

Editorial on Complications of Rapid Weight-Loss

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INTRODUCTION

Rapid weight loss or Sudden weight loss can be either intentional or due to certain known/unknown health conditions. Intentional rapid weight loss program is followed by people who are depressed because of their weight and want to reduce weight rapidly. There can be various reasons why people would want to lose weight instantly.

A few of these reasons are:

- obesity
- feelings of social neglect
- heart diseases
- inactivity or lethargy
- other health conditions

Side effects of rapid weight loss

Sometimes people want to reduce weight as soon as possible. They try to lose weight by dieting or by consuming certain medications which might result in a lot of complications such as:

- It might cause the skin sagging, stretch marks (from where

you intend to lose weight) and also skin to be left behind sag. All these might give unsightly appearance to the body.

Large doses of vitamin B3 (niacin) improves high-density Starving while dieting to get faster results is extremely harmful to the body and health which can be extremely detrimental to the health.

- Rapid weight loss can also make you lose water from your body. It can cause dehydration and may also lead to nausea or fainting.
- Sudden weight loss is not a permanent solution. One should be very careful while adopting rapid forms of weight Rapid weight loss can sometimes lead to the gallstones formation. It can also cause infection due to obstruction in the normal flow of the bile from the gallbladder to the intestine.
- Hair loss can also occur. Protein intake gets reduced when one follows a strict diet plan for rapid weight loss. This can make hair extremely brittle and dry hence causing it to break.

In order to reduce weight, it is better to follow a clinically supervised diet chart which does not make you starve and rather balances your diet.

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