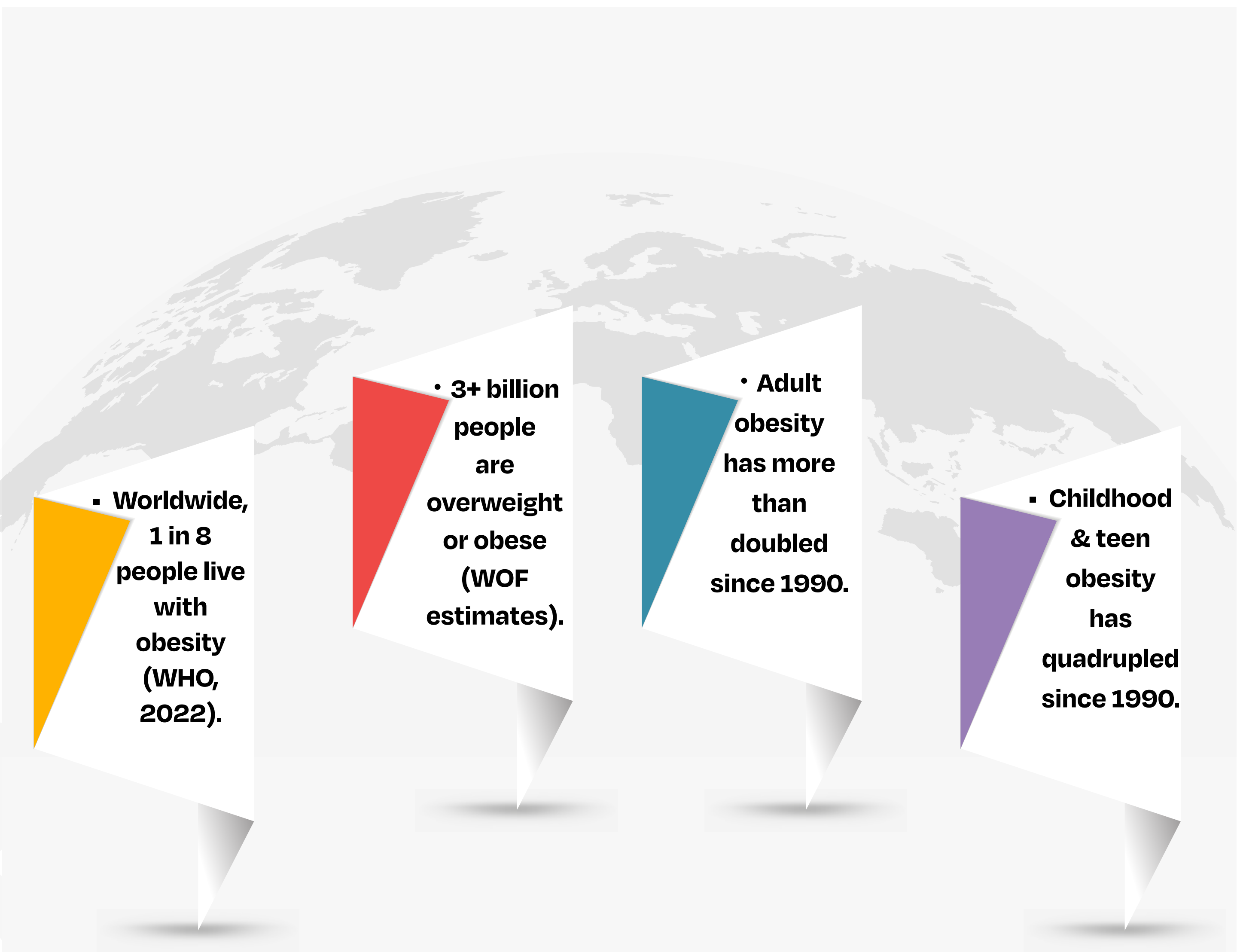


# Global **Obesity** info pack

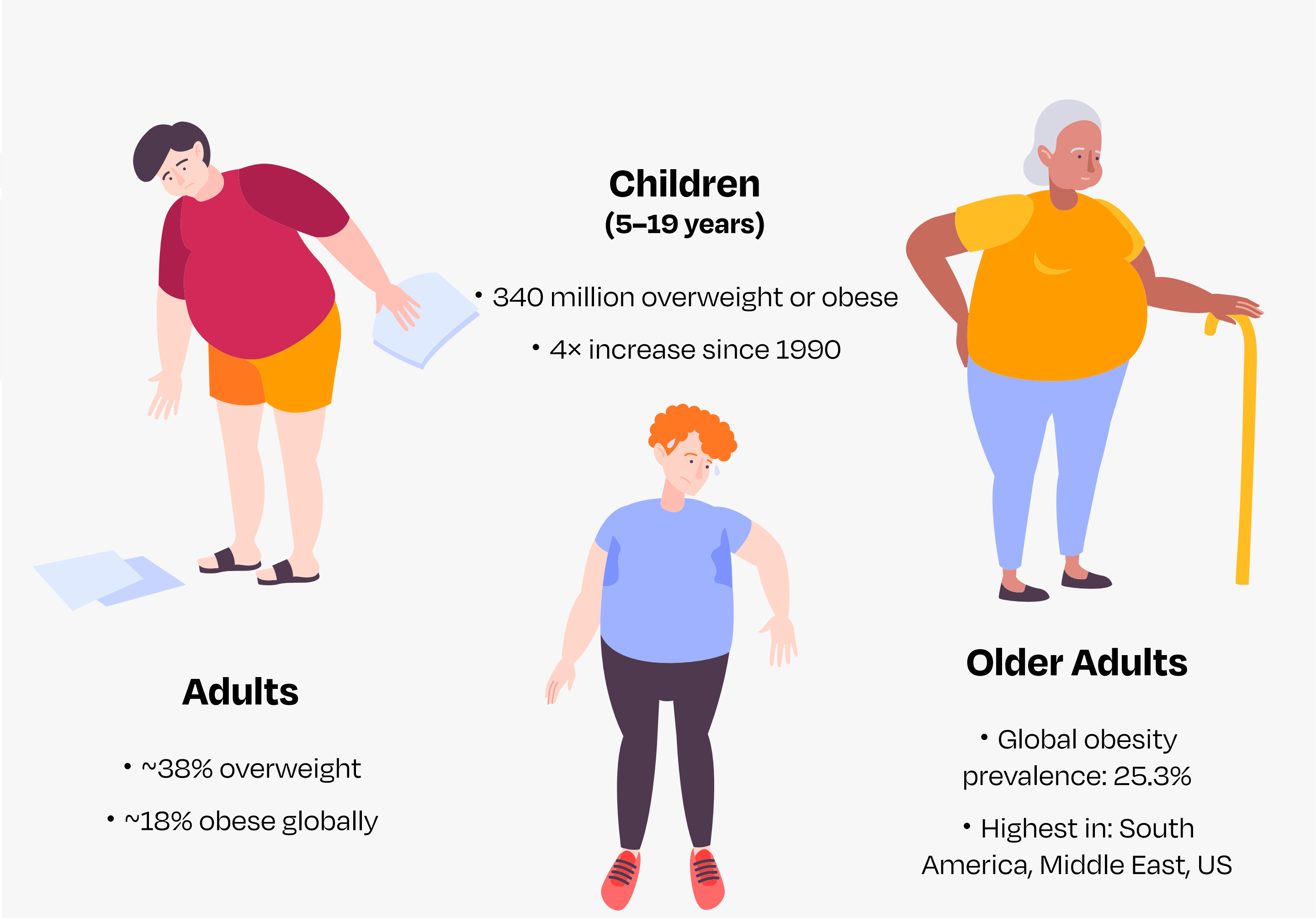
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# PREVALENCE BY AGE GROUPS



# LEADING CAUSES OF OBESITY

## Biological Factors

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



## Lifestyle Factors

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

## Environmental & Socioeconomic Factors

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



# 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

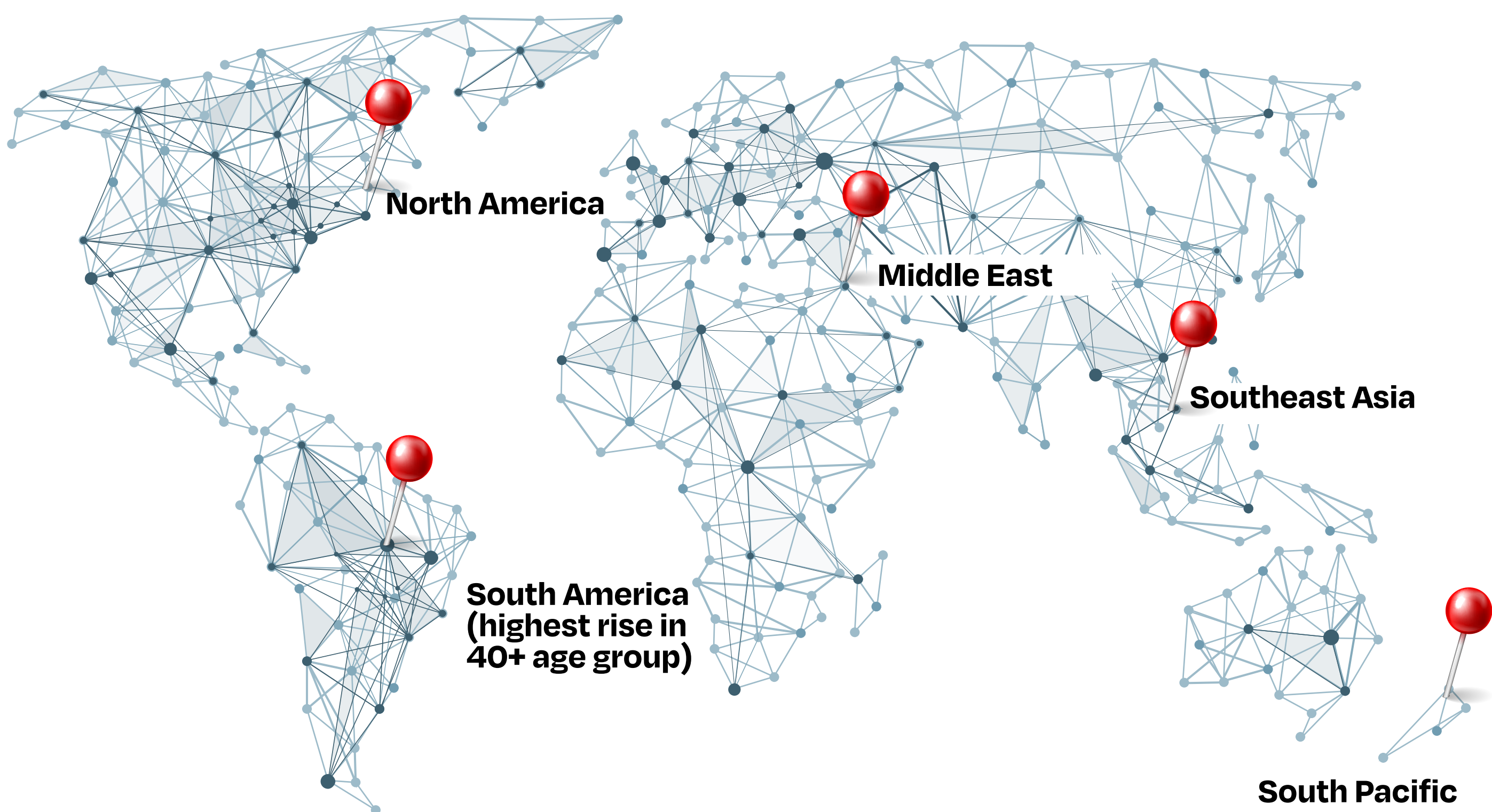
- Type 2 diabetes
- Metabolic syndrome
- Fatty liver disease

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



WHAT IS YOR SOLUTIONS?  
Let us figure out options!

Op. Dr. Ali

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