

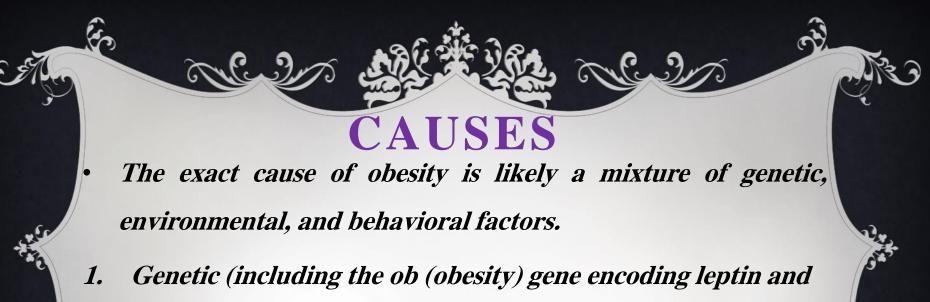




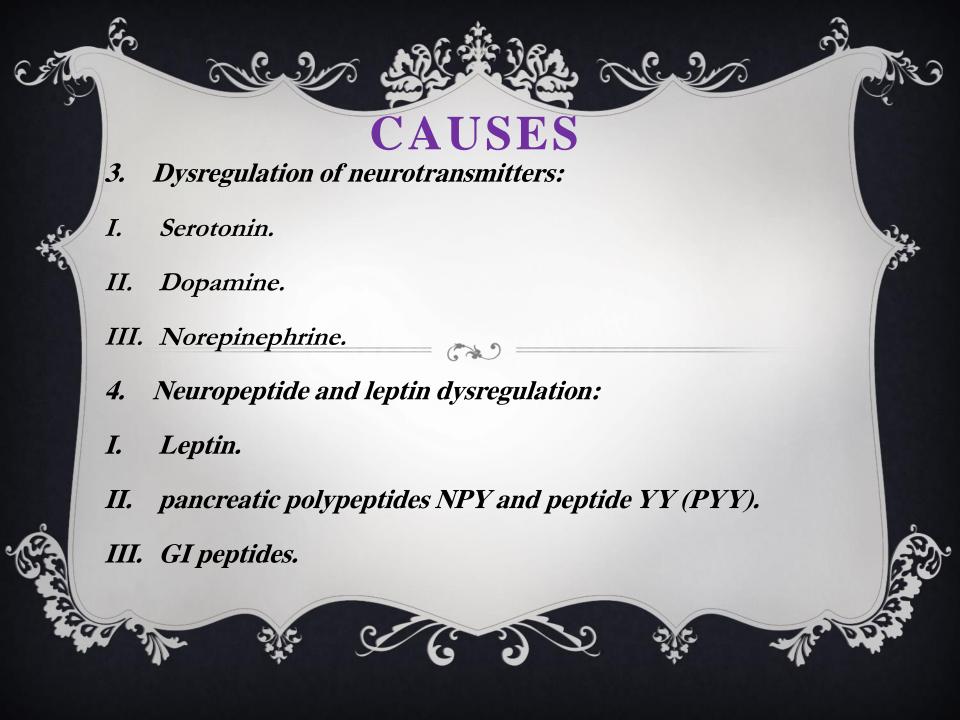
• It is characterized by an excessive accumulation of fat in the body.

• It results from an imbalance of energy intake and energy expenditure.

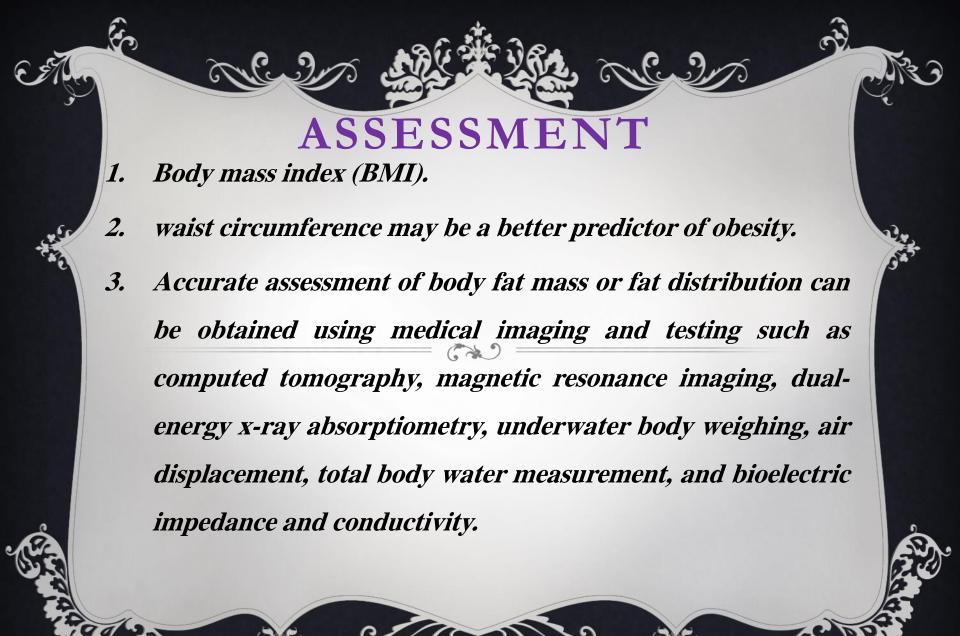
- It is a chronic metabolic disorder that is determined by multiple biological and environmental factors, a sedentary lifestyle, and a genetic predisposition.
- It is associated with an increased risk of stroke, CHD, type 2 diabetes, hypertension and dyslipidemia.



- the db (diabetes) gene.
- Dysregulation of the hypothalamic-pituitary-adrenal, hypothalamic pituitary- gonadal, and hypothalamicpituitary-thyroid axes. Alterations in hypothalamic functioning are associated with appetite changes, mood disorders, and neuroendocrine disturbances.









A 3-month programme of weight reduction should aim for a 5- to 10-kg weight loss over 3 months or 0.5 kg per week (combining diet, exercise and behavioral strategies).

- 1. The recommended calorie intake should be between 1200 and 1600 kcal per day.
- 2. Increased physical activity at least 30 min of steady activity for 5 or more days a week is recommended.



3. Orlistat is reduce dietary fat absorption by inhibiting GI (stomach and pancreatic) lipase activity. It is used only in conjunction with a weight-loss programe.

• The main its side-effects are gastrointestinal (GI) related.

• Absorption of fat-soluble vitamins and other fat-soluble nutrients is inhibited by the use of orlistat.



