

Obesity

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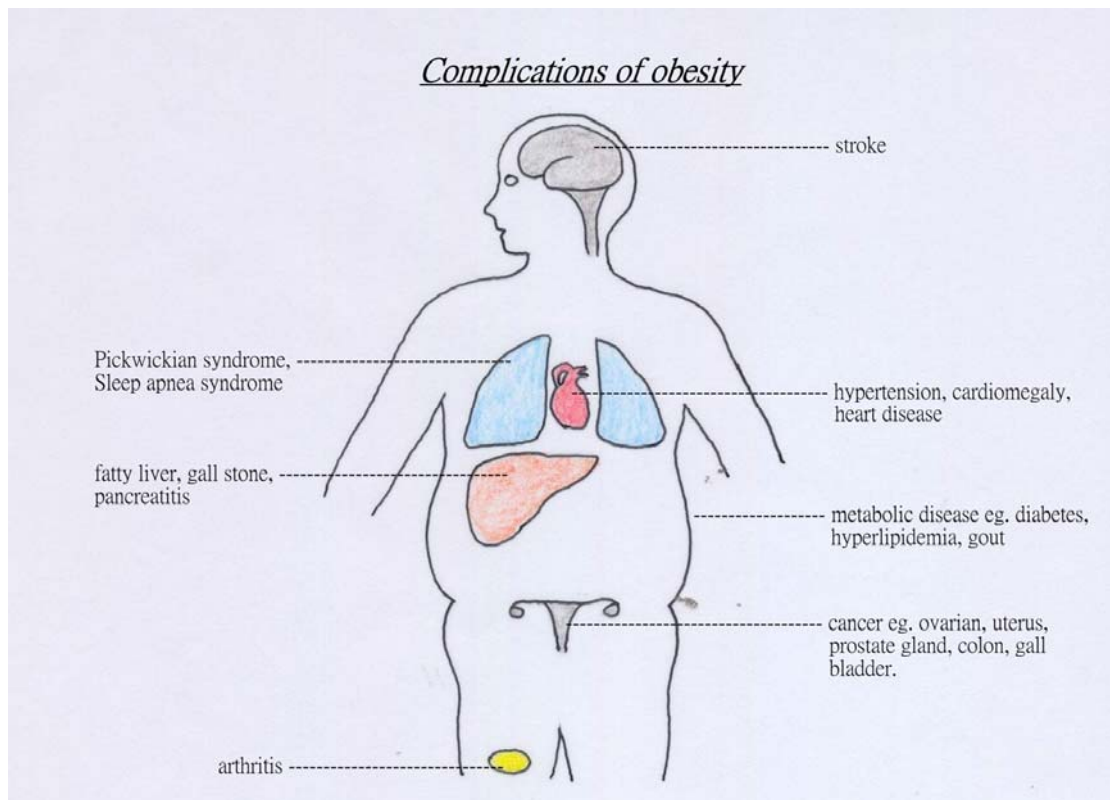
Ideal body weight = height m² X 22

Body mass index (BMI) = body weight kg / height m²

| | <u>BMI</u> | <u>waist (cm)</u> |
|----------------|------------|------------------------------|
| Underweight | < 18.5 | |
| Normal | 18.5 – 24 | |
| Overweight | 25 – 27 | male ≥ 90 cm; female ≥ 80 cm |
| Mild obese | 27 – 30 | |
| Moderate obese | 30 – 35 | |
| Severe obese | > 35 | |

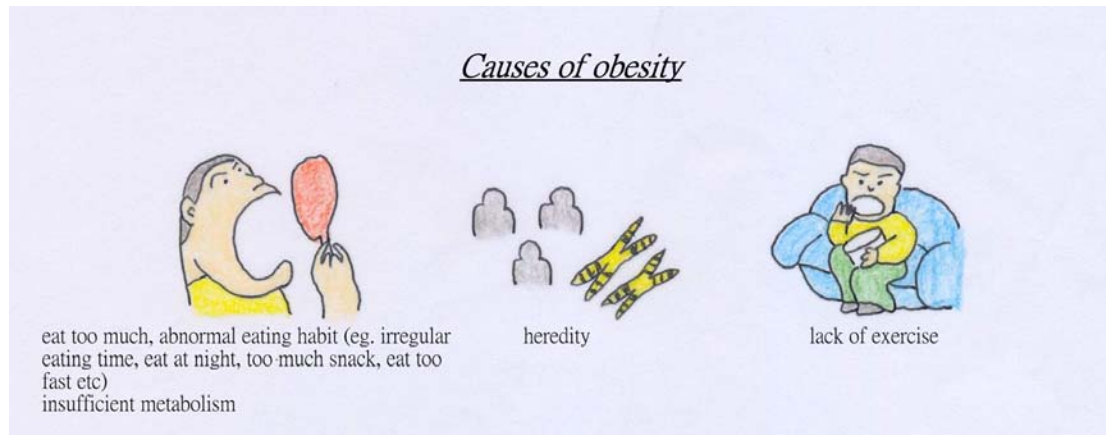
Obesity = increased body fat tissues

Abdominal obesity – more prone to complications



Classification of obesity:-

1. Primary obesity (about 95%) – Causes = diet, lack of exercise, environmental or genetic factors
2. Secondary obesity – eg. Hypothalamus, endocrine, heredity diseases, drugs



Therapy of obesity:-

1. Food intake < metabolic needs, so as to decrease body fat
2. Exercise → lipolysis of body fat
 - increase metabolic rate → increase insulin efficiency → inhibit fat synthesis
 - decrease atherosclerosis
 - increase cardiopulmonary function and body fitness
 - decrease anxiety
3. Behavioral therapy: improve diet, life styles and obesity-related habits. Strong incentive to continue therapy of obesity
4. Drugs: decrease appetite eg. Mazindol, fluoxetine
 - inhibit intestinal absorption eg. glucobay, xenical
 - inhibit fat synthesis
 - increase metabolic rate
5. Surgery (indicated for the severely obese $BMI \geq 40 \text{ kg/m}^2$ with complications such as diabetes, hyperlipidemia, hypertension, heart disease etc):
 - eg. stomach bypass operation