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Etiology and hazards of obesity pdf

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Of The Shayna, Facty Staffupated: February 27, 2019en Although obesity is one of the world's rapidly growth in the world - and health threats - there is still a significant quantity of disinformation on this serious medical problem . People still believe obsolete ideas and are not aware of important facts on nutrition, exercise and way in which the body reacts to different foods. This lack of knowledge makes it very difficult for doctors, nutritionists, physical trainers and people with obesity to make good health choices. ObesitÀ is considered a chronic medical condition, with a specific list of symptoms that help to diagnose. One of the most important signs that a person could suffer from obesity is the BMI, or the body mass index, a fairly simple weight formula in kilograms divided for the square of its height in meters. While the BMI is not a perfect instrument, it can help doctors determine the gravity of a patient's condition and help formulate a treatment plan. Andresr / Getty Images The body mass index can indicate to the doctors if a patient is in a healthy range of weight, and can tell them how much someone falls out of that healthy range. If the BMI is under 18.5, the experts consider underweight. 18.5 to 25 is a normal and healthy range, while from 25 to 30 indicate the overweight. Obesight indicators begin to a BMI of 30. 30 to 35 are considered class 1 obesity, from 35 to 40 is class 2 obesity, and over 40 BMI is class 3 obesity, severe or extreme . These classification levels indicate something about the size and weight of the patient, but above all, indicate the level of danger in which the condition places the individual. Lebazele / Getty Images in 2013, the American Medical Association (AMA) ranked obesity as a disease, detecting that the incidence of obesity is climbed to 60% of the American population for adults and almost 20% of children and Teenagers, in just over 30 years. In 2015, researchers have estimated that 108 million children and 604 million adults were obese all over the world, representing 5% of all children and 12% of all adults, with higher rates among women in All agent bands. Since the obesity is linked to the consumption of chemical preservatives, trans fats and fructose fats, developing nations passing from traditional diets to a more westernized diet, including foods loaded with these ingredients, find their rates quickly Obesità and obeysity-related diseases. . Ericmichaud / getty images that speaks medically, obesity is a inflammatory disease. Doctors can measure the health risk of a person with obesity looking for inflammation indicators as some proteins â €