Obesity: A Worldwide Pandemic with Advancing Management Options

Obesity is a chronic health problem that causes the body to accumulate abnormally large amounts of fat or adipose tissue, which is dangerous for one's health. Between calories consumed and calories expended, there is an imbalance. Heredity, a sedentary lifestyle, excessive fat, sugar consumption (energy-dense meals), certain drugs, and endocrine problems are the reasons for obesity. As well as behavior and culture, changes in the environment or society also have a direct impact.

Obesity that is excessive around the body's perimeter (gynoid obesity) or the waist and trunk (abdominal, central, or android obesity) might have serious consequences. Additionally, some studies came to the conclusion that individuals with higher body fat percentages have lesser volumes of critical brain regions, including the brain's central grey matter structures.

How is Obesity Measured?

The body mass index is the most fundamental and widely used technique for measuring obesity among the numerous approaches (BMI). BMI determines a person's level of adiposity by considering both their height and weight. Accordingly, there are three **classes of obesity**: Class 1 (low risk), Class 2 (moderate risk), and Class 3 (high risk). Overweight (not obese) falls into the first category. A BMI of 18.5 kg/m2 or less is regarded as underweight.

However, if the BMI is between 25 and 30 kg/m2, the person will be overweight rather than obese. But if a person's BMI is higher than 30 kg/m2, they are considered obese. Obesity is measured using a variety of additional techniques, including Bioelectric Impedance (BIA), waist circumference, air-displacement plethysmography, waist-to-hip ratio, skinfold thickness, and others.

Obesity Treatment Scenario

In the developed world, obesity has gone from being a rare disorder to being pervasive over time. Dietary restriction, diet treatment, physical activity, anti-obesity medications, prebiotics, probiotics, bariatric surgery, and cognitive-behavioral therapies are all included in the current pyramid of interventions for the **management of obesity**. There are numerous treatments for

this complex disease which are FDA Approved obesity drugs, but they are not all being used to their full potential. Obesity is still spreading at epidemic levels, despite the rise in the market and spending on anti-obesity treatments already available in economically stable areas.

Unexpectedly, several pharmaceutical companies introduced their products into the obese market before the FDA pulled them on safety concerns, such as the possibility that they can cause cancer-related disorders. The majority of these are connected to the negative cardiovascular effects of fenfluramine, sibutramine, dexfenfluramine, rainbow pills, and rimonabant-induced increased suicide risk.

Way Ahead

In conclusion, both patients and clinicians have struggled with the clinical application of obesity medicine. The **science of weight control** has advanced to the point that it is now able to create some effective tools. As a result, attention can now be turned from comorbidity treatment with anti-hypertensives and lipid-lowering medications to glycemic management medications.

Furthermore, because they have fewer non-specific adverse effects than medications with central action, gut hormones may be an especially intriguing target for future research. It is believed that current and emerging weight-loss medications will offer safer and more potent tools for the long-term control of obesity. Some of the most important obesity-related businesses today, like Rhythm Pharmaceuticals, Novo Nordisk, Eli Lilly and Company, Novartis, and others, are working to find medicines for the disease. The introduction of novel obesity treatments in the upcoming years will greatly enhance the lives of those who are affected by obesity.

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