New Insights in Obesity: Genetics and Beyond

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Obesity-Treatment by drugs

The main disturbing situation faced by any individual is obesity nowadays. Obesity occurs because of overweight and this has several reasons to gain weight like hereditary, diabetes, diet, aging, PCOS in women, stress, and tiredness. It is a major, sustaining, worsening condition of energy regulation with severe hereditary and early life natural causes. However, there are ways that we can treat obesity, but the complication emerges with the side effects. One way of treating obese by using lifestyle intervention involving exercise, maintaining a proper diet, and pharmacotherapy. Following this method does not affect much as mostly it includes lifestyle intervention. However, by using lifestyle intervention we could reduce weight to a certain extent only.