



Global Obesity info pack

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- Worldwide, 1 in 8 people live with obesity (WHO, 2022).

- 3+ billion people are overweight or obese (WOF estimates).

- Adult obesity has more than doubled since 1990.

- Childhood & teen obesity has quadrupled since 1990.

PREVALENCE BY AGE GROUPS

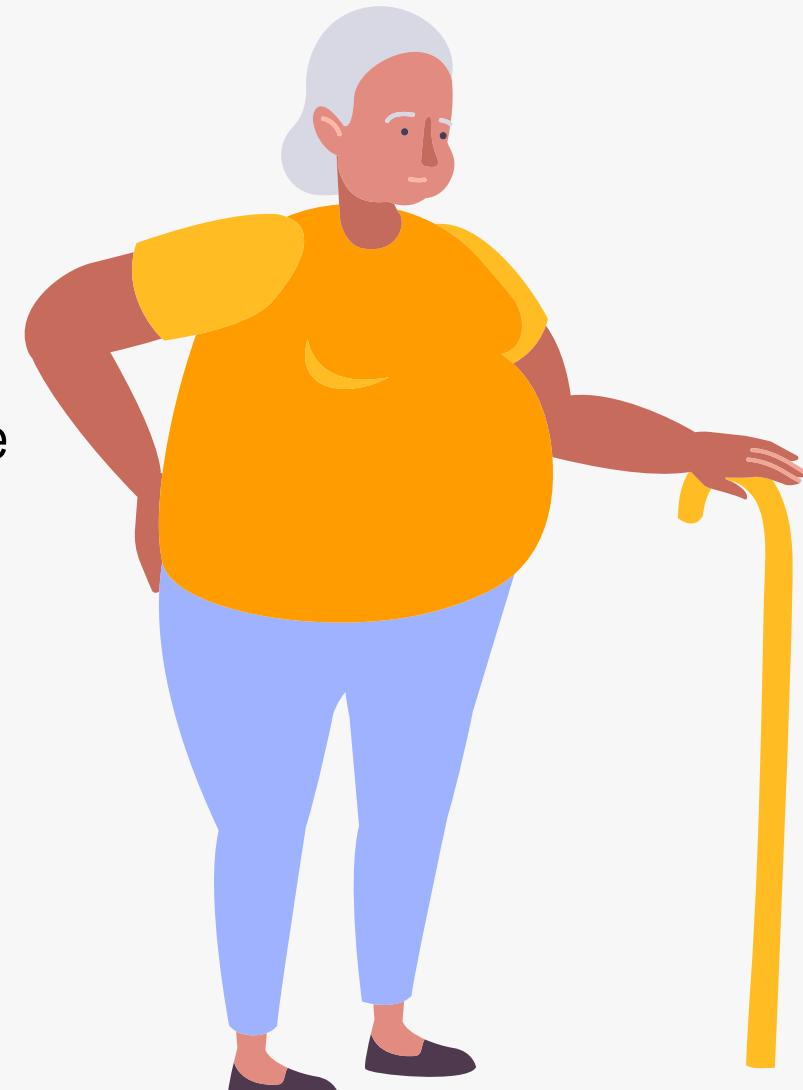
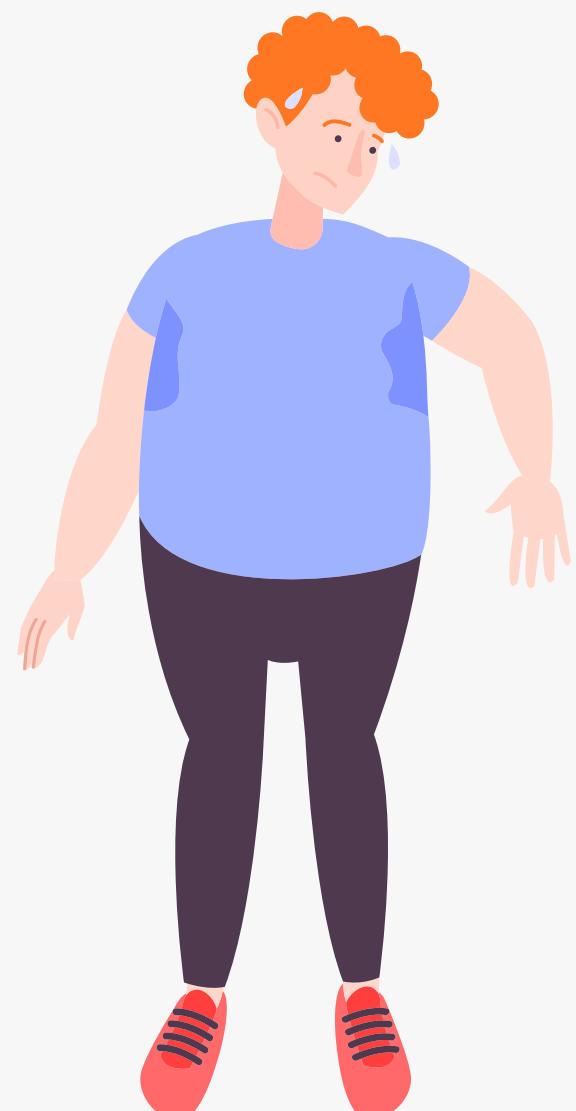


Adults

- ~38% overweight
- ~18% obese globally

Children (5–19 years)

- 340 million overweight or obese
- 4x increase since 1990



Older Adults

- Global obesity prevalence: 25.3%
- Highest in: South America, Middle East, US

LEADING CAUSES OF OBESITY

Biological Factors

- Genetics
- Hormonal imbalance (e.g., leptin, insulin, ghrelin)



Environmental & Socioeconomic Factors

- Food deserts
- Processed/fast food accessibility
 - Urbanization
- Low physical activity environments



Lifestyle Factors

- High-calorie diets
- Sedentary lifestyle
- Sleep deprivation
- Stress

MAJOR HEALTH RISKS LINKED TO OBESITY

Cardiovascular

- Hypertension
- Coronary artery disease
- Stroke

Mental Health

- Depression & anxiety
- Low quality of life



Respiratory

- Sleep apnea
- Asthma complications

Musculoskeletal

- Osteoarthritis
- Lower back pain

Reproductive

- PCOS
- Fertility issues
- Pregnancy complications

Metabolic

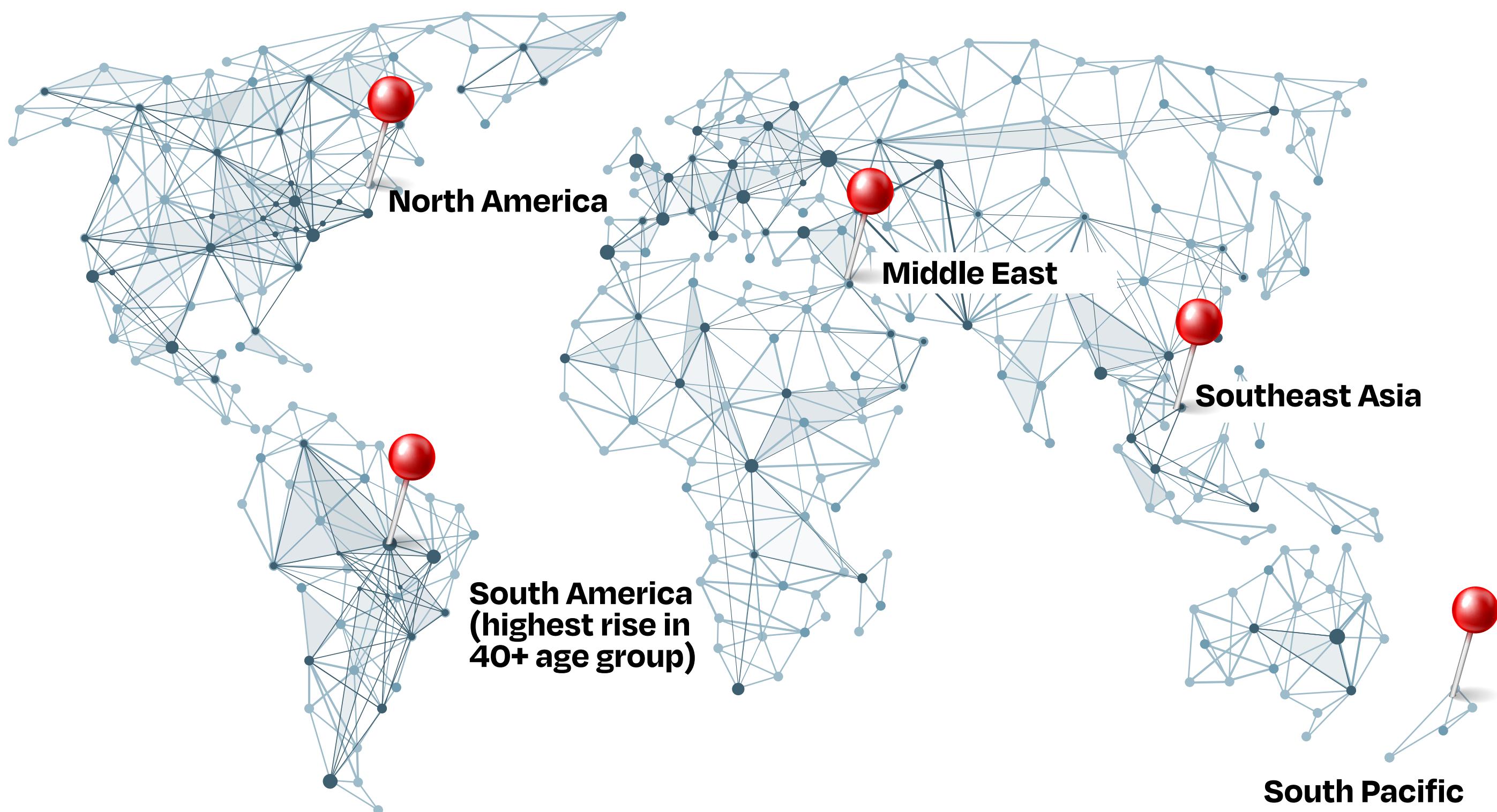
- Type 2 diabetes
- Metabolic syndrome
- Fatty liver disease

Cancer (Increased Risk)

- Breast (post-menopausal)
- Colon
- Esophagus
- Pancreas
- Endometrial

DID YOU Know? **INTERESTING FACT**

- **Obesity is now more common than malnutrition.**
- **Visceral fat (internal organ fat) is the most dangerous.**
- **A 5–10% weight reduction can significantly reduce disease risk.**



WHAT ARE THE SOLUTIONS?



	Adjustable Gastric Band	Gastric Sleeve
Mechanism:	Restrictive	Restrictive, metabolic
Weight Loss:	<ul style="list-style-type: none"> Year 1: 30–50% Year 2: 30–50% 	<ul style="list-style-type: none"> Year 1: 60–67% Year 2: 53–65%
Advantages:	<ul style="list-style-type: none"> Easy to perform Less invasive Low early complication risk Low malnutrition risk Reversible 	<ul style="list-style-type: none"> Safe & simple Impacts GLP-1 + appetite reduction No rerouting of intestines Lower micronutrient deficiencies Useful for severe obesity & Crohn's disease patients
Disadvantages:	<ul style="list-style-type: none"> Frequent band-related complications Reoperation risk Port infection Poor outcome Stoma obstruction 	<ul style="list-style-type: none"> Irreversible Risk of long-term dilation Risk of staple-line leak
	BPD-DS (Biliopancreatic Diversion with Duodenal Switch)	Gastric Bypass
Mechanism:	Malabsorptive	Restrictive & malabsorptive
Weight Loss:	<ul style="list-style-type: none"> Year 1: 70% Year 2: 75–80% 	<ul style="list-style-type: none"> Year 1: 70% Year 2: 50–75%
Advantages:	<ul style="list-style-type: none"> Maximum weight loss Best metabolic outcomes 	<ul style="list-style-type: none"> Strong weight-loss support Significant metabolic effects GERD benefits Sustained results
Disadvantages:	<ul style="list-style-type: none"> High malnutrition risk Lifelong supplements required Irreversible Most complex bariatric surgery 	<ul style="list-style-type: none"> Staple-line leak Reoperation risk Internal hernia Micronutrient deficiency



WHAT IS YOUR SOLUTIONS?
Let us figure out options!

Op. Dr. Ali

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