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Kawaljit Kaur
Assistant Professor,
Govind National College,
Narangwal, Ludhiana, Punjab,
India

The modern death trap: Obesity

Kawaljit Kaur

Abstract

Obesity a medical condition characterized by storage of excess body fat. The accumulation of too much fat in the body is associated with many health problems. Study show that the individual who are overweight are at a greater risk of suffering from stroke, coronary heart disease, hyper tension, diabetes, arthritis and some forms of cancers. Now a day obesity has been called the modern death trap of modern society. Childhood obesity is also becoming more prevalent. The seriousness of this situation is underlined by a similar rise in overweight related diseases. Obesity can become a chronic lifelong condition caused by physical activity, over eating and even genetic makeup. No matter what the cause, however obesity can be prevented or manage with the combination of diet, exercise behaviour modification and in severe cases, weight loss, medications and surgery.

Keywords: Modern death trap, medical condition, fat, health problems

Introduction

The world is facing an obesity epidemic, there are more than 100 crore overweight adults, and at least 30 crore of them are obese. Almost 15% of Indians are obese. Unfortunately, obesity in India is not restricted by age and gender. A study conducted by obesity surgery society of India in leading public schools across the country shows that 30 % of students are obese. AIIMS study on obesity, diabetes and heart disease, 2002-2005 showed that nearly 50% urban women above 35 years are having unhealthy shapes. WHO estimates that by 2020 more people die of weight related illness i.e. hearty attack, strokes and diabetes than TB.

Overweight and obesity is defined as abnormal or excessive fat accumulation that presents a risk of health. A crude population measure of obesity is the body mass (BMI), a person's weight in Kilograms divided by the square of his or her height in meter.

A person with a BMI of 30 or more is generally considered overweight. Obesity represents a state of excess storage of body fat. Although similar, the term overweight is defined as an excess body weight for height. Although men have a body fat percentage of 15 to 20 percent, women have approximately 25-30 percent due to differences in weight among individuals are only partly due to variations in body fat, body weight is a limited, through easily obtained, index of obesity.

Symptoms

Difficulty sleeping, Snoring, Sleep apnea, pain in your back or joints, excessive sweating, always feeling hot, rashes or infection in folds of your skin, feeling out of breath with minor exertion, daytime sleepiness or fatigue and depression.

Causes

Although there are genetic and hormonal influences on body weight, the bottom line is that obesity occurs when you take in more calories than you burn through exercise and normal daily activities. Your body stores these excess calories as fat. Obesity usually results from combination of causes and contributing factors, including:

- **Inactivity.** If you are not very active, you do not burn as many calories. With a sedentary lifestyle, you can easily take in more calories every day than you burn off through exercise or normal daily activities. Watching too much television is one of the biggest contribution to a sedentary lifestyle and weight gain.

Correspondence
Kawaljit Kaur
Assistant Professor,
Govind National College,
Narangwal, Ludhiana, Punjab,
India

- **Pregnancy:** During pregnancy a woman's weight necessarily increases. Some women find this weight difficult to lose after the baby is born.
- **Lack of sleep:** Getting less than seven hours of sleep a night can cause changes in hormones that increase your appetite.
- **Certain medications:** Some medications can lead to weight gain if you don't compensate through diet or activity.
- **Medical Problems:** Obesity can sometimes be traced to a medical cause, such as Prader-willi syndrome, Cushing's syndrome, polycystic ovary syndrome and other diseases and conditions. Some medical problems, such as arthritis, can lead to decrease activity, which may result in weight gain.

Risk Factors

- **Genetics:** Your genes may affect the amount of body fat you store and where that fat is distributed.
- **Family History:** Obesity can tend to run in families. That's not just because of genetics.
- **Age:** Obesity can occur at any age, even in young children. But as your age, Hormonal changes and a less active lifestyle increase your risk of obesity.
- **Smoking:** Quitting smoking is often associated with weight gain. And for some, it can lead to a weight gain of as much as several pounds a week for several months, which can sometimes lead to obesity.
- **Social and economic issues:** Certain social and economic issues may be linked to obesity.

Complications and causes

If you are obese, you are more likely to develop a number of potentially serious health problems, including:

- Blood (fat) lipid abnormalities, Cancer, including cancer of the uterus, cervix, ovaries, breast, colon, rectum and prostate, depression, gallbladder disease, gynaecological problems, such as infertility and irregular periods, heart disease, high blood pressure, metabolic syndromes, non-alcoholic fatty liver disease, osteoarthritis.
- Skin problems: Such as intertrigo and impaired wound healing, sleep apnea, stroke, and type 2 diabetes. Other issues that may affect your quality of life include depression, disability, physical discomfort, sexual problems, shame and social isolation.

Tests and Diagnosis

- Taking your health history. Your doctor reviews your weight history, weight loss efforts, exercise habits, eating patterns, what other conditions you've had, medications, stress levels and other issues about your health.
- Assessing other health problems. If you have known health problems, your doctor will evaluate them. Your doctor will also check for other possible health problems, such as high blood pressure or binge eating disorder.
- Calculating your BMI. Your doctor will check your Body mass index (BMI) your BMI also helps determine what other health problems you may face and what treatment may be appropriate.

- Measuring your waist circumference. Fat stored around your waist, sometimes called visceral fat or abdominal fat, may further increase your risk of diseases such as diabetes such as diabetes and heart disease and heart disease. Women with waste of more than 35 inches and men with a waist of more than 40 inches are also having the risk of heart diseases.
- Laboratory test: What tests you have depend on your health and risk factors. They may include a complete blood count (CBC) a check of cholesterol and blood fats, liver function tests, fasting glucose, a thyroid test, and others depending on your health situations.

Treatment and drugs

You may need to work with a team of health professionals, including a nutritionist, dietitian, therapist or an obesity specialist, to help you understand and make changes in you're eating and activity habits. You can start feeling better and seeing improvements in your health with just minor weight loss. In starting the weight will reduce just in pounds. But keeping your efforts continue you can reduce weight and can manage your BMI in an appropriate manner.

Specific treatment methods

There are many ways to treat obesity and reach a healthier weight. Treatment methods include:

- **Dietary changes:** reducing your calories intake. The key to weight loss is reducing how many calories you consume. You and your doctor can decide how much calories you take in your daily life. But a typical amount is 1000 to 1600 calories for a layman and a sports person require 1500 to 3500 calories per day (but this will also be depend upon to event and game).
- **Exercise and activity:** Regular aerobic exercise, walking, cycling, stairs climbing, swimming, jogging etc. are on the priority bases.
- **Behaviour change:** change in your behaviour, eating habits, irritation in behaviour, stop negative thoughts regarding fat reducing techniques.
- **Prescription weight loss medicines:** some of the medicines are in the market which are very helpful in reducing weight but these should be used in the supervision some qualified doctor only.
- **Weight loss surgery:** only in some cases like extreme overweight loss surgery can be help full which is called bariatric surgery. But it can cause of some serious problems.

Conclusion

Obesity has been called the main health problem of modern society. The seriousness of this situation is underlined by a similar rise in overweight related diseases. Obesity can become a chronic lifelong condition caused by overeating, physical inactivity and even genetic makeup. No matter what the cause is, however, obesity can be prevented or managed with a combination of diet, exercise, behaviour modification and in severe cases, weight loss medications and surgery.

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