

# 14<sup>th</sup> GLOBAL OBESITY MEETING

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## Obesity: Understanding pathophysiology

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The rise in obesity in this decade is alarming, especially in the cities. The causes of obesity are multifactorial. Many people equate obesity with simply over eating and lack of exercise. Here in we did OPD based surveys and literature research to understand the causes of obesity. We found astonishing results on causes of obesity and realized that it is way beyond overeating. Relating obesity to limited causes like lack of exercise and overeating is hampering finding the treatment of obesity. One should look at the complex mechanisms of obesity, understand those and subsequently find what can be offered to the patients in terms of treatment.

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