

Health Risks Associated With Obesity

The health problems associated with obesity are numerous. Obesity is not just a cosmetic problem. It can become a health hazard. A person who is 40% overweight is twice more likely to die prematurely than a normal-weight person. This is because obesity has been linked to several serious medical conditions, including:

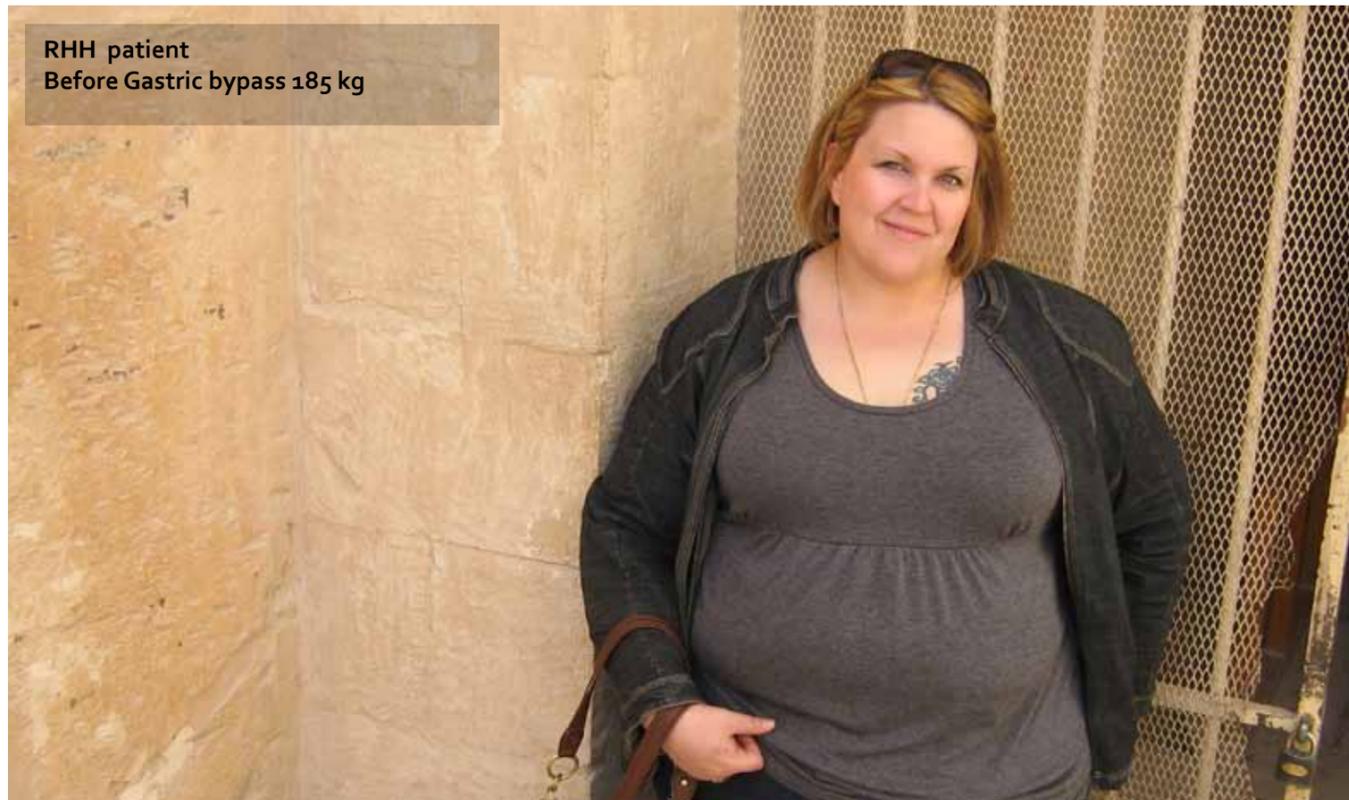
- Heart disease and stroke.
 - High blood pressure.
 - Diabetes.
 - Cancer.
 - Gallbladder disease and gallstones.
 - Osteoarthritis.
 - Gout.
 - Breathing problems, such as sleep apnea (when a person stops breathing for a short time during sleep) and asthma.
- A person is considered obese if he or she weighs at least 20% more than the maximum healthy weight for his or her height. Doctors agree that the more overweight a person is, the more likely he or she is to have health problems. People

who are overweight or obese are at increased risk for chronic disease compared to normal-weight individuals. People who are overweight or obese can gain significant health benefits from losing weight. Those at greatest risks for overweight/obesity related conditions include:

- Family history of certain chronic diseases. People with close relatives who have had heart disease or diabetes are more likely to develop these problems if they are obese.
- Pre-existing medical conditions. High blood pressure, high cholesterol levels, or high blood sugar levels are all warning signs of some obesity-associated diseases.
- "Apple" shape. People who are "apple-shaped" may be at greater risk of developing heart disease, diabetes or cancer than people of the same weight who are "pear-shaped."

Fortunately, even a modest weight loss of 5 to 7 Kilograms can bring significant health benefit, such as improving one's blood pressure and cholesterol levels.

Treatment for obesity will be most successful if you create a long-term plan with your doctor. A reasonable goal might be to begin making lifestyle changes by increasing physical activity and eating healthy foods. Your initial goal should be to improve your health, not to achieve an ideal weight. Guidelines suggest a goal of losing 10% of your body weight in 6 months. Doctors often recommend that people make lifestyle changes for at least 6 months before trying medicines or surgery.



RHH patient
Before Gastric bypass 185 kg



RHH patient
After Gastric bypass 80 kg

Obesity - Surgery

Surgery may be an option if you have a body mass index (BMI) of 35 or more if you suffer from obesity related health problems or (BMI) of 40 or more in the absence of any health problems.

The goal of the surgery is to get rid of a significant portion of the excess weight and improve metabolism to cure illnesses such as diabetes. Surgery will reduce obesity-related health problems, including heart disease, sleep apnea, hypertension and high cholesterol.

Surgeries that can help you lose weight through early satiety after consuming small amounts of food:

- **Roux-en-Y gastric bypass**, only a small part of the stomach is used to create a new stomach pouch, roughly the size of an egg. The smaller stomach is connected directly to the upper portion of the small intestine bypassing the rest of the stomach and the duodenum, which in turn leads to weight loss.

- **Sleeve Gasterectomy**, this procedure removes a significant portion of the stomach, leaving a sleeve-shaped section of the stomach

Patients are often advised to eat three meals, drink slowly plenty of fluids between meals and to exercise regularly. The type of food they need to consume depends on the type of procedure but in general, patients are advised to increase their protein intake, reduce sugar and fat.

The ultimate goal of these surgeries is to get as close as possible to the ideal weight in the first year and to maintain the weight stable.

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