

World Obesity Day is a Global awareness event that happens annually on 11th October.



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The importance and the main goals of this day are to heighten within the minds of the public the reality of the current epidemic of the global obesity crisis. The priorities are raising awareness, supporting advocacy and improving policy around the issues of treating and preventing obesity.

Obesity in 2013 was classified by the American Medical Association as an independent disease entity of its own. 1 It is simply defined as the presence of excess accumulated and stored total body fat and is best classified using the universally accepted formula called body mass Index (BMI). The medical implications of such excess fat within the body have profound and definable negative effects on health and wellbeing.

A study in Nigeria found the prevalence of overweight and obese individuals to range from 20.3% - 35.1% and 8.1% - 22.2% respectively. This high incidence of overweight and obesity in our region has serious health consequences for not just now but also the future. 2

Obesity is a major independent risk factor for the development of chronic medical diseases such as hypertension, ischaemic heart disease, type 2 diabetes, osteoarthritis, obstructive sleep apnoea, infertility and several organ specific cancers. It is estimated that 425 million people worldwide have type 2 diabetes with 1,702,900 cases of diabetes in Nigeria in 2015 and this number is expected to double as obesity levels keep rising. 3

Obesity is linked to the development of Type 2 diabetes through the emergence of the metabolic phenomenon called insulin resistance. The result of which is glucose build up in the blood stream rather than entering the cells of the body, leading to type 2 diabetes.

Obesity is believed to account for 80-85% of the risk of developing type 2 diabetes. It's reported that up to 90% of patients with type 2 diabetes have a body mass index (BMI) ≥ 25.0 4 There is strong and compelling scientific evidence that weight loss or obesity reversal through whatever means, can both reverse the progression from prediabetes to type 2 diabetes and result in the remission of type 2 diabetes 5. In patients with type 2 diabetes who are overweight or obese, modest and sustained weight loss has been shown to improve glycaemic control and to reduce the need for glucose-lowering medications.

The American Association of Clinical Endocrinologists (AACE) and American College of Endocrinology (ACE) recommend all adults should be screened annually for overweight and obesity 6 the recommended approach is to use BMI the universally accepted tool to categorize patients with type

2 diabetes into those that may benefit from weight loss or not from a formal weight loss program in combination with drug therapy.

Adequate, safe and sustainable Weight loss is particularly important for individuals where these 2 disease conditions type 2 diabetes and obesity coexist. The American Diabetes Association and the AACE guidelines all recommend referring patients to high-intensity weight loss programs.

Modest weight loss can improve or prevent the health problems associated with obesity. Dietary changes increased physical activity and behaviour changes can help you lose weight.

The major advances in Bariatric or weight loss surgery over the last 20 years has been to deliver weight loss results that are greater and more sustained than other non-surgical conventional treatment of diet and exercise alone. The benefits include marked improvements in quality of life and remission/resolution of such obesity related diseases like type 2 diabetes, hypertension, sleep apnoea and many others. Euracare has assembled an expert team of experienced and dedicated professionals that are focused primarily on delivering safe and predictable surgical weight loss or Bariatric surgery outcomes and the overall management of the obesity related health conditions such as Type 2 Diabetes and cardiac disease.

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