

Health Risks of the Obesity

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Introduction

Obesity has a variety of health consequences for adults, ranging from non-fatal complaints such as respiratory difficulties, musculoskeletal problems, skin problems, and infertility to complaints that increase the risk of premature death, such as Non-Insulin Dependent Diabetes Mellitus (NIDDM), gallbladder disease, cardiovascular problems [hypertension, stroke, and Coronary Heart Disease (CHD)], osteoarthritis, sleep apnea, and endometrial Obesity has a variety of psychological effects, ranging from low self-esteem to clinical depression. Many of these problems can be improved by losing and maintaining weight. It is vital to lose weight because it may save one's life. Obesity, which has now become a global epidemic, is causing serious health problems all over the world. Obesity is well known to be related with a significant burden of illness and health-care expenses. Obesity has been linked to an increased risk of mortality and morbidity.

Hypertension, High blood pressure is defined as a systolic blood pressure of more than 140 mm Hg or a diastolic blood pressure of more than 90 mm Hg, or taking anti-hypertensive medication. Obesity and high blood pressure are two co-morbid risk factors for cardiovascular disease. Sodium retention and accompanying increases in vascular resistance, blood volume, and cardiac output are part of the pathophysiology underpinning the development of hypertension in obese people. Obesity-related cardiovascular problems are thought to be caused by a combination of increased salt retention, increased sympathetic nervous system activity, rennin-angiotensin system changes, and insulin resistance. The exact mechanism by which weight reduction causes a drop in blood pressure is uncertain. Weight loss, on the other hand, is linked to a decrease in vascular resistance, total blood volume, and cardiac output, as well as an improvement in insulin resistance, a decrease in sympathetic nervous system activity, and suppression of the rennin-angiotensin-aldosterone system's activity.

Morbidity of Obesity, As BMI rises above 20, the risk of developing a variety of health problems rises. Hypertension, dyslipidemia,

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and NIDDM are all linked to obesity, as are hyperlipidemia, stroke, obstructive sleep apnea, osteoarthritis, cholelithiasis/gallstones, and malignancies of the breast, uterine, prostate, and colon. It's also linked to mental health issues like depression, low self-esteem, anorexia nervosa, and bulimia. Obesity is also linked to pregnancy difficulties, menstrual abnormalities, and hirsutism.

Coronary heart Diseases, In a number of studies, overweight and obesity have been identified as substantial and independent risk factors for congestive heart failure (CHF) . CHF is a common consequence of severe obesity and a leading cause of death; the length of time someone has been obese is a strong predictor of CHF. Because both hypertension and NIDDM are linked to weight gain, the combination of these diseases promotes the development of CHF. Even in the absence of systemic hypertension or underlying heart disease, obesity can cause changes in cardiac anatomy and function. Elevated total blood volume and high cardiac output can cause ventricular dilatation and eccentric hypertrophy. Obesity cardiomyopathy is characterized by diastolic dysfunction caused by eccentric hypertrophy and systolic dysfunction caused by increased wall tension.

Various other related health issues like; Congestive heart failure, Non-Insulin dependent diabetes mellitus, arthritis, sleep apnea, cancer and reproductive health issue in women's have been also observed.