

# Obesity

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HIM-FPX 4610  
ASSESSMENT SIX  
Medical Terminology

# Definition and Description

- Obesity is defined as an excessive accumulation of body fat.
- It is typically measured by Body Mass Index (BMI).
- A BMI of 30 or higher is considered obese (WHO, 2024).
- Obesity is a significant public health concern.
- It impacts both physical and mental health.



# Importance of Understanding Obesity

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Obesity contributes to numerous health issues.

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It affects the cardiorespiratory system (Avenell et al., 2004).

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Increases the risk of chronic diseases like diabetes and heart disease.

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Understanding helps in developing effective prevention strategies.

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Awareness can lead to better health outcomes (Sørensen et al., 2022).

# Causes of Obesity



Genetic factors can predispose individuals to obesity (Sørensen et al., 2022).



Poor diet high in calories, sugars, and fats.



Lack of physical activity.



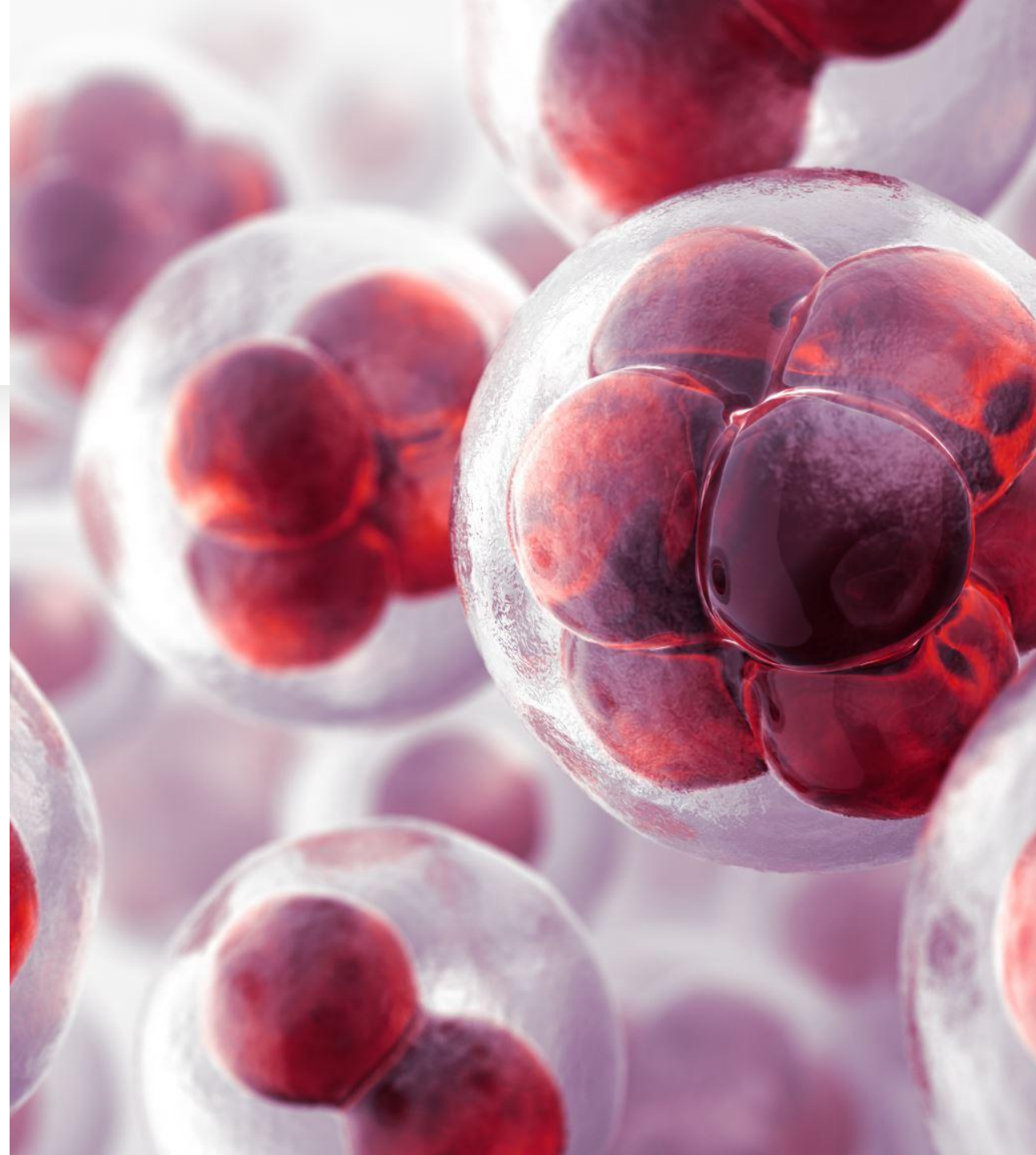
Environmental factors, including lifestyle and socio-economic status.



Metabolic factors influencing energy balance (Avenell et al., 2004).

# Genetic Factors

- Genetics can affect body fat distribution.
- Family history of obesity increases risk.
- Specific genes linked to appetite and metabolism.
- Interaction of multiple genes can influence obesity (Aaseth et al., 2021).
- Genetic predisposition requires personalized interventions.



# Lifestyle Factors

- A sedentary lifestyle contributes significantly.
- High-calorie diets lead to weight gain.
- Lack of regular physical activity (Sørensen et al., 2022).
- Stress and emotional factors can lead to overeating.
- Social and cultural influences on eating habits.



# Signs and Symptoms

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Increased body mass index (BMI).

Visible fat accumulation, especially around the abdomen.

Fatigue and low energy levels (Avenell et al., 2004).

Difficulty in performing physical activities.

Breathlessness and increased sweating.



## At-risk Populations

- Children and adolescents with poor diet and activity levels (Tzenios, 2023).
- Low-income groups with limited access to healthy foods.
- Individuals with certain medical conditions .
- Sedentary professionals.
- Ethnic groups with higher genetic predisposition.



# Prognosis of Obesity

- Can lead to chronic health conditions (Klein et al., 2022).
- Increases risk of cardiovascular diseases.
- Potential for developing type 2 diabetes.
- Negative impact on quality of life (Tzenios, 2023).
- Requires long-term management and lifestyle changes.



# Diagnostic Procedures

- BMI calculation to assess body fat.
- Waist circumference measurement (Klein et al., 2022).
- Health assessments and physical exams.
- Blood tests to check for related conditions.
- Imaging tests to evaluate body fat distribution.

# Surgical Procedures

- Bariatric surgery for severe obesity.
- Gastric bypass to reduce stomach size.
- Sleeve gastrectomy to limit food intake.
- Adjustable gastric banding for portion control.
- Liposuction for fat removal (less common).



# Treatment Protocols

- Dietary modifications to reduce calorie intake.
- Increased physical activity and exercise (Sarma et al., 2021).
- Behavioral therapy to change eating habits.
- Medications to support weight loss.
- Regular monitoring and follow-up (Klein et al., 2022).



# Pharmacology Treatments

- Appetite suppressants to reduce hunger (Tzenios, 2023).
- Metabolic enhancers to increase calorie burn.
- Lipase inhibitors to reduce fat absorption.
- Medication to manage comorbid conditions.
- Close supervision by healthcare providers.

# Support Systems

- Counseling and therapy for behavioral changes (Sarma et al., 2021).
- Support groups for motivation and encouragement.
- Family and community support.
- Online resources and apps for tracking progress.
- Professional guidance from dietitians and trainers.





# Prevention of Obesity

- Encourage healthy eating habits from a young age (Aaseth et al., 2021).
- Promote regular physical activity.
- Public health campaigns to raise awareness.
- Create supportive environments for healthy choices.
- Regular health check-ups and monitoring (Sarma et al., 2021).

# Health Information Management (HIM) Terms



**BMI (Body Mass Index):** A measure of body fat based on height and weight (WHO, 2024).



**T2DM (Type 2 Diabetes Mellitus):** A chronic obesity-related condition.



**WC (Waist Circumference):** An indicator of abdominal fat.



**LBS (Laparoscopic Bariatric Surgery):** A minimally invasive surgery for weight loss.



**METs (Metabolic Equivalents):** A unit to measure the energy cost of physical activities.



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