

Effects of Dietary Control, Exercise and Anti-Obesity Prescriptions on Weight Loss: An Interview-Based Study

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Obesity is a major public health problem all over the world. The objective of this work was to evaluate effectiveness of various weight management strategies through an interview-based study. study was accomplished in various nutrition clinics in Alexandria city and pursued the following data: demographic data, body mass index (BMI), lipid profile, comorbidities, with emphasize on the authenticity of the effectiveness of weight management strategies. Results; The study comprised 2,240 participants following weight management strategies at nutrition clinics; 59.8% were obese (group I) and 40.2% were overweight (group II). BMI was highest among age group 30-40 years in group I and 18-20 years in group II. Weight management strategy by dietary control merely in 55.8% of group I and 59.5% of group II. 33.5% of group I implemented exercise training plan and 41.5% of group II respectively. 14.7% of group I responded to adjuvant anti-obesity prescriptions versus 1.5% of group II. The most commonly adopted anti-obesity prescription was Orlistat. Conclusion Participants who received anti-obesity prescriptions combined with dietary control and exercise obtained the best results when compared to other strategies, therefore anti-obesity prescriptions may be beneficial in conditions that are resistant to other weight management strategies. Comorbidities, particularly dyslipidemia; may partially impede effective obesity management protocols.

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