

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:

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



Image via www.freepik.com

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.