

Obesity

Obesity is one of the Modern era's Pandemic which is equally notorious as that of Covid-19 infection. Obesity can be assessed by several methods that includes Body Mass Index which many a times cannot differentiate between muscle mass and body fat ,Percent body Fat that is measured by DXA,Bioelectrical impedance,Whole body air-displacement,Phlethysmography etc.,Waist circumference and Edmonton Obesity Staging System

Current treatment options emphasizes more on Bariatric surgery in patients with Morbid obesity with a BMI of ≥ 35 with AHC* ≥ 40 without AHC where Roux-en-y leads the position in giving an expected excess body weight*loss at 2 years was 60-75%.On the other hand,Dietary plan and behavioural programmes can be tried.

Various Diet plans include :

1. Low calorie diet : 1200-1800kcal/day
2. Very low calorie diet : <800kcal/day
3. Fat restricted diet : 10-30% of total calories from fat
4. Low carbohydrate diet : 50-150gm of carbohydrate per day
5. Very low carbohydrate diet : <50gm/day
6. Ketogenic diet: carbohydrate restricted intervention
7. Mediterranean diet :whole grains, nuts, fruits and vegetables
8. DASH diet : fruits, vegetables, whole grains, fat free and low fat diary products
9. Fasting(alternative day, intermittent or time restricted eating)

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