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Non-Pharmacological Treatment of Obesity

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Obesity is increasing globally. World Health Organization has reported over 650 million adults were obese and this has nearly tripled since 1975. Obesity causes a lot of health problems such as type 2 diabetes mellitus, cardiovascular disease, degenerative joint disease, and certain types of cancer. Therefore, it is considered to be one of the principal global health problems. Various factors such as genetic factors, environmental factors are involved in the pathogenesis of obesity. Among them, globally, an increased intake of energy-dense food such as high fat diet and an increase in physical inactivity contribute obesity, so lifestyle modifications including reducing energy intake,

choosing of healthy diets and an increase physical activity is important for prevention and treatment of obesity. However, when these modifications have not been successful, physicians have considered pharmacological treatment or surgical treatment. Numerous studies have shown that bariatric surgery reduces body mass and ameliorates obesity-related complications, such as hypertension and hyperglycemia, suggesting that surgery is the most effective therapeutic option for obesity. Therefore, this session will discuss about non-pharmacological treatment of obesity based on recent trials of surgical treatment of obesity.