



Obesity: global trends
prospects.

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WHAT IS OBESITY

- Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health.

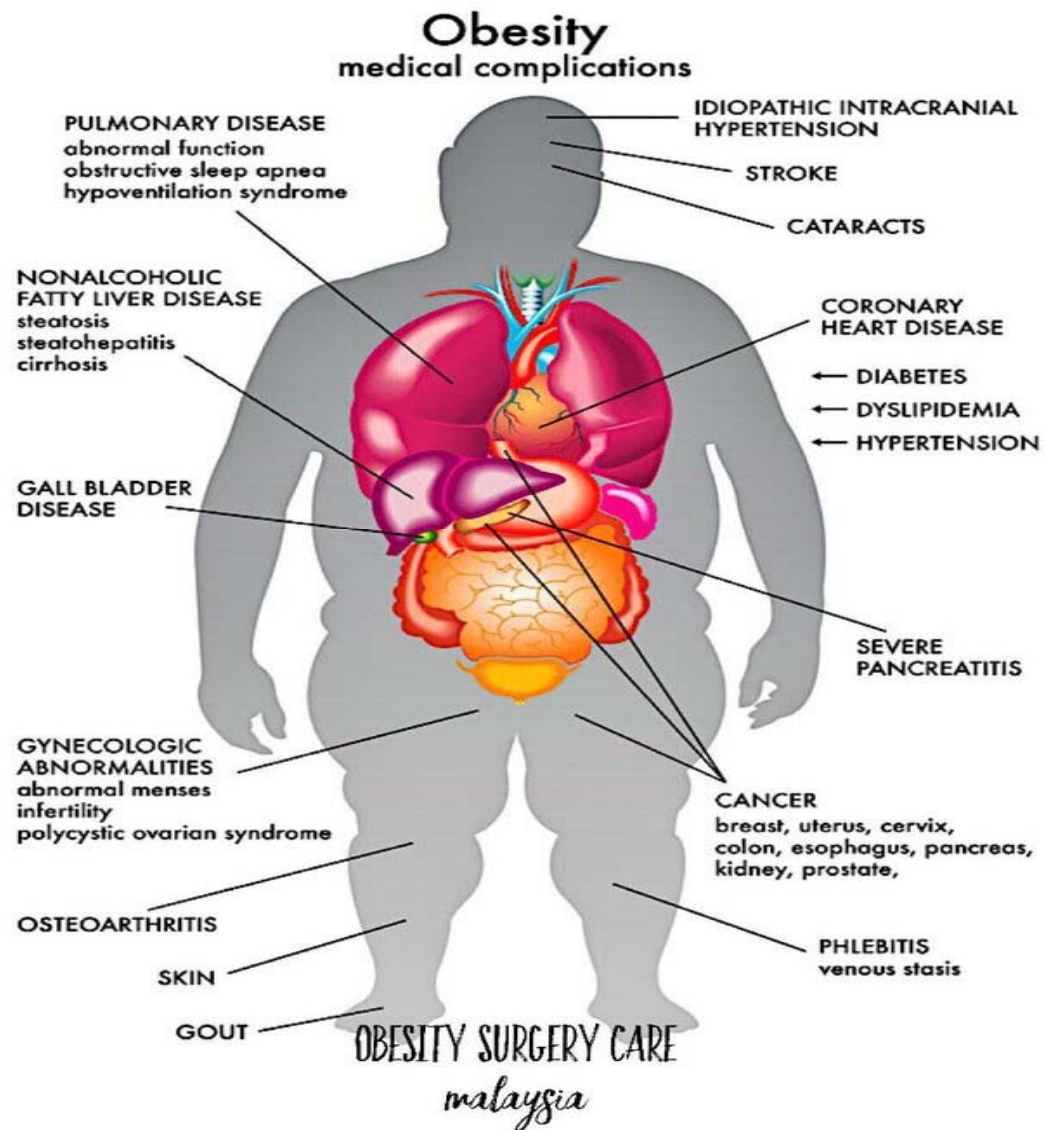
- Body mass index (BMI) is commonly used to classify overweight and obesity in adults.

The WHO definition is:

- a BMI greater than or equal to 25 is overweight
- > a BMI greater than or equal to 30 is obese.

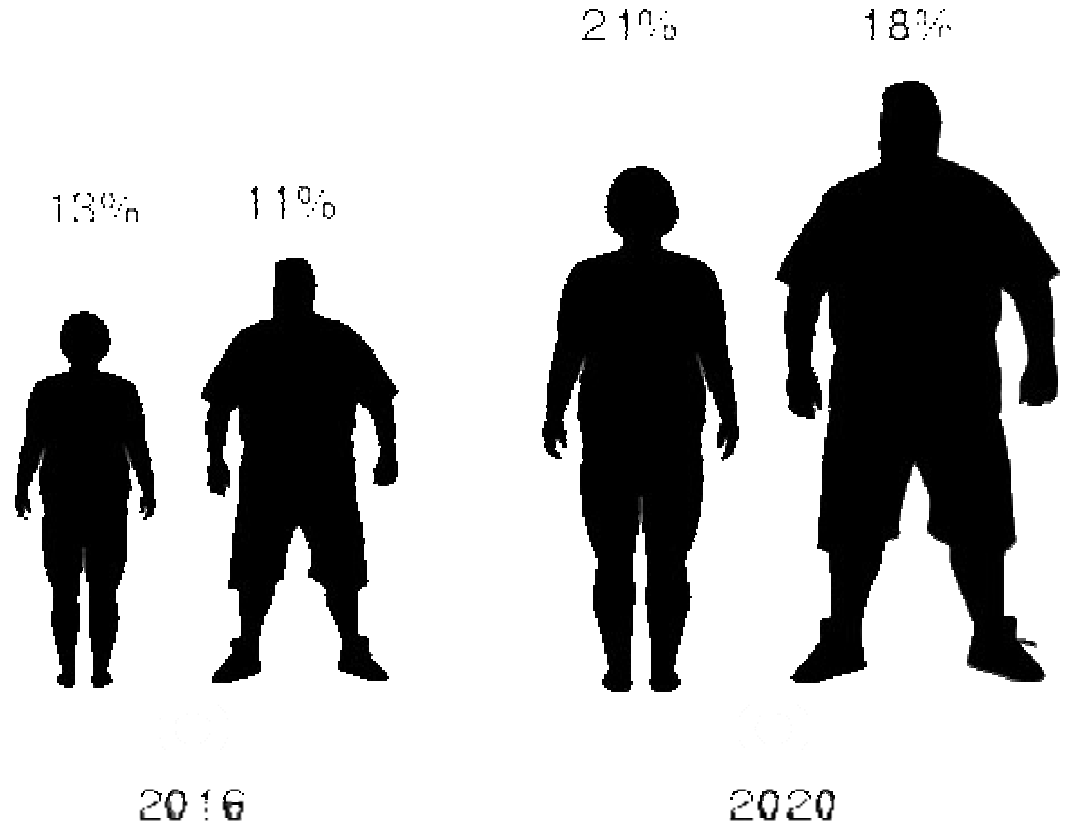
- The fundamental cause of obesity is an energy imbalance between calories consumed and calories expended.

- Obesity is linked to many life threatening and chronic diseases such as heart disease, diabetes, and cancer.

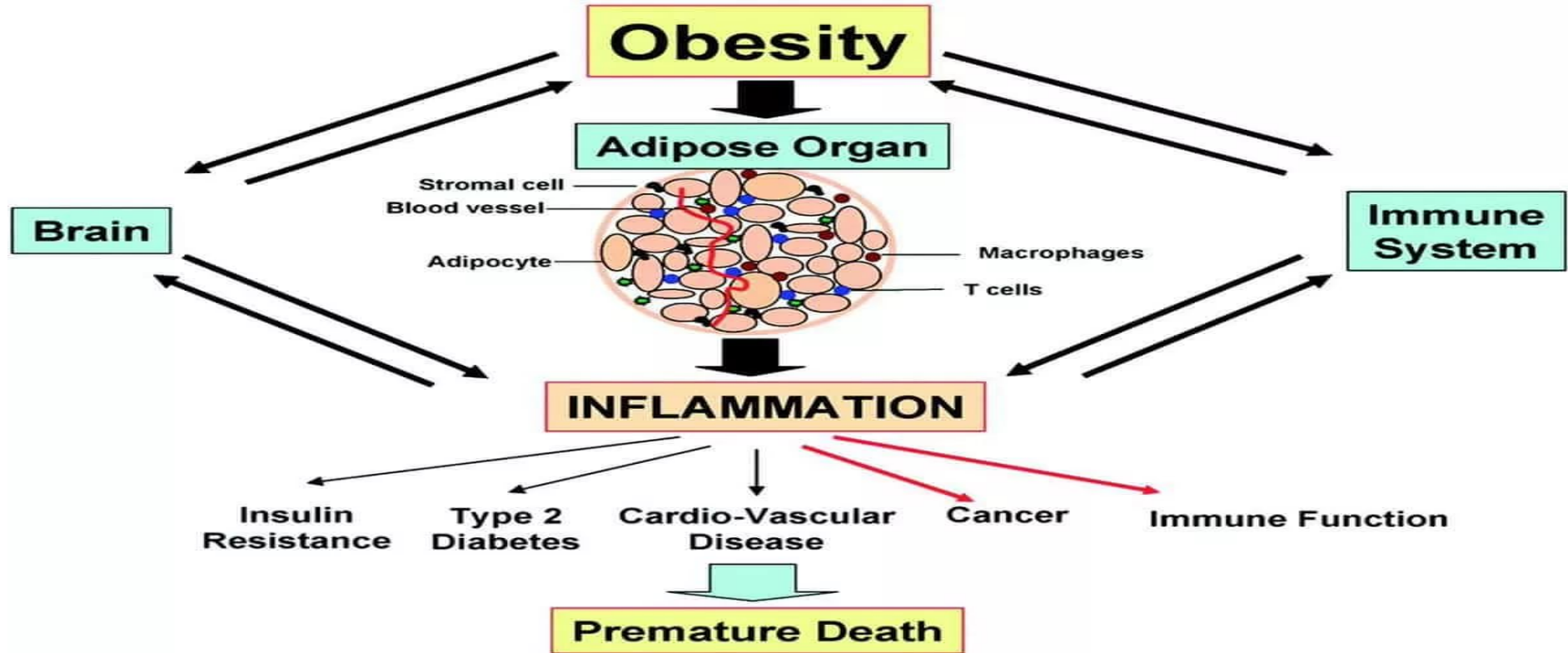


Obesity dynamics

- According to the WHO, the global average prevalence of obesity over the past 7 years has increased by 50%.
- Currently, there are over 250 million obese patients in the world (7% of the world's population) and over 1 billion overweight (30% of the world's population)



PATHOGENESIS



COMPLICATIONS

4 Major Organs Damaged By Excess Body Fat



1. BRAIN



A 2010 study found cognitive function showed negative associations with obesity on measures.

2. HEART



Atherosclerosis, the hardening of the artery walls, is **10x** more common in the obese than in healthy people

3. LUNGS



Obese people face a far greater risk for obstructive sleep apnea than non-obese people

4. COLON



Among both men and women with obese classifications, colorectal cancers arise with startling frequency



Given the intricate relationship between a person's digestive system and immune-related disorders - the side effects of obesity may explain the link, at least in part.

MENINGIOMA

THYROID GLAND



BREAST
IN POSTMENOPAUSAL WOMEN



OESOPHAGUS

LIVER



STOMACH
CARDIA

GALLBLADDER



KIDNEY

OVARY AND
ENDOMETRIUM



MULTIPLE MYELOMA

**OBESITY
INCREASES
THE RISK OF
THESE
CANCERS**

COLORECTUM

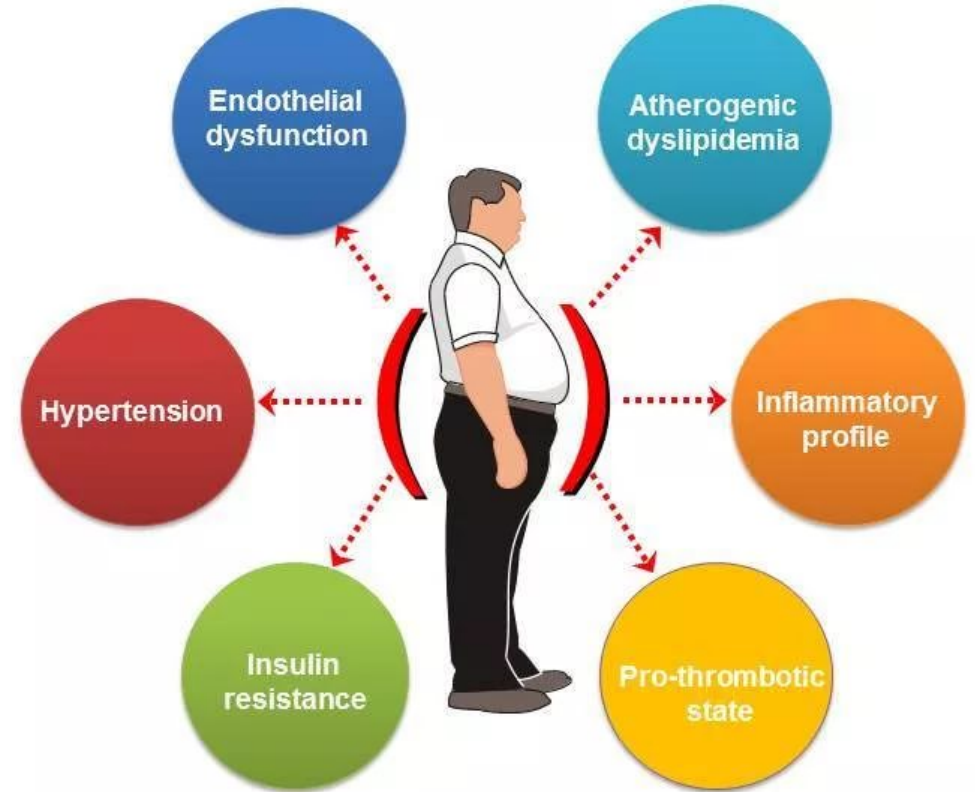
PANCREAS



Obesity and Diabetes Mellitus

- Over 90% of people with the disease have the Type 2 form, which is associated with obesity and overweight, lack of physical activity, family history and older age.
- Diabetes can lead to blindness, heart and blood vessel disease, strokes, kidney failure, amputations, and nerve damage.

Abdominal obesity: a major risk factor for diabetes and cardiovascular disease



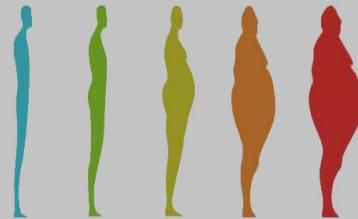
Obesity Preventable

THE WORLD IS GETTING FATTER



HOW DO I KNOW WHETHER I AM OVERWEIGHT?

Calculate your body mass index (BMI) using this formula

$$BMI = \frac{\text{weight (kg)}}{\text{height}^2 (\text{m}^2)}$$


Underweight < 18.5 | Normal 18.5 - 24.9 | Overweight 25 - 29.9 | Obesity > 30 | Severe Obesity > 35

OBESITY KILLS!

7 common diseases due to obesity:

- Arthritis
- Cancer
- Infertility
- Heart Diseases
- Back Pain
- Diabetes
- Stroke

OBESITY IS KILLING PREVENTABLE THE WORLD

A B C TO OBESITY PREVENTION

SIMPLE RULES TO STAY IN SHAPE

A dopt New Healthy Habits



B alance Your Calorie Intake



C ontrol Your Weight Gain





Incretin-Based Treatment Strategy

- On average, people taking Saxenda in clinical trials lost about 5-7% of their body weight (10 to 14 pounds for someone who weighs 200 pounds)
- More than one in four clinical trial participants lost over 10% of their body weight and about one in seven lost over 15% of their body weight.

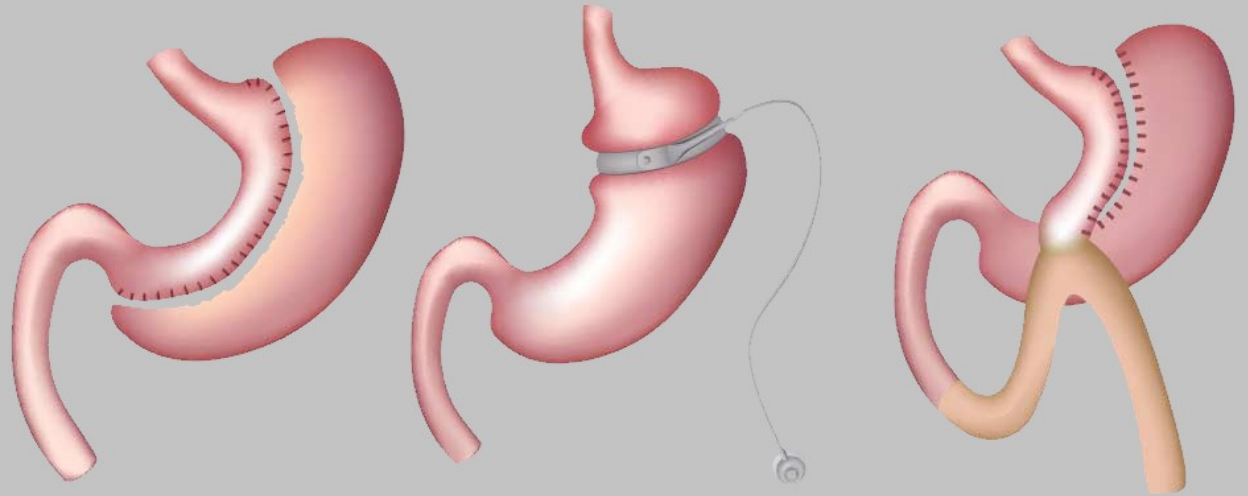


BARIATRIC SURGERY

The basic criteria are an understanding of the operation, its benefits and risks and the lifestyle changes the patient will need to make, and either:

- body mass index (BMI) of 40 or more, which is about 45 kg (100 pounds) overweight for men and 35 kg (80 pounds) for women; or
- BMI between 35 and 39.9 and a serious obesity-related health problem such as type 2 diabetes, heart disease, or severe sleep apnea.

Revision Bariatric Surgery Procedures



Gastric Sleeve

Lap-band

Gastric Bypass

THANKS
FOR YOUR
ATTENTION

