

# 3<sup>rd</sup> Annual Congress & Medicare Expo on PRIMARY HEALTHCARE, CLINICAL & MEDICAL CASE REPORTS

April 17-19, 2017 Dubai, UAE



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### Review on prevention & management of obesity

Obesity is becoming a major public health problem representing the most prevalent nutritional problem in the world. Obesity prevalence is escalating affecting almost one-third (2.1 billion) of the world population and with an expectation of further increase to reach half of the population by 2030. Obese individuals are less productive in work and their health care expenditure puts an increased burden on the health care system. There are many reasons for obesity among which are an increase in the availability and consumption of larger portions and higher calories of junk foods & sweetened drinks in addition to increased inactivity with sedentary lifestyles, some endocrine diseases, stress and depression, use of some obesogenic drugs and few genetic syndromes. Primary healthcare plays an important role in addressing obesity problem being the first line of contact in healthcare settings, such an ideal setting which allows for negotiations and counseling obese patients leading to adoption of healthy lifestyle in eating and increased physical activity. Review will cover both primary prevention and management of obesity, mainly in primary healthcare and indications for referral to secondary & tertiary care. In prevention approach, emphasis is on the importance of following healthy eating habits and following certain strategies such as the 5 2 1 0 message in every day and the eat-well plate guidelines in prevention, in addition to providing practical advices for physical activity. Review of different available treatment strategies will be touched with shedding light on how to approach & assess the readiness of patient to change in addition to the proper evaluation of obese patient. While pharmacotherapy is the most appealing to most patients, it is the least used strategy due to drug side effects. Bariatric surgery remains the most effective method in morbid obesity.

### Recent publications:

1. El-Labban O (2016) Update on GOUT. *Biom Biostat Int J* 4(3): 00098. DOI: 10.15406/bbij.2016.04.00098.
2. El-Labban O (2017) Role of Preventive National Program in Combating Diabetes Mellitus and Cardiovascular Diseases. *Int J Diabetes Metab Disord*. 2(1):Page Numbers
3. El-Labban O (2015) Wellness promotion programs *Arab Health Journal*.
4. El-Labban O (Year) Osteoarthritis, A Comprehensive Update Review Article *Modern Medicine Journal*.
5. El-Labban O (Year) Solving the Problem of Undifferentiated Illness. A Continues Challenge in Family Practice. *Modern Medicine Journal*.

### Biography

Osman El-Labban is a Family Medicine Consultant, Head of Family Medicine Department at Al Zahra Hospital Dubai & Ex Co-Director of Family Medicine Residency Program at Dubai Health Authority (DHA). He has graduated from the American University Hospital, Beirut, Lebanon in June 1985 and holder of Fellowship of Royal College of General Practitioners (FRCGP) in UK & Arab Board in Family Medicine specialty. He is a Lecturer, Clinical Trainer, Public Speaker and Medical Conferences Organizer, who believes in the great potentials of family physician role in community. His expertise ranges from academic, administrative to clinical experience with main contributions in his career including empowering the concept of prevention in family practice through creating practical wellness packages, travel & adult immunization clinics for patients and updating medical knowledge of family physicians through organizing medical conferences & workshops; in addition to enhancing patient health education processes, resulting in gaining more number of colleagues' & patients' love & appreciation over years.

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