

MYTHS AND FACTS ABOUT OBESITY

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*Special Interest in Bio Identical Hormone Replacement Therapy,
Menopause, Andropause, Somatopause and Aging related conditions.*

1. Obesity is merely a life style disorder:



Fact: Obesity has now been classified as Disease itself with multi factorial etiology. Being a disease, Obesity needs to be managed medically under supervision.

2. Obesity always mean low thyroid. Taking thyroid medicines will treat Obesity.

Fact: Not all the obesity is due to hypothyroidism. Also, only hypothyroidism can not be labelled as the sole cause of Obesity in any individual. Taking unsupervised and inadvertent thyroid supplementation may lead to detrimental health effects. Obesity indeed has underlying endocrine (hormonal) issues as the cause and complications effect. The assessment should not restrict to thyroid only.

3. Snoring is normal. It means sound sleep.

Fact: Snoring is not normal. It denotes the presence of Obstructive

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Sleep Apnoea (OSA). Obesity and OSA go hand in hand. Your day time lethargy, amotivation and sexual dysfunction may be the consequence of OSA. Your inability to lose weight and manage obesity may be because of underlying OSA. Get your sleep studies done, manage your OSA. This may prove to be the first big step towards Obesity management.

4. I can treat Obesity only by exercise.



Fact: Losing weight and managing Obesity are two different entities. Exercise is a good habit to acquire irrespective of the weight. It gives fitness and helps to manage weight. The management of Obesity

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and its complications need multimodal approach (including medical management, dietetics, exercise, sleep management and life style management).

5. The fancy over the counter alternative (herbal) medicines, Ayurvedic massage, and well marketed equipments can treat my Obesity.

Fact: Obesity is a multi factorial disease. It's a modern epidemic. It needs multimodal and serious approach to management.

6. Fat burners can solve all my problems of Obesity.

Fact: There is nothing like fat burners. These products by increasing sympathetic over activity can lead to serious cardiac side effects (including death).

