

## Understanding Obesity

Current research shows that obesity is now a global epidemic. This chronic disease is not only increasing in prevalence in adults, it is affecting adolescents and children as well. In the United States, the lifetime risk of becoming overweight or obese is approximately 50 and 25 percent, respectively.

Why is obesity of concern to us cardiologists? Obesity is associated with a significant increase in mortality and is associated with many disorders; including hypertension, heart disease, stroke, dyslipidemia, sleep apnea, diabetes, cancer, and many others. While prescribing medication may help solve the problem, weight loss will have a greater impact, and will always be the primary intervention advised. Therefore, addressing obesity issues is of great importance to us.

How do we differentiate between overweight and obese? We simply use the BMI (Body Mass Index) calculation.

**BMI= Body weight (in Kg)/ Height (in meters) squared**

The National Institutes of Health (NIH) and the World Health Organization (WHO) have given the following classifications for BMI:

- Underweight — BMI <18.5 kg/m<sup>2</sup>
- Normal weight — BMI ≥18.5 to 24.9 kg/m<sup>2</sup>
- Overweight — BMI ≥25.0 to 29.9 kg/m<sup>2</sup>
- Obesity — BMI ≥30 kg/m<sup>2</sup>
- Obesity Class I — BMI of 30.0 to 34.9 kg/m<sup>2</sup>
- Obesity Class II — BMI of 35.0 to 39.9 kg/m<sup>2</sup>
- Obesity Class III — BMI ≥40 kg/m<sup>2</sup>. This type of obesity is also referred to as severe, extreme, or morbid obesity.

Here at Heart and Health, we understand your concerns of weight loss. Our compassionate staff will always address associated risk factors and will help come up with a solution. If you are overweight/obese or at risk for obesity-associated disorders, we can suggest a number of weight loss interventions; which include lifestyle and diet modification, exercise, pharmacotherapy, and surgery interventions.

### Reference: UpToDate.com

[http://www.uptodate.com/contents/screening-for-and-clinical-evaluation-of-obesity-in-adults?source=search\\_result&selectedTitle=3%7E150](http://www.uptodate.com/contents/screening-for-and-clinical-evaluation-of-obesity-in-adults?source=search_result&selectedTitle=3%7E150)