



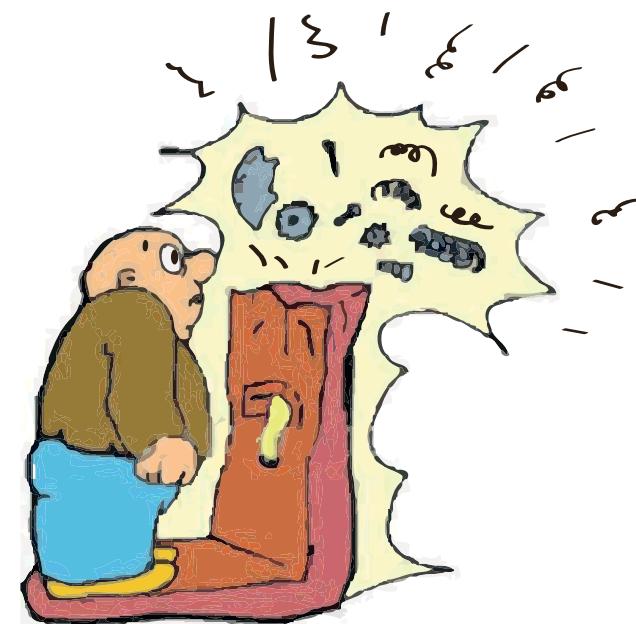
Al Ghobra Round About, Muscat, Sultanate of Oman
 Tel: +968 2461 8900/1/2/3/4,
 Fax: +968 2449 7210
 Email: muscat@asterhospital.com
 www.asterhospital.com

For appointments call 9855 0066



OBESITY

Don't take it lightly



Are you fat? Are you overweight?
 Are you facing problems in climbing stairs because of
 your weight?
 Are you getting exhausted after a short walk?
 Then you could be obese ...!



*An Aster Initiative under
 Community Good Health Programme*

Follow us on...



- 10 HOSPITALS • 44 MEDICAL CENTRES
- 150 PHARMACIES • OVER 26 YEARS OF EXPERIENCE

UAE | OMAN | QATAR | KSA | KUWAIT | BAHRAIN | JORDAN | INDIA



OBESITY

It is a medical condition in which excess body fat has accumulated to an extent that it may have an adverse effect on health. It can lead to reduced life expectancy and can cause serious health problems. It can be monitored by measuring the Body Mass Index (BMI).

BMI - weight in kilograms/square of height in meter
For eg.

If your weight is 68kg and height is 168cm (1.68m)
your BMI - $68 / (1.68 \times 1.68) = 24.09$

BMI Status

| | |
|-------------|-------------------|
| < 18.5 | Underweight |
| 18.5 - 24.9 | Normal weight |
| 25.0 - 29.9 | Overweight |
| 30.0 - 34.9 | Class I obesity |
| 35.9 - 39.9 | Class II obesity |
| >40.0 | Class III obesity |

Waist-Hip Ratio

This is the ratio of the circumference of the waist to that of the hips. Waist-hip ratio of more than 0.7 in females and 0.9 in males is considered obese and is associated with increased cardiovascular risk.

Causes

Excessive calorie intake
Lack of physical activity
Genetic causes
Various medical or psychiatric illnesses
Sedentary life style
Infectious agents (rarely)
Social determinants

Complications

Reproductive System - Menstrual Disorder, Infertility
Heart - Heart Attack, increased Blood Pressure
Digestive System - Stones, Liver Diseases
Respiratory System - Asthma Nervous System - Stroke, acute long term memory loss
Psychiatric issues - Depression, Social Stigma
Urinary System - Urinary incontinence, Kidney failure
Bones and Joints - Low back pain, Arthritis, Gout
Skin - Stretch marks, Cellulitis, inflammation of the Lymph Nodes

Most importantly, it can also lead to cancer(s) of the breast, ovary, kidney, or skin depending on the degree of excessive fat accumulation.

Management

Dietary Management

- Reducing the consumption of fatty food
- Increasing the intake of dietary fibres
- Restricting sugar intake
- Reducing calorie intake to the bare minimum (Avoid chocolates, sweets and carbonated beverages)

Physical Exercise

Anti-obesity drugs may ONLY be taken under strict medical supervision.

Weight loss surgery, also called bariatric surgery, is used to treat people who are dangerously obese

