

Understanding Obesity

Information for Patients/Guardians



What is obesity?

It is a condition characterized by excess accumulation of fat in the body which impairs health. Currently, about 25% of the Pakistani population is either overweight or obese.

Is obesity a disease?

Yes. It is a chronic progressive disease, which can relapse even after a person has lost weight. This happens because the factors contributing to weight gain persist.

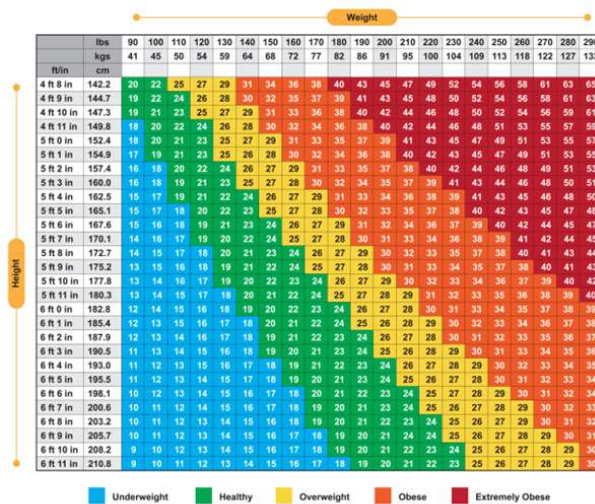
How obese am I?

Obesity can be mild, moderate or severe. This is decided by calculating the body mass index (BMI).

$$\text{Body mass index (BMI)} = \frac{\text{Weight (kg)}}{\text{Height (m)}^2}$$

- BMI 30 Obese, mild, class I
- BMI 35 Obesity, moderate, class II
- BMI 40 and above Obesity, severe/morbid obesity, class III

BODY MASS INDEX (BMI) CHART

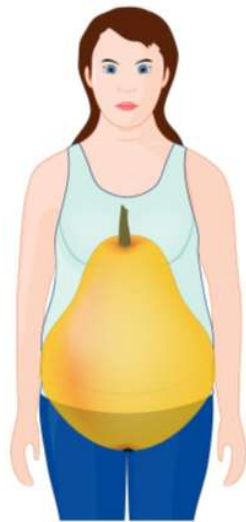


What causes obesity?

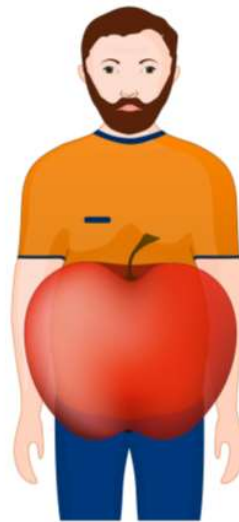
The causes can be manifold. The most common one is the consumption of energy (food) in excess of the body's daily requirements. This results in the deposition of excess calories in the form of fat throughout the body, which can occur centrally, peripherally, or in both areas.

What is central obesity and metabolic syndrome?

Central obesity occurs if one has too much fat around the belly, specifically identified by a waist circumference measuring more than 35 inches (for women) or over 40 inches (for men), taken one inch above the hip bone. People with central obesity are at high risk of developing diabetes, high blood pressure and high cholesterol in combination, leading to a condition called metabolic syndrome. This predisposes them to serious cardiac events and stroke.



**Pear Shaped
(Peripheral) Obesity**



**Apple Shaped
(Central) Obesity**

Diseases associated with obesity:

Obesity predisposes one to many diseases such as:

- Diabetes Mellitus
- Hypertension (High Blood Pressure)
- High Cholesterol
- Heart Diseases (Angina and Heart Attack)
- Stroke
- Fatty Liver (which may progress to liver failure)
- Infertility and Polycystic Ovarian Syndrome (PCOS)
- Arthritis (joint wear and tear)
- Depression and Other Mood Disorders
- Different Types of Cancers

How can we help at Aga Khan University Hospital?

At Aga Khan University Hospital, we are treating obese/bariatric patients with the help of our multidisciplinary team, which consists of Bariatric Surgeon, Endocrinologist and Dietician in addition to other specialists. We focus on treating excess weight and at the same time addressing all other conditions associated with excess weight (comorbidities) such as diabetes and hypertension. The process starts with:

- Estimation of obesity and excess weight
- Evaluation of comorbidities
- Advice on weight loss (dietary/medical/surgical)

What is the role of bariatric surgery (weight loss surgery)?

Bariatric surgery has been proven to be effective in not only losing excess weight and maintaining weight loss in the long term but also getting control/cure of diabetes, hypertension, joint pain and infertility. Bariatric surgery is so effective that it can save one out of three lives from obesity-related diseases. By losing excess weight, you can lead

a healthier life and maintain fitness through regular exercise, significantly improving your quality of life. We offer various modern weight loss procedures, employing a laparoscopic (keyhole) approach known for its minimal discomfort and scarring, promoting faster recovery. Thousands of patients worldwide have already benefited from bariatric surgery.

For appointments and further question about bariatric surgery, please contact through our given channels or call at our UAN number.

The Aga Khan University Hospital

☎ (021) 111-911-911

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