

Obesity causes and its management

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Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. A crude population measure of obesity is the body mass index (BMI), a person's weight (in kilograms) divided by the square of his or her height (in meters). A person with a BMI of 30 or more is generally considered obese. A person with a BMI equal to or more than 25 is considered overweight. Overweight and obesity are major risk factors for a number of chronic diseases, including diabetes, cardiovascular diseases and cancer.

Factors responsible for obesity:

- Genetic factors
- Socio-economic (lifestyle and diet)
- Cultural factors
- Psychological/Hormonal and medical factors

Metformin is a widely used drug in the therapy of patients affected by diabetes mellitus. Although some caution is needed in the very old, advanced age per se does not represent a contraindication to metformin use. Experimental evidence produced over the years suggests that metformin may be useful in some clinical conditions different from diabetes mellitus. In the present review we have examined currently available data about the possible use of metformin as an effective therapeutical agent in pathological conditions different from type 2 diabetes mellitus. On the basis of our investigation, the use of metformin can be suggested in overweight patients affected by impaired glucose tolerance and/or fasting hyperglycemia and in subjects affected by polycystic ovary syndrome, while further data are needed on which I am doing research work in order to prescribe such a drug in patients.

The Obesity management Program is one of the fast developing programs in India who manages overweight & obese patients. Our obesity management program helped more than 3000 obese/overweight patient for achieving their weight reduction goal. The weight loss program is under a physician's care. Balance education, appetite management and activity to lose weight. Learn strategies to keep weight off using real food. This is not a quick fix. This is a lifestyle change. This program consists of experts in fitness and wellness who provide diet chart, education, and resources to help patient incorporate fitness into their life. Our goal is to teach patients strategies for long-term weight loss and optimal wellness so that they have the tools to maintain their weight loss. We incorporate many educational tools during patient's weight loss journey. In this poster presentation I want to show methods & details of program which will be remain helpful to different countries for management of overweight & obese persons.

Biography

Harsh K Shah has completed Post graduation in Pharmacy from Rajiv Gandhi University, Bangalore in 2009. He is doing PhD from Gujarat Technological University, Ahmedabad. He is working as an Asst.Professor at Shankarsinh Vaghela Bapu Institute of Pharmacy, Gandhinagar.

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