

MORBID OBESITY

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What is it?

Obesity is a term used to describe body weight that is much greater than what is healthy. If you are obese, you also have a much higher amount of body fat than is healthy or desirable.

Adults with a body mass index (BMI, calculated as weight in kilograms divided by height in meters squared) between 25 kg/m² and 30 kg/m² are considered overweight.

Adults with a BMI greater than or equal to 30 kg/m² are considered obese.

Anyone who is more than 100 pounds overweight or who has a BMI greater than or equal to 40 kg/m² is considered morbidly obese.

How does it happen?

Taking in more calories than you burn leads to being overweight and, eventually, obesity. The body stores unused calories as fat.

Obesity can be the result of:

- Eating more food than your body can use
- Drinking too much alcohol
- Not getting enough exercise (sedentary lifestyle)
- People with chronic mental illness
- Hypothyroidism
- Genetic factors

I'm obese – so what??

Obesity can affect all the systems of body and is associated with many medical problems like:

- Hypertension, heart failure
- Difficulty in breathing during sleep (obstructive sleep apnea) , pulmonary hypertension
- Diabetes
- Increased cholesterol
- Gall stones, gastrointestinal reflux disease.
- Joint pains (arthritis)
- Cancers of uterus, prostate, breast colon, kidney.
- Depression

What can be done?

Medical therapy

The health care provider will perform a physical exam and ask questions about your medical history, eating habits, and exercise routine. Blood tests may be done to look for thyroid or endocrine problems, which could lead to weight gain.

Most people can lose weight by eating a healthier diet and exercising more. Even modest weight loss can improve your health. Sticking to a weight reduction program is not easy. You will need a lot of support from family and friends.

Work with your health care provider and dietitian to set realistic, safe daily calorie counts that help you lose weight while staying healthy. Remember that if you drop weight slowly and steadily, you are more likely to keep them off. Your dietitian can teach you about healthy food choices, portion sizes, and new ways to prepare food.

There are many over-the-counter diet products. These include herbal remedies. Most of these products do not work and some can be dangerous. Before using an over-the-counter or herbal diet remedy, talk to your health care provider.

Surgery

Weight-loss surgery (BARIATRIC SURGERY) may be done to help you lose weight if you are very obese and have not been able to lose weight with diet and exercise. This Surgery can also reverse or reduce illnesses like diabetes and hypertension.

Surgery alone is not the answer for weight loss. It can train you to eat less, but you still have to do much of the work. You must be committed to diet and exercise after the surgery. Talk to your doctor to learn if this is a good option for you.

The common weight-loss surgeries are:

Laparoscopic gastric banding - the surgeon places a band around the upper part of your stomach, creating a small pouch to hold food. The band helps you limit how much food you eat by making you feel full after eating small amounts.

Gastric sleeve resection – reduces the capacity of the stomach and therefore reduces the amount of food you can eat.

Gastric bypass surgery - helps you lose weight by changing how your stomach and small intestine handle the food you eat. After the surgery, you will not be able to eat as much as before, and your body will not absorb all the calories and other nutrients from the food you eat.

You may have complications from these surgeries. One problem some people have is vomiting if they eat more than their new small stomach can hold.

Bariatric surgery team includes: surgeon, assisting surgeon, nutritionist, anaesthesiologist, operating room nurses and technicians, psychiatrist, general and speciality physician.

Consult your Surgeon for more details.

