



The E - Bulletin is a service provided from the in-house team of physicians (Specialists, GP's & the In-house Training Center) at the **CEDARS – Jebel Ali International Hospital** in order to raise awareness about health issues.

Preventing Obesity



Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and/or increased health problems.

Stable weight depends on an even balance between energy intake from food and energy expenditure. When a person's caloric intake exceeds his or her energy expenditure, the body stores the extra calories in the fat cells present in adipose tissue. These adipose cells function as energy reservoirs, and they enlarge or contract depending on how people use this energy. If people do not balance energy input and output by adopting healthy eating habits and regular exercise, then fat builds up, and they may become overweight. If you lose weight, the size of the fat cells decreases, but the number of cells does not.

Obesity in GCC. A Ministry of Health study carried out in the last decade on national nutrition revealed that 33% of married women in the UAE were overweight and 38% were obese. |Of the married men studied, 40.3 % were overweight, but only 15.8 per cent were obese. |It was found that around 20 per cent of the population suffers from obesity, which is more than the U.S. | Saudi Arabia spends around \$3 billion (Dh11 billion) every year for obesity-related consultations and treatment.

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Measurement of Obesity



Obesity is determined by measurement of body fat, not merely body weight. They can be measured by the following aspects:

- Body mass index (BMI) (a measure of body fat).
- Waist circumference.
- Waist-hip ratio.
- Anthropometry.

The presence or absence of other disease risk factors (eg, smoking, high blood pressure, unhealthy cholesterol levels, diabetes, relatives with heart disease) in addition to obesity. (Such risk factors plus BMI may be the most important components in determining health risks with weight.)

What is BMI?

Body mass index (BMI), is a measurement which compares weight and height, defines people as overweight (pre-obese) if their BMI is between 25 and 30 kg/m², and obese when it is greater than 30 kg/m²

BMI stands for Body Mass Index. It is a calculation that is based on a person's current weight and their height. By using this tool, doctors determine just how healthy is a person based on facts from other individuals of the same BMI.

This tool measures not just weight, but body fatness and is effective at showing health risk in numbers.

Body Mass Index does not necessarily measure body fat directly. Instead, it is based on research that shows how a person's BMI correlates to direct measurements in body fat. Because it is based on these calculations from research, it is considered to be a very reliable and effective alternative to actually measuring body fat.

Calculation of BMI

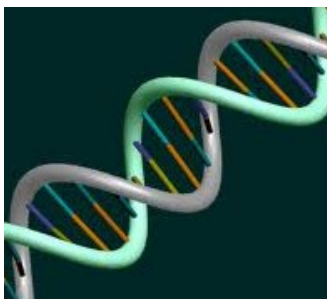
BMI of less than 20 - Underweight

BMI of 20-24 - Normal

BMI of 24.1 to 29.9 - Overweight

BMI of 30 and above - Obese

Causes of Obesity



Obesity, however, has many causes. The reasons for the imbalance between calorie intake and consumption vary by individual. Your age, sex, and genes, psychological makeup, and environmental factors all may contribute.

Genes

Obesity tends to run in families. This is caused both by genes and by shared diet and lifestyle habits. Having obese relatives does not guarantee that you will be obese.

Emotions

Some people overeat because of depression, hopelessness, anger, boredom, and many other reasons that have nothing to do with hunger. This does not mean that

Causes of Obesity (cont..)

overweight and obese people have more emotional problems than other people. It just means that their feelings influence their eating habits, causing them to overeat. In some unusual cases, obesity may be used as a defense mechanism because of the perceived social pressures related to being more physically desirable, particularly in young girls. In these cases, as with the other emotional causes, psychological intervention may be helpful.

Environmental factors

The most important environmental factor is lifestyle. Your eating habits and activity level are partly learned from the people around you. Overeating and sedentary habits (inactivity) are the most important risk factors for obesity.

Sex

Men have more muscle than women, on average. Because muscle burns more calories than other types of tissue, men use more calories than women, even at rest. Thus, women are more likely than men to gain weight with the same calorie intake.

Age

People tend to lose muscle and gain fat as they age. Their metabolism also slows somewhat. Both of these lower their calorie requirements.

Pregnancy

Women tend to weigh an average of 4-6 pounds more after a pregnancy than they did before the pregnancy. This can compound with each pregnancy. This weight gain may contribute to obesity in women

Certain medical conditions and medications

This can cause or promote obesity, although these are much less common causes of obesity than overeating and inactivity. Some examples of these are as follows:

- Hypothyroidism
- Cushing Syndrome
- Depression
- Certain medications (examples are steroids, antidepressants, birth control pills)
- Prader-Willi syndrome



Problems related to overweight and obesity

- Cardiovascular diseases
- Hypertension (high blood pressure)
- Dyslipidemia (for example, high total cholesterol or high levels of triglycerides)
- Stroke
- Insulin Resistance and Type 2 Diabetes
- Cancers (endometrial, breast, and colon)
- Reproductive and Hormonal Problems
- Type 2 diabetes
- Liver and Gallbladder disease
- Sleep apnea and respiratory problems
- Osteoarthritis (a degeneration of cartilage and its underlying bone within a joint)
- Gynecological problems (abnormal menses, infertility)
- Emotional and Social problems



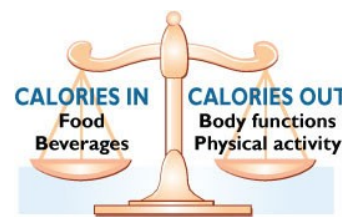
“Obesity is the second largest preventable cause of death following smoking.”

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Obesity Treatment

Any good diet plan will include exercise. It helps to increase metabolism and is one less opportunity to eat during the day. You should exercise for at least 30 minutes, 5 times a week. Regular exercise also helps your heart and lungs and lowers triglyceride levels that can cause heart disease. It also increases the HDL ("good cholesterol") levels. Even simple measures such as taking the stairs instead of the elevator and short walks eventually add up to a lot of calories burned



CALORIES COUNT!

If you are...	Your caloric balance status is
Maintaining your weight	"in balance." You are eating roughly the same number of calories that your body is using. Your weight will remain stable .
Gaining weight	"in caloric excess." You are eating more calories than your body is using. You will store these extra calories as fat and you'll gain weight.
Losing weight	"in caloric deficit." You are eating fewer calories than you are using. Your body is pulling from its fat storage cells for energy, so your weight is decreasing .

For most people who are overweight or obese, the safest and most effective way to lose weight is to eat less and exercise more. If you eat less and exercise more, you will lose weight. It is as simple as that. There are no magic pills. Diets that sound too good to be true are just that.

Key components of a lifestyle change program



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Steps to prevent obesity and overweight



- **Exercise regularly.** Try to get 150 to 250 minutes of moderate-intensity activity a week to prevent weight gain. Moderately intense physical activities include fast walking and swimming.
- **Eat healthy meals and snacks.** Focus on low-calorie, nutrient-dense foods, such as fruits, vegetables and whole grains. Avoid saturated fat and limit sweets and alcohol. You can still enjoy small amounts of high-fat, high-calorie foods as an infrequent treat. Just be sure to choose foods that promote a healthy weight and good health more often than you choose foods that don't.
- **Know and avoid the food traps that cause you to eat.** Identify situations that trigger out-of-control eating. Try keeping a journal and write down what you eat, how much you eat, when you eat, how you're feeling and how hungry you are. After a while, you should see patterns emerge. You can plan ahead and develop strategies for handling these types of situations and stay in control of your eating behaviors.
- **Monitor your weight regularly.** People who weigh themselves at least once a week are more successful in keeping off excess pounds. Monitoring your weight can tell you whether your efforts are working and can help you detect small weight gains before they become big problems.
- **Be consistent.** Sticking to your healthy-weight plan during the week, on the weekends, and amidst vacation and holidays as much as possible increases your chances of long-term success.

Home

- Reduce time spent watching television and in other sedentary behaviors
- Build physical activity into regular routines

Schools

- Ensure that the school breakfast and lunch programs meet nutrition standards
- Provide food options that are low in fat, calories, and added sugars
- Provide all children, from prekindergarten through grade 12, with quality daily physical education

Work

- Create more opportunities for physical activity at work sites

Community

- Promote healthier choices including at least 5 servings of fruits and vegetables a day, and reasonable portion sizes
- Encourage the food industry to provide reasonable food and beverage portion sizes
- Encourage food outlets to increase the availability of low-calorie, nutritious food items
- Create opportunities for physical activity in communities ❖

Medical Consultant for July 2011



Ms. Pranita Anand
Dietician

Received her Bachelors degree in Nutrition at S.V.T University, Mumbai in 1998, she has done her specialization in Dietetics and Hospital Food Service at I.H.M., Mumbai in 1999.

She worked as Chief Dietitian in Lilavati Hospital and Research Centre, Mumbai for 4 years and has experience of 8 years in therapeutic counseling to out and inpatients, handling food service, planning and coordinating the patient's diet, modification of food in terms of patient's diet and medical requirements.

She has been the active member of Indian Dietetic Association.

Presently working as a full time Dietician in CEDARS - Jebel Ali International Hospital.

Clinic Timings – 8.00 am to 5.00 pm from Sunday till Thursday.

For further information about our doctors, please call +971 4 881 4000

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