



New Strategies for Adoptive Prevention of Complex Obesity

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DESCRIPTION

Some patients may benefit from weight-management program in terms of weight loss or preventing weight gain. Some obese persons find it difficult to maintain their weight loss or drop enough weight to enhance their health. In certain circumstances, a physician might think about incorporating other therapies, such as weight-loss drugs, gadgets, or bariatric surgery. People with obesity or excess weight should start a regular exercise regimen at the same time they start a healthy food plan. Using calories may be aided by exercise. We may maintain a healthy weight by engaging in regular physical activity. They could be able to help us get healthier and lose weight[1].

The following advice may be useful as we consider how to get in regular exercise, shed weight, and generally enhance our health. Try to exclusively eat at the kitchen or dining room table. Avoid locations where snacks might be offered at work. Utilize online tools that help us keep track of our eating habits, exercise routines, and weight, such as the Body Weight Planner, to monitor their progress. These resources might support their persistence and motivation. Instead of aiming to "be more active," decide to walk for 15 to 30 minutes each Monday and Friday before work or at lunch[2].

If they go for a stroll on Monday, schedule one on Tuesday. They can contact assistance by phone, email, text message, or in person. A support group might also be joined by them. We can alter our lifestyles with the aid of specially qualified healthcare specialists. Plans include techniques to assist patients change their habits and maintain them, as well as a lower-calorie diet, more exercise, and other measures. They can participate in individual or group sessions with the specialists in person (on-site). To support their strategy, the experts may frequently contact them *via* phone or online. Smartphones, pedometers, and accelerometers are a few examples of gadgets that might be used to monitor how well people are adhering to their strategy.

To treat overweight and obesity when healthy diet and exercise routines are insufficient, our doctor may prescribe medications.

While taking weight-loss medications, they should make an effort to maintain their healthy eating routine and keep up with their normal physical activity[3]. They can come across advertisements for dietary supplements and herbal therapies that promise to make them lose weight. However, many of these assertions are untrue. Even some of these supplements' severe adverse effects are possible. Before using any over-the-counter herbal remedies or nutritional supplements to aid in weight loss, patients should consult their doctor. The effectiveness and safety of weight-loss devices have not been thoroughly studied over a lengthy period of time because they have only recently received FDA approval. Among the weight-loss tools are:

Electrical stimulation system: During laparoscopic surgery, a surgeon inserts a device into our abdomen for the electrical stimulation system. Their stomach and brain are separated by the device, which prevents nerve activity

Gastric balloon system: A doctor inserts one or two balloons into the patient's stomach using a tube that is placed in the mouth. After inserting the balloons, the surgeon fills them with salt water to make them expand and make the patient feel fuller[4].

Gastric emptying system: An individual who uses a gastric emptying system after eating uses a pump to remove some of the food from their stomach. Their stomach's interior and our abdomen's exterior are connected by a tube that is part of the device. They use the pump to empty their stomach of its contents through the tube and into the toilet about 20 to 30 minutes after eating[5].

If a patient has extreme obesity and has not been able to lose enough weight to improve their health or prevent gaining back the weight they have lost with previous therapies, bariatric surgery may be a possibility. If a patient has major health issues associated to obesity, such as type 2 diabetics or sleep apnea, bariatric surgery may also be an option at lower levels of obesity. Their body weight and amount of physical activity determine the calorie intake. The nutrients they require to maintain their health will be provided by a diet low in calories and rich in a variety of healthful foods. A form of intermittent fasting known as alternate-day fasting alternates between "fed days," or days of

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unlimited eating, and "fast days," in which one consumes zero to one-fourth of one's daily caloric intake [5].

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