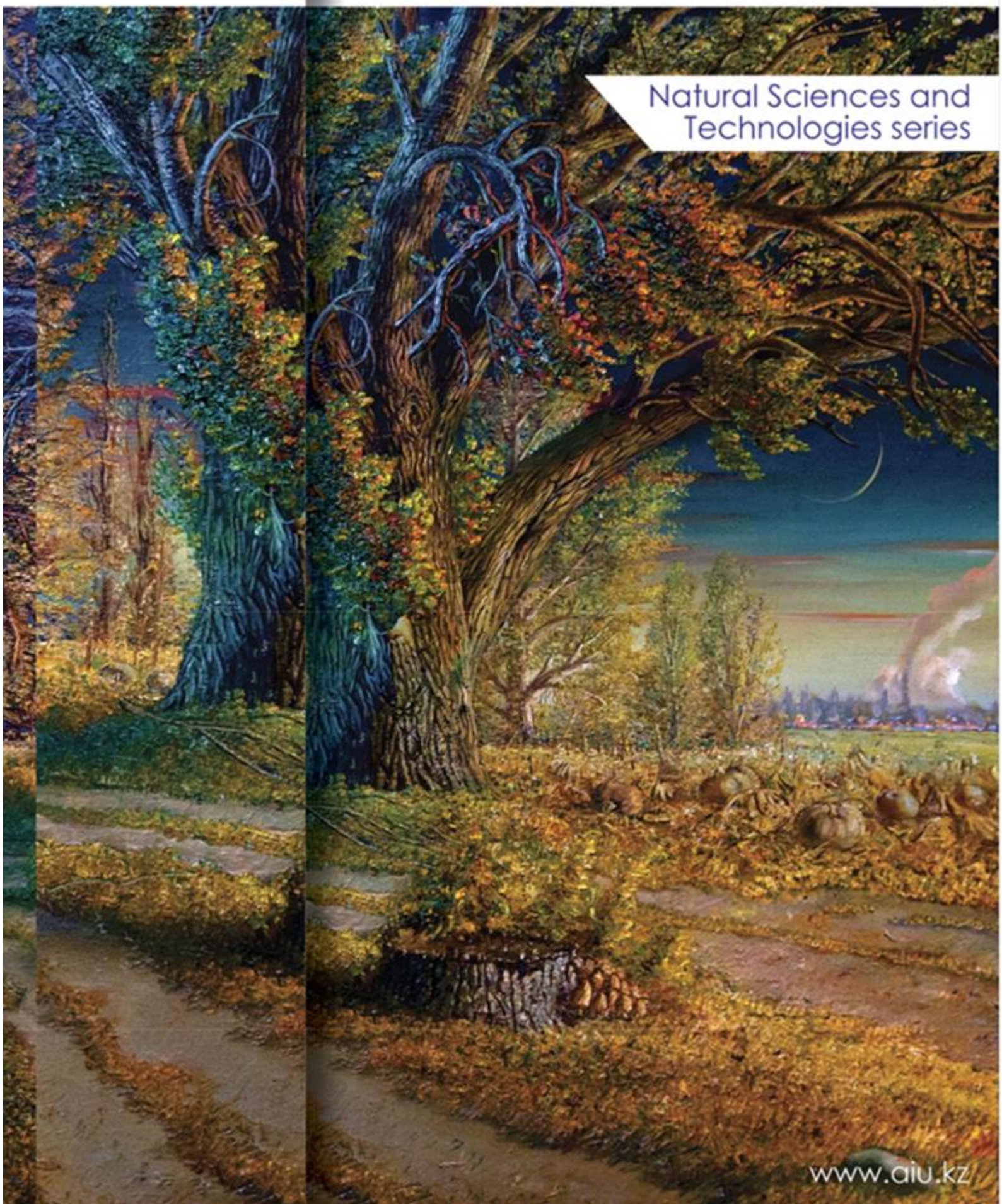


# INTERNATIONAL SCIENCE REVIEWS



№3 (4) 2023

Natural Sciences and  
Technologies series







# **INTERNATIONAL SCIENCE REVIEWS**

## **Natural Sciences and Technologies series**

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## OBESITY IS A GLOBAL PROBLEM. KNOWLEDGE ABOUT OBESITY

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Overweight and obesity is the accumulation of abnormal excess fat that negatively affects health. Obesity is one of the most common chronic diseases in the world, not only adults, but also children and adolescents. The increase in obesity is associated with environmental factors. Obesity is an important contributing factor to the development of chronic diseases such as cardiovascular disease, type 2 diabetes mellitus, hypertension, stroke, heart failure, dyslipidemia, uric acid, sleep apnea, the cause of sudden death in patients. Why is it so important to fight obesity? What is the future of this disease, which has not yet been scientifically resolved? Several treatments and interventions are used to treat overweight and obesity, but most are harmful rather than beneficial. My hypothesis is directly aimed at getting rid of obesity. That is, I will tell you how to help a person who is overweight or obese. This decision was previously considered but is not currently valid. This method of drug treatment is called obesity drug treatment.

Obesity is a chronic progressive metabolic disorder characterized by excessive accumulation of adipose tissue, recurrent after stopping treatment. Obesity today is one of the the most common chronic diseases in the world. Its prevalence is so great that acquired the character of a non-infectious epidemic. Obesity poses a serious health risk and is accompanied by the development of such serious diseases as type 2 diabetes mellitus (DM), arterial hypertension (AH), ischemic heart disease (Ischemic heart disease), myocardial infarction (MI), malignant tumors that lead to a decrease in working capacity, early disability and a reduction in the life expectancy of patients. The risk of death from any causes, including cardiovascular disease and malignant neoplasms, increased in men and women of all age groups suffering from obesity of varying severity (from moderate to significant). According to statistics, there are now more than 650 million obese people in the world. It is very important to solve the problem of obesity, because the number of overweight people is growing every year, so if every 10 years 10% of people get sick, in the next century the world's population will be obese.

In the age of medical technology, the world has developed a large number of drugs and surgical methods of weight loss. Bariatric surgery plays an important role in surgical treatment of this type of disease. Bariatric surgery is a surgical reduction of the stomach. Bariatric surgery is divided into two parts: more radical methods, which include surgery directly on the stomach (gastric bypass and gastric longitudinal resection), and less radical surgery, during which the stomach is not surgically reduced (gastric banding to regulate the rate of passage of food and filling stomach). The main contraindications to

the operation: severe general illness, which is contraindicated under general anesthesia pregnancy and lactation period history of mental illness alcoholism and drug addiction. If a person with excess weight will not follow the doctor's instructions after the operation, the risk of weight gain is high. (Koleshko, S.V., etc 2016). Most of the contraindications for this operation are postoperative life-threatening events, i.e. a person suffers from various diseases such as ulcers, peptic ulcers, infertility, there is a risk of obesity if the patient does not follow the advice of a doctor. I propose a hypothesis drug therapy means that reduce body weight. If surgery has a negative impact on a person, if diet and exercise help a little, why not achieve weight loss with medication? Scientifically proven drug treatment has a more positive effect on people than surgical treatment. Because the drug treatment in practice proved that for 3 months the mass of the body is reduced by 5%. Although this drug has been used in science since 1994, it is a low-consumption drug with a low chemical content, fortified with active substances. The active ingredient of Orlistat (also known as Xenical, Listata, Orlimax and Orsoten) is tetrahydrolipstatin. It was derived from lipstatin, a substance secreted by the bacterium *Streptomyces toxytricini*. The drug has a therapeutic effect within the gastrointestinal tract (Gastrointestinal tract) and has no systemic effect. The drug has a high lipophilicity and is saturated with fat droplets, mostly proven in practice and does not cause side effects in humans. (Pankiv, V.I. (2013).

Orlistat covalently binds to the active center of the lipases of the pancreas, stomach and intestines, inactivating them. Triglycerides cannot enter the bloodstream due to the inhibition of lipases in the gastrointestinal tract. This causes a shortage of energy, which leads to the mobilization of oil from the depot. Under the influence of orlistat, the fat mass in the viscerosoma is significantly reduced. Orlistat also helps reduce hypercholesterolemia, which reduces its ability to enter the bloodstream. It should be taken at a dose of 120 mg 3 times a day with your main meal. Contains fat, orlistat has immediate side effects. In order to lose weight in a normal life, it is important not only to take medication, but also to eat right. In the future, the treatment of obesity with drug treatment will allow the body to be maintained at a normal level after reaching its reduction in a short time. It is very important that the main purpose of long-term weight control drugs is to prevent complications of obesity. Drug treatment is not widely used today, because people consider surgical treatment to be optimal, on the contrary, surgical treatment lowers people's living standards. To get rid of obesity, people need to be given the right advice, of course, treatment. Although this does not benefit a person, in the process of surgical treatment, a person faces various difficulties, the risk of obesity is high, people are in a difficult financial and psychological state. Therefore, people should be given the most appropriate medical advice.

## CONCLUSION

In conclusion, we note that the disease of overweight and obesity in humans is an urgent problem of our time. It seems that being overweight and obesity has become a problem not only for individuals, but for the whole world. But what's the solution? And

how good will it be for human health?Currently, a lot of studies and evidence, projects, medical discoveries, measures to prevent obesity are being developed, but they do not give useful results, one way or another, they have a negative impact on people. This requires a new solution to overcome excess weight and obesity. In my opinion, the most convenient approach to the treatment of obesity with drugs today, diet and proper nutrition alone cannot give the expected results. To get rid of this unresolved disease, people undergo surgery, which is the treatment of obesity with the risk of relapse. Therefore, if drug therapy were used, the obesity rate would be significantly reduced. It should be emphasized that the drug must be natural, without dyes, without certain harmful chemical additives. An example of this is drug treatment.

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