity is crucial for improving your health and well-being. Consult your healthcare provider to develop a personalized plan for managing your weight effectively.