



## Effects of Dietary Control, Exercise and Anti-Obesity Prescriptions on Weight Loss: An Interview-Based Study

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### Abstract

Obesity is a major public health problem all over the world. The objective of this work was to evaluate effectiveness of various weight management strategies through an interview-based study. study was accomplished in various nutrition clinics in Alexandria city and pursued the following data: demographic data, body mass index (BMI), lipid profile, comorbidities, with emphasize on the authenticity of the effectiveness of weight management strategies. Results; The study comprised 2,240 participants following weight management strategies at nutrition clinics; 59.8% were obese (group I) and 40.2% were overweight (group II). BMI was highest among age group 30-40 years in group I and 18-20 years in group II. Weight management strategy by dietary control merely in 55.8% of group I and 59.5% of group II. 33.5% of group I implemented exercise training plan and 41.5% of group II respectively. 14.7% of group I responded to adjuvant anti-obesity prescriptions versus 1.5% of group II. The most commonly adopted anti-obesity prescription was Orlistat. Conclusion Participants who received anti-obesity prescriptions combined with dietary control and exercise obtained the best results when compared to other strategies, therefore anti-obesity prescriptions may be beneficial in conditions that are resistant to other weight management strategies. Comorbidities, particularly dyslipidemia; may partially impede effective obesity management protocols.

### Biography

Hala Demerdash is currently Consultant Clinical Pathology-Alexandria University Hospitals, Former Associate Professor, Pharos University in Alexandria, Egypt. She graduated from faculty of Medicine Alexandria University 1990. She received her master degree in 1997, Medical Research Institute as she was a resident in the Chemical Pathology department 1992-1995. Then she received her M.D in Clinical Pathology, faculty of Medicine Tanta University 2007. Diploma in Health Care Quality Management, Arab Academy for Science & technology 2009. She is a member of Editorial Board of Obesity Research Open Journal and has published more than 23 papers in reputed journals. Attended several International Conferences in Clinical Chemistry and laboratory Medicine. She received Eposter Award; poster title "Chitotriosidase Enzyme Activity and MiRNA-146a Expression and Their Value as Potential Biomarkers of Subclinical Atherosclerosis in Type 2 Diabetes Mellitus". At Labquality Days Congress Helsinki, Finland 2019.

### Publication

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