

Health Risks Related to Obesity

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Description

Obesity is a multipart disease involving a production of excessive amount of body fat. Obesity is not just a skin-deep disease. It is a medical problem that raises the risk of other diseases and health problems such as heart disease, diabetes, high blood pressure and different types of cancers. Obesity is usually caused by taking too much junk food. If we consume high amounts of energy, particularly fat, carbohydrates and sugars, if you do not use the energy through exercise and physical activity, then unutilized energy will be stored by body under the skin and converted as fat. The most common causes of obesity are diets that are high in carbohydrates, frequency of eating, overeating, physical inactivity, genetics, and psychological factors. Sometimes, diseases such as hypothyroidism, insulin resistance, polycystic ovary syndrome, and Cushing's syndrome also lead to obesity. It is divided into 3 categories there are:

- Class 1 having BMI (Body Mass Index) of 30 to <35,
- Class 2 having BMI (Body Mass Index) of 35 to <40 and higher
- Class 3 Obesity is sometimes considered as “severe” obesity.

Obesity is unhealthy for both body and mind. It makes the person to feel uncomfortable. Overweight is somewhat different from obesity. Obesity means having extra body fat. Everyone requires some body fat for energy, heat insulation, and other body functions. The weight is controlled by complex interactions between hormones and neurons in your hypothalamus hence it is difficult to lose the overweight. There are some factors that lead to obesity like some people have genes that make it difficult for them to lose weight, by taking limited healthy food and taking many food sources high-calorie, like fast-food restaurants. Sometimes depression can lead to overweight, as some people may take excessive amount of food for emotional comfort. Antidepressants can also increase the risk of weight gain. By taking Medications, such as steroids or birth control pills, may also lead to the condition of obesity. The obesity can be diagnosed by body mass index is a rough calculation of a person's weight in relation to their height. Skinfold thickness tests, waist-to-hip comparisons. Screening tests like ultrasounds, CT scans, and MRI scans. Doctor may suggest certain tests to help diagnose obesity-related health risks. They are thyroid tests, heart tests, such as an Electro Cardio Gram (ECG or EKG), diabetes screening, liver function tests and blood tests to examine cholesterol and glucose levels. A measurement of the cholesterol around your abdomen is also a good sign of your risk for obesity-related diseases. It also leads to inflammation in the body, which is the risk factor for cancer. Obesity is also a major reason for the type 2 diabetes. It may lead to many health problems like type 2 diabetes, heart disease, breast cancer, colon cancer, stroke, gallbladder disease, fatty liver disease, high cholesterol, arthritis, infertility and other breathing problems. Obesity can be treated by a structured exercise program and increased daily activity — up to 300 minutes a week — which help to build up your strength, endurance, and metabolism.

Conclusion

Obesity and overweight are increasingly recognized as not only individual problems, but also societal and population-wide issues. To respond to this understanding, multidimensional, population-based changes in socio-environmental variables that influence energy intake and expenditure will be required.
