

Morbid Obesity: Short Communication

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Short Communication

Morbid obesity is a condition during which you've got a body mass index (BMI) above 35. BMI is employed to estimate body fat and may help determine if you're at a healthy weight for your size. BMI isn't an ideal measurement but it does assist in giving a general idea of ideal weight ranges for height.

When you eat, your body uses the calories you consume to run your body. Even at rest, the body needs calories to pump your heart or digest food. If those calories aren't used, the body stores them as fat. Your body will build up fat stores if you still eat more calories than your body can use during daily activities and exercise. Obesity and morbid obesity are the results of an excessive amount of fat being stored in your body [1].

Some studies have shown that genetic factors can play a task in how your body stores energy. More research is being done to further explore the connection between genes and weight.

Many behavioral factors play a task in obesity also, including eating habits and daily activity level. Many of us develop their eating habits as children and have trouble refining them to take care of proper weight as they age. As an adult, you'll be inactive at your job and have less time for exercise, meal planning, and physical activity [2].

Other factors, like stress, anxiety, and lack of sleep, can cause weight gain. People that quit smoking often experience temporary weight gain. Women can also have trouble losing the load they gain during pregnancy, or may gain additional weight during menopause. These factors don't necessarily cause morbid obesity but can certainly contribute to its onset.

A skinfold test can also be done to see your body fat percentage. During this test, a doctor measures the thickness of a fold of skin from the arm, abdomen, or thigh with a caliper. Differently to check body fat percentage includes bioelectrical impedance, which is usually done employing a special sort of scale. Finally, body fats are often more accurately measured using special equipment to calculate water or air displacement [3].

Obesity is a health concern. Without proper treatment, obesity can cause other serious health problems, such as:

- Osteoarthritis
- Heart disease and blood lipid abnormalities
- Stroke
- Type 2 diabetes
- Sleep apnea (when you periodically stop breathing during sleep)
- Reproductive problems
- Gallstones
- Certain cancers
- Obesity hypoventilation syndrome
- Metabolic syndrome

People who are morbidly obese should avoid “fat” diets and focus instead on changing eating behaviors. Recommendations include:

- Adding more fruits and vegetables to your diet
- Eating smaller meals
- Count calories
- Eating mindfully
- Limiting saturated fats, unsaturated fats, and refined sugars

Physical activity is sweet for overall health and is particularly important if you're trying to reduce. To start losing weight, you'll got to do moderate to vigorous exercise for quite three hours per week. Vigorous activity raises your pulse significantly. Make certain to see together with your doctor before you start any vigorous exercise programs. Samples of beneficial physical activity include:

- Running or jogging
- Swimming
- Jumping rope
- Brisk walking
- Biking

References

1. <https://www.urmc.rochester.edu/highland/bariatric-surgery-center/journey/morbid-obesity.aspx>
2. <https://www.cdc.gov/obesity/adult/defining.html>
3. <https://www.healthline.com/health/weight-loss/obesity#prevention>

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Received: March 02, 2021; Accepted: March 19, 2021; Published: March 27, 2021

Citation: Manthana S (2021) Morbid Obesity: Short Communication. J Obes WeightLoss Ther 11: 434.

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