

The causes and medical and physical of obesity

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According to the findings, history taking reveals that in most patients, the presentation of obesity is straight forward with the patient indicating problems with weight or repeated failure in achieving sustained weight loss. In other cases, however, the patient may present with complications and/or associations of obesity.

A full history must include a dietary inventory and an analysis of the patient's level. Screening questions to exclude severe or untreated depression are vital because depression may be a consequence or a cause of excessive dietary intake and reduced activity because almost 30% of patients who are obese have eating disorders, screen for these in the history. The possibility of bingeing, purging, lack of satiety, food seeking behavior, night eating syndrome, and other abnormal feeding habits must be identified because management of these habits is crucial to the success of any weight – management program.

When taking the history, the clinician should investigate whether other members of the patient's family have weight problems, inquire about the patient's expectations and estimate the patient's level of motivation. The clinician should also determine whether the patient has had any of the co-morbidities related to obesity.

In the clinical examination, measure anthropometric parameters and perform the standard, detailed examination required in evaluating patient with any chronic, multisystem disorder such as obesity.

Waist and hip circumference are useful surrogates in estimating the clinical risk over time. Neck circumference is predictive of a risk of sleep apnea and its serial measurement in the individual patient is clinically useful for risk stratification.

Biography

Otobrise Elohor Susan was born and brought up in the city of Lagos Nigeria. In 2007, she has gained admission into the school of Nursing Baptist Medical Centre (BUTH) Ogbomoso, Oyo State, Nigeria, where she was certified "Registered Nurse (RN)" in the year 2010. After school, she got her first appointment to work at a private hospital as a Registered Nurse in January 1st 2011 (St Louise Medical centre) Apapa, Lagos State. In May 3rd 2012 she has got another offer to work as a Nursing-Sister at Tolu- Medical centre, Lagos State, till date. Her future aspiration is to further more on the Nursing profession through continuing education.

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