

Obesity and Its Management: A Growing Health Concern



MINIMAL ACCESS SURGERY

Obesity is a complex and increasingly prevalent health issue that affects millions globally. Defined as an excessive accumulation of body fat that presents risks to health, obesity is not just a cosmetic concern but a serious medical condition linked to various chronic diseases, including diabetes, heart disease, and certain cancers.



Understanding Obesity:

Obesity is commonly measured using the Body Mass Index (BMI), calculated as weight in kilograms divided by height in meters squared. A BMI of 30 or above is considered morbid obesity – the point where your weight is now adversely affecting your health. However, it is important to assess other factors, such as waist circumference, fat distribution, and associated health conditions, for a comprehensive evaluation.

Causes of Obesity:

Obesity results from a combination of factors:

1. **Lifestyle Choices:** Sedentary behavior and high-calorie diets are significant contributors.
2. **Genetics:** Family history can predispose individuals to weight gain.
3. **Medical Conditions:** Hormonal imbalances or medications like corticosteroids can lead to weight gain.
4. **Psychological Factors:** Stress, depression, and emotional eating are common triggers.

Health Risks of Obesity:

1. **Metabolic disorders:** Type 2 Diabetes, hypertension, high cholesterol
2. **Circulatory disorders:** Increased risk of heart attacks and stroke, varicose veins of legs
3. **Respiratory Problems:** Sleep apnea and reduced lung function.



4. **Joint Disorders:** Knee and spine problems due to increased stress on weight-bearing joints.
5. **Hormonal disorders:** Male and female infertility, menstrual disorders, thyroid dysfunction
6. **Cancer:** Higher risks of breast, colon, and other cancers.

The prevention, care and management of any disease becomes more complex, time consuming and expensive when the patient also has morbid obesity.

Management of early Obesity

Prevention of obesity or the early management depends primarily on 3 factors

- **Diet** – focus on healthy options, with limited intake of calories.
- **Exercise** – regular routine exercise as a daily habit.
- **Lifestyle modification** – mindful eating and portion control, avoiding emotional eating triggers, increasing our physical activity in our daily routines



If required always seek professional help – from dietitians, physiotherapists or exercise trainers, and counselors, to guide you towards safe and effective choices.

Management of morbid Obesity

When BMI exceeds 30 kg/m², obesity is now classified as a disease, requiring medical interventions for its management. It requires a multidisciplinary team approach tailor-made to the patient's individual needs.

Short term / temporary options

- **Medications** – In recent years, many medications were introduced, with varying degrees of success - eg. Mounjaro, Ozempic. The advantage of medical management was that patients could avoid more invasive interventions. However, the major limitation to this approach is that the weight loss that can be achieved is limited, and it is not a good option for people with very high BMI. Furthermore, many people were unable to tolerate the side effects – nausea, vomiting, gastrointestinal upset. Also, the effects are not permanent, with a significant proportion of patients regaining their weight once therapy was stopped.

- **Endoscopic procedures** – intragastric balloon. Allows for limited weight loss, however there are major side effects including pain, bloating, vomiting, and erosive gastritis. Primary recommendation for gastric balloon is as a bridge to surgery – to temporarily reduce some weight in patients and to reduce risk of surgery. It is ineffective as a tool for long term weight loss.

Surgery – long term / permanent option

- Surgery for weight loss, or bariatric surgery is a well established standard of care for morbidly obese patients with a BMI above 35, especially when all other options have failed. It is considered to be safe, effective, and offers the patient the best possible chance of losing sufficient weight so as to bring the BMI down to a healthy range, and also

maintain the weight for the long term. An added advantage is that it also helps in improving or curing co- morbidities such as diabetes, hypertension or high cholesterol. Once patients achieve their weight loss after surgery, they are able to enjoy a normal healthy lifestyle.

Our Commitment to Your Health

At RAK Hospital, we are dedicated to helping individuals manage and prevent obesity. Our multidisciplinary approach includes personalized nutrition plans, fitness consultations, and advanced medical interventions tailored to your unique needs.

Together, we can overcome obesity and achieve a healthier future. For more information or to schedule a consultation, contact us today.



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News

9-year-old suffers cardiac arrest, 'brought back to life' from critical condition



Khaleej Times, UAE – Thu 7 Nov 2024

Nine-year-old Karim Fadi Adwan had just returned home after playing football when he suddenly felt a pain in his chest. Minutes later, he collapsed and became unresponsive. His family rushed him to RAK Hospital, where doctors discovered that the little boy had suffered cardiac arrest – a rare occurrence among children.

'All my problems are gone': Diabetic taxi driver in UAE sees life-changing results after joining health challenge



Khaleej Times, UAE – Thu 14 Nov 2024

RAK Hospital's community initiative, the RAK Diabetes Challenge 2024 (RAKDC24), concluded with over 5,000 participants from across the UAE successfully improving their health. Conducted in collaboration with the Ministry of Health and Prevention (MOHAP), the initiative celebrated inspiring stories on World Diabetes Day. Participants adhered to strict diet and exercise routines, making significant improvements in their HbA1c levels and overall health.

Under the patronage of HH Sheikh Saud bin Saqr Al Qasimi, Member of the Supreme Council of the UAE and Ruler of Ras Al Khaimah



UAE News 24/7 – November 17, 2024

Dr. Raza Siddiqui, Coordinator of the RAK Terry Fox Run, expressed his deep gratitude for the ongoing support of HH Sheikh Saud bin Saqr Al Qasimi and the local community, stating: "I would like to extend my heartfelt thanks to HH Sheikh Saud for his continued leadership in raising awareness and supporting cancer research. His presence and unwavering support at the run each year serve as a tremendous source of motivation and encouragement for the entire community and we are deeply grateful for his involvement."

Events

Birthday Celebration of Babies Born at RAK Hospital

We celebrated the birthdays of babies born at RAK Hospital, shared joy and cherished memories with our patients and their families.



Infection Control Week at RAK Hospital: Promoting Awareness Through Creative Poster Competition

We celebrated Infection Control Week with a creative poster competition, showcasing staff ideas and strategies to prevent infections and promote health.



Dr. Ateek shared his insights on Critical Care and Recovery with RAK FM

Dr. Ahmed Ateek highlighted Karim's recovery from a deep coma, emphasizing the need for swift action and recognizing serious symptoms like chest pain or fainting in children.

Events

Health Talk by Dr. Fatima at Al Hamham Secondary School: Part of the MOE & MOH Campaign.

Dr. Fatima conducted an insightful health talk at Al Hamham Secondary School, part of the MOE & MOH campaign, focusing on essential health topics to promote awareness and well-being among students.



محاضرة عن التغذية لكبار السن في جمعية الإمارات لرعاية وبر الوالدين

نظمت جمعية الإمارات لرعاية وبر الوالدين بالتعاون مع فريق البسمة التطوعي ومستشفى رأس الخيمة محاضرة عن التغذية لكبار السن في مقر الجمعية



RAK Hospital Celebrated World Quality Week with a Commitment to Excellence in Patient Care

World Quality Week was marked with an inspiring celebration focused on quality care and patient safety.



Events

Starnite 2024 at RAK Hospital: Celebrating Success and Togetherness

Starnite event brought together staff, families, and friends for a night of celebration, joy, and recognition. The evening featured exciting activities, lively entertainment, and a grand prize distribution ceremony, making it a memorable event for everyone!



World Prematurity Day Celebration at RAK Hospital

We celebrated World Prematurity Day by welcoming premature babies born at RAK Hospital. The event included expert talks, inspiring stories from parents, fun activities, and exciting giveaways, creating a memorable day for all.



Promotions

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World Diabetes Day

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