



Putting U first

OBESITY



What is Obesity?

- Obesity is an excess proportion of total body fat. A person is considered obese when his or her weight is 20% or more above normal weight. A person is considered overweight if his or her BMI is between 25 and 29.9; a person is considered obese if his or her BMI is over 30. The most common measure of obesity is the body mass index or BMI calculated as weight divided by the height squared. $BMI = \text{weight (kg)} / (\text{height})^2$



What are the risk factors?

- **Genetics.** Your genes may affect the amount of body fat you store, where that fat is distributed and how your body burns calories during exercise.
- **Family history.** Obesity tends to run in families. That's not just because of genetics. Family members tend to have similar eating, lifestyle and activity habits. If one or both of your parents are obese, your risk of being obese is increased.



What are the risk factors?

- **Age.** Obesity can occur at any age, even in young children. But as you age, hormonal changes and a less active lifestyle increase your risk of obesity. If you don't decrease your caloric intake as you age, you'll likely gain weight.
- **Social and economic issues.** Certain social and economic issues may be linked to obesity. You may lack access to safe areas to exercise, you may not have been taught healthy ways of cooking, or you may not have the financial means to buy fresh fruits and vegetables or foods that aren't processed and packaged.



What are the causes?

- **Inactivity.** If you're not very active, you don't burn as many calories. Watching too much television is one of the biggest contributors to a sedentary lifestyle and weight gain.
- **Unhealthy diet and eating habits.** Having a diet that's high in calories, eating fast food, skipping breakfast, eating most of your calories at night, consuming high-calorie drinks and eating oversized portions all contribute to weight gain.
- **Pregnancy.** During pregnancy a woman's weight necessarily increases. This weight gain may contribute to the development of obesity in women.



What are the causes?

- Lack of sleep. Getting less than seven hours of sleep a night can cause changes in hormones that increase your appetite. You may also crave foods high in calories and carbohydrates, which can contribute to weight gain.
- Certain medications. Some medications can lead to weight gain if you don't compensate through diet or activity. These medications include some antidepressants, anti-seizure medications, diabetes medications, etc.
- Medical problems. Obesity can sometimes be traced to medical causes, e.g. arthritis which can lead to decreased activity and result in weight gain.



What are the symptoms?

- Difficulty sleeping
- Snoring
- Pain in your back or joints
- Excessive sweating
- Daytime sleepiness or fatigue
- Always feeling hot
- Rashes or infection in folds of your skin
- Feeling out of breath with minor exertion
- Depression



What are the complications?

- Blood (fat) lipid abnormalities
- Cancer, including cancer of the uterus, cervix, ovaries, breast, colon, rectum and prostate
- Depression
- Gallbladder disease
- Gynecological problems, such as infertility and irregular periods
- Heart disease



What are the complications?

- High blood pressure
- Metabolic syndrome
- Non-alcoholic fatty liver disease
- Osteoarthritis
- Skin problems, such as and impaired wound healing
- Sleep apnea
- Stroke
- Type 2 diabetes



How does it affect the quality of life?

When you're obese, your overall quality of life may be lower, too. You may not be able to get around or to perform normal daily activities as well as you'd like. You may have trouble participating in family activities. You may avoid public places. You may even encounter discrimination.

Other issues that may affect your quality of life include, depression, disability, physical discomfort, sexual problems, shame, social isolation.



What are the treatment options?

These includes dietary changes, regular exercise and activity, behavior change, prescription weight-loss medications and weight-loss surgery.



Dietary changes include:

- Reducing your calorie intake. The key to weight loss is reducing how many calories you consume. You and your health care providers can review your typical eating and drinking habits to see how many calories you normally consume and where you can cut back.
- Feeling full on less. There are foods that provide a larger portion size with a fewer number of calories
- Adopting a healthy eating plan which includes meals of largely fruits, vegetables and whole grains
- To lose weight — and keep it off — you have to adopt healthy eating habits that you can maintain over time.



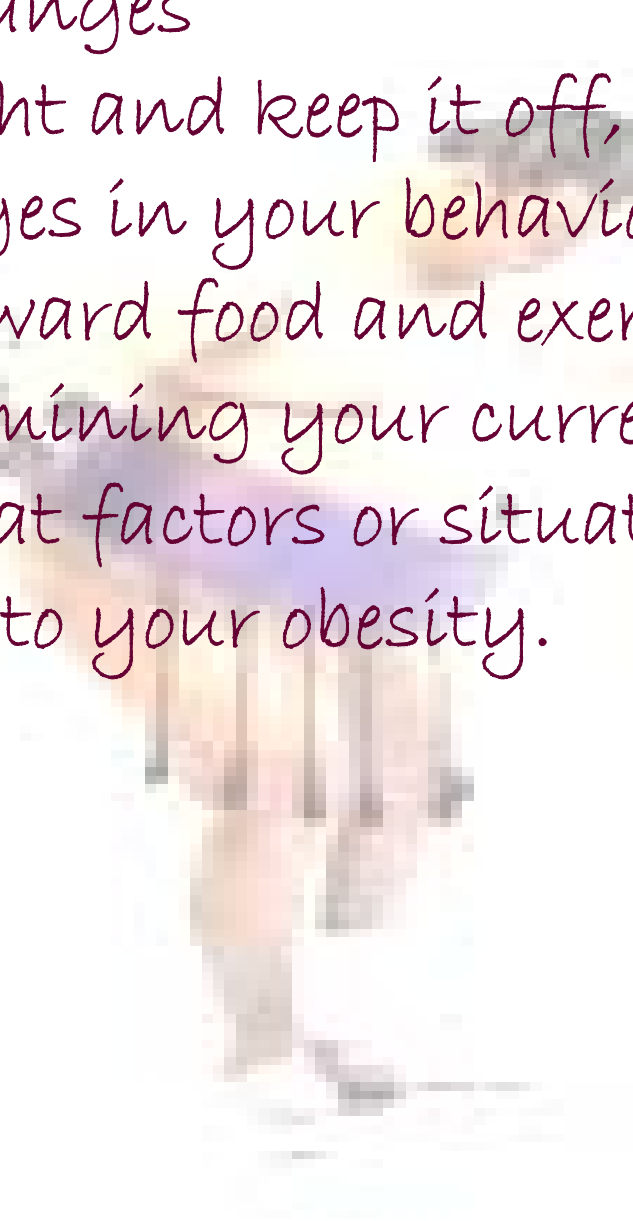
Exercise and activities

- Exercise. One of the best ways to lose body fat is through regular aerobic exercise, such as walking, cycling, stair climbing or swimming.
- Increase your daily activity. Even though regular aerobic exercise is the most efficient way to burn calories and shed excess weight, any extra movement helps burn calories.



- Behavior changes

To lose weight and keep it off, you need to make changes in your behavior and attitudes toward food and exercise. It may include examining your current habits to find out what factors or situations may have contributed to your obesity.



Prescription weight-loss medication

It's best to lose weight through a healthy diet and regular exercise. But in certain situations, prescription weight-loss medication may be an option. Keep in mind, though, that these medications are meant to be used along with diet, exercise and behavior changes, not instead of them. If you don't make these other changes in your life, medication is unlikely to work.



Weight-loss surgery

In some cases, weight-loss surgery, also called bariatric surgery, is an option. It is considered in persons with a BMI > 40 , with serious weight related conditions like diabetes, hypertension.



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