



Revolutionary Approach to Obesity Treatment for Millions

Description

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A group of researchers suggests a new way to define obesity, which could help many people globally. The current definition by the World Health Organization looks at excess body fat that can harm health. They usually use BMI to decide if someone is obese.

However, BMI doesn't show if the excess weight is from fat, muscle, or bones. High body fat levels can lead to health issues like inflammation and diseases. The researchers want to introduce a new category called "preclinical" obesity, distinguishing between those with symptoms and those at risk.

By measuring body fat directly with waist width or X-rays and doing blood tests to check organ health, healthcare workers can offer tailored advice. This might involve lifestyle changes for those at risk and medication or surgery for those with symptoms. The goal is to provide better care for people with obesity and reduce the social stigma around it.

The proposed changes have support from various health organizations worldwide, aiming to improve how obesity is managed in healthcare.

Vocabulary List:

1. **Obesity** /oʊˈbiː.sɪ.ti/ (noun): A condition characterized by excessive body fat that can negatively impact health.
2. **Inflammation** /ɪnˌflæməˈteɪʃən/ (noun): A localized physical condition characterized by redness swelling heat and pain often as a response to injury or infection.
3. **Preclinical** /priːˈklɪnɪkəl/ (adjective): Relating to the stage before clinical symptoms appear in a disease.
4. **Tailored** /ˈteɪ.lərd/ (adjective): Customized or made to fit the specific needs of a person or group.
5. **Surgery** /ˈsɜːrdʒəri/ (noun): A medical procedure involving an incision with instruments to repair damage or arrest disease in a living body.
6. **Stigma** /ˈstɪɡ.mə/ (noun): A mark of disgrace associated with a particular circumstance quality or person.

Comprehension Questions

Multiple Choice

1. How do health organizations currently define obesity?

Option: By looking at excess body fat that can harm health

Option: By measuring muscle mass

Option: By checking bone density

Option: By using X-rays



2. What does the World Health Organization usually use to decide if someone is obese?

- Option: Waist width
- Option: X-rays
- Option: Blood tests
- Option: BMI

3. What is one of the health issues high body fat levels can lead to?

- Option: Joint pain
- Option: Inflammation
- Option: Allergies
- Option: Headaches

4. What new category of obesity do the researchers want to introduce?

- Option: Childhood obesity
- Option: Preclinical obesity
- Option: Genetic obesity
- Option: Athletic obesity

5. How can healthcare workers offer tailored advice to individuals with obesity?

- Option: By measuring bone density
- Option: By performing genetic tests
- Option: By using X-rays
- Option: By measuring body fat directly and doing blood tests

6. What is the goal of the proposed changes in managing obesity?

- Option: To increase social stigma
- Option: To provide better care for people with obesity
- Option: To ignore health issues related to obesity
- Option: To reduce global healthcare support

True-False

7. BMI can accurately determine if the excess weight is from fat.

8. The researchers aim to reduce the social stigma around obesity.

9. The proposed changes in managing obesity have received support from only a few health organizations.



10. Waist width and X-rays are suggested methods to measure body fat directly.
11. Those at risk of preclinical obesity may require lifestyle changes.
12. Medication or surgery may be recommended for individuals with symptoms of preclinical obesity.

Gap-Fill

13. High body fat levels can lead to health issues like inflammation and _____.
14. The researchers suggest measuring body fat directly with _____ or X-rays.
15. The goal of the proposed changes is to provide better care for people with obesity and reduce the social stigma around it in _____.
16. Symptoms of preclinical obesity may require medication or _____ for treatment.
17. The current definition of obesity by the World Health Organization looks at excess body fat that can harm _____.
18. Measuring body fat more carefully could help in the _____ of obesity.

Answer

Multiple Choice: 1. By looking at excess body fat that can harm health 2. BMI 3. Inflammation 4. Preclinical obesity 5. By measuring body fat directly and doing blood tests 6. To provide better care for people with obesity

True-False: 7. False 8. True 9. False 10. True 11. True 12. True

Gap-Fill: 13. diseases 14. waist width 15. healthcare 16. surgery 17. health 18. treatment

Answer

CATEGORY

1. Sci/Tech - LEVEL2

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