

Treatment of obesity research paper examples

[Sociology](#), [Violence](#)



Obesity is a consequential condition of positive energy balance in which the quantity of energy supplied to the body is far much more than the amount required by the body to complete assorted physical tasks. Obesity is determinable by ascertaining an individual's body mass index (commonly abbreviated as BMI and a quotient of an individual's mass and height).

According to Vaidya, someone with a BMI of 25 and above is considered obese- another person with a BMI of above 40 is severely obese (25).

Functional literature regarding obesity hints that the preponderance of obesity, a treatable condition that has always been linked to serious health hazards due its underlying relation with a plethora of chronic diseases, is on the rise incessantly. The current obesity situation has attracted a good deal of researches aimed at contriving well-grounded amelioration models; amelioration models with coordinated action intended to help obese people lead a normal life. These efforts concur that obesity can be treated through gastric bypass surgery, a program of exercise and fitness or throwing a regnant of healthy eating

Several methods exist to help curb obesity. One such method is the gastric-bypass surgery method that principally entails the reduction of the stomach size (Tan 2; Seppa 1). Zulekha Haywood's case as reported by Tan is utile in emphasizing the essence of -bypass surgery in the treatment of obesity.

According to Tan, Haywood, 31, has since dropped more 157 lbs following the procedure moving from a size 24 to a size 8 (2). Haywood reckons how she abortively tried dietary method specifically yo-yo dieting which to a fault kept her constantly excogitating about her meals. After surgery, Haywood consentaneously avows that the surgery has cured her condition leaving her

looking at herself on the mirror and seeing “ a wonderfully vibrant woman” (Tan 2). Even as Haywood celebrates of a successful gastric-bypass surgery, Seppa sternly warns that the procedure still carries a number risks that quite often result into fatalities (4). Fortunately, the number of qualified doctors carrying out this procedure have recently increased coupled with numerous technological development for instance the advent of laparoscopy that serve to heighten the success rate of this procedure (Seppa, 4).

Physical therapy has also been evidenced as prospective effective method of effecting weight lose. This assertion underscores the authoritative role that weight-lose plays in the fight against obesity. Jessica Cassity’s article dubbed “ Lose Weight, No Sweat” talking about a program pioneered DR. James A. Levine, a Mayo Clinic in Rochester, MN medical professor, under the name “ Nonexercise Activity Thermogenesis” (NEAT) accentuates the indispensability of physical therapy as a method of curbing obesity. DR. Levine in his NEAT program proposes that for people without time to go to gymnasiums, a change of lifestyle habits, particularly sitting habits, is all that is required to warrant lose of excess weight. An individual following the proponents of NEAT is supposed to start by wearing activity monitor during the first one week of the program in an effort to determine the individual’s “ baseline activity level and daily calorie burn” (Cassity 2). The second step entails creative considerations of how one can increase the daily calorie burn up by more than 500 calories. Step two should be complemented with proper dietetic considerations (step 3) which revolve around sticking to a 1, 600-calorie-a-day diet characterized with a lot of vegetables and fruits (Cassity 2). Clark’s contention in an article she titled “ When Food Has Too Much

Power Over You” closely relates the NEAT’s step 3. In the article, Clark argues that restrictive eating is not the most salutary way to fight obesity- any one suffering from any eating disorder should simply learn how to manage the situation amicably instead of resolving to restrictive diet (Clark 2).

Concisely, obesity is a treatable condition that results when the amount of energy supplied to the body exceeds the amount that the body needs to accomplish various tasks. There are several methods that can be used to better the condition of an obese. Gastric-bypass surgery is one of the methods that can be used to treat obesity. The procedure entails the reduction of the size of the stomach. Physical therapy is yet another method that can help in meliorating obesity. Physical therapy manifestly involves the use of exercises to aid in weight lose. Dietary therapy, just like the name suggests, pertains the subjection of oneself in a carefully deliberated diet to avoid weight gain and to effect weight lose. The success of these methods can be further enhanced with the help of food supplements such as Chorionic Gonadotropin and Polyglycoplex.

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