

Obesity
Recent Advances and Current Concepts
Part 2
Revised edition

Edited by:

Dr R.G. Wiseman Pinto
Prof of Pathology
Former HOD and Former Dean Goa University
President Asian Society of Cytopathology

World Obesity Day was observed on 4 March 2025
The theme for 2025
Transforming systems ,healthier lives

The word Obesity comes from a Latin word
Obesus which means having eaten until full

The new name for Obesity is ABCD Adiposity Based Chronic Disease

The Global burden of Obesity is alarming

By 2035 it is estimated that 1 in 4 people in the world will be obese

It needs a collective action of the Governments , Health Professionals , Media,
Lawyers , Paramedics , Public and each and every one.

Types of Obesity

- 1 normal weight. Obese
- 2 metabolic obese normal weight
- 3 metabolic healthy , obese
- 4 metabolic unhealthy , obese

Clinical Obesity

Chronic or persistent condition because of an Obesity related organ dysfunction

Preclinical Obesity

Is related to an increased health risk without illness

2025 Obesity atlas

from the

World Obesity Federation

has shown that there is a 115 % increase in Obesity rates between 2010 and 2025

Besides developed countries Obesity is now seen and will increase in.Low income
and middle income countries

In 1980s and 1990s the trend in many children was to sit in front of the TV or
computer or laptop or Gameboy

consuming aerated drinks and fast foods

They did not go to the pay grounds to indulge in sports

They were referred to as couch potatoes

All parents and grand parents must take note of this.

Children must be encouraged to play on the. grounds and restrict the screen time
and must be feed on nutritious diets .

Healthy Lifestyles and healthy diet idea must be inculcated in the children from small.

Causes of obesity

1 Eating too much Cals

Fast food ,processed foods ,

Alcohol ,sugary items

Eating out too often. too much large portions

2 lack of exercise

Sedentary lifestyle

Sitting too long

Walking less

3 Environmental

Food advertisements

Less affordable healthy foods

4 genetic

Metabolism

Fat storage

Appetite

5 medication

Drugs

Anti depressants

Anti psychotic

Anti Diabetic

6 Stress

Depression

Emotional

Poor sleep

7 Ethnicity

GIT Microbiomes alterations

Hence

Genetic

Environmental

Psychological

In USA

38 percent of men are obese and overweight

and

11 percent of women are obese and overweight

Clinical effects and complications of obesity

1 Cardiovascular diseases

2 Type II Diabetes

Metabolic Syndrome

Abnormal glucose met

Abnormal lipid met

coupled with

Hypertension and

Systemic pro inflammation

Activation of inflammation

by Free Fatty Acids

Excess lipids in the cells and tissues stimulates the secretion of IL 1

3 Insulin resistance

Hyperinsulinemia

Type II Diabetes

Retention of Sodium

Blood volume is increased

Hypertension

4 Hyper Triglyceridemia

Low HDL

CAD Coronary Artery Disease

(Diabetes , Hypertension and Dyslipidemia.)

5 Non Alcoholic Fatty Liver

6 Gall Stones

Increased excretion of cholesterol in the bile

7 Sleep Apnea

Obstruction of airways

Right sided CCF

8 Hyperventilation Syndrome

Pickwick Syndrome

9 Degenerative joint Disease

OA

10 Cancers

Increased risk

In males , cancers of oesophagus, thyroid , colon. Kidney
In females cancers of endometrium, gall bladder , breast ,oesophagus

In obesity
Inflammatory Markers are increased
CRP.is increased
TNF is also increased

Obesity and overweight
are Monumental Societal Failures.

In the Lancet study funded by Gates Foundation
Global Burden of Disease Study
BMI.Collaborators
From
201 countries

It is projected that
By 2050
Half the world's population and one third of the world's children and young
population will be obese

It is
A Global Health Challenge
A Global Health Epidemic

There is a 250 percent increase in rates of overweight and obese in sub Saharan
Africa

Poor Health.cover
Cheap junk food
Costly healthy food
Pollution levels soaring
Physical activity decreased
No activity
Sedentary lifestyle

Mother of all diseases

In india
180 million are obese
81 million males
98 million women

By 2050 in india It. is
Projected that
110 million will be obese and overweight.

Important countries with Obesity problem

China

India

USA

Brazil

Nigeria

Obesity

BMI Body Mass Index over 30

Newer methods for Obesity

Waist circumference

Or

Waist to hip ratio in addition to BMI

Weight losing drugs

Costly

Elly Lily

Novo Nordisk

No long term benefit

Weight comes back after stopping the drug

Side effects of weight losing drugs

1 Stomach paralysis

2 kidney Disease

3 inflammation of Pancreas

4 Bowel obstruction

5 Increase in heart rate

6 changes in vision

7 fatigue

8 nausea , Diarrhea

To prevent Obesity and overweight

The Time starts Now

By

Dr. R.G. Wiseman Pinto

Goa