



Obesity: Causes and Complications

Dr. Assim A Alfadda, MD, FRCPC, FACP, MSc
Associate Professor of Medicine and Endocrinology & Metabolism
Director of the Obesity Research Center, KSU
www.obesitycenter.edu.sa

Obesity, as defined by the WHO, is the abnormal or excessive fat accumulation in adipose tissue to the extent that health is impaired and WHO recommended using the BMI for its classification which was proven to be fairly reliable. It is considered by the medical profession as a serious and potentially life-threatening condition because of the variety of diseases it can cause. The most common co-morbidities and risk factors associated with obesity ranges from type 2 diabetes, osteoarthritis, cancer of the breast and prostate, major cardiovascular diseases, stroke and respiratory disease to gallstones and gout.

The etiology of obesity is multifactorial and it involves biochemical, dietary or behavioral pathways. Obesity can occur secondary to a neuroendocrine disease, drugs, diet, reduced energy expenditure or genetic factors. Multiple interventions are currently being used in its management such exercise, diet, behavior/cognitive therapy, drugs and for the severely obese who are refractory to other management, bariatric surgery.

In this talk we will focus on what causes obesity? and how can obesity affect the health of an individual?