

Obesity a Major Risk for Covid 19 Patients

Joe Thomas*

Jawaharlal Nehru University, Hyderabad, India

*Corresponding author: Joe Thomas, Jawaharlal Nehru University, Hyderabad, India, Email: joe.thomas@gmail.com

Received date: July 15, 2020; Accepted date: July 21, 2020; Published date: July 28, 2020

Copyright: © 2020 Thomas J. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Citation: Thomas J (2020) Obesity a Major Risk for Covid 19 Patients. J Obes Weight Loss Ther 10: 404.

Short Communication

The pandemic situation has kept the planet in panic situation and brings the fear of death to humanity. Initially it reported that older individuals are susceptible to COVID and later it's reported in many parts of the planet that pre-existing diseased are more susceptible to virus than the traditional people. The pre-existing diseases are like diabetes, respiratory illness, kidney and heart problems.

However, the recent studies have included heavy overweight, obese persons have more susceptible to COVID 19. Previous studies from China and South Korea showed that the COVID-19 death rate increased significantly for older patients and people with pre-existing conditions. Recent studies from the U.S., the U.K. and France show that obesity may be a risk factor.

In a single center in France, 124 consecutive patients admitted in medical care for COVID-19 were studied for the link between Body Mass Index (BMI) and requirement for invasive mechanical ventilation (IMV). Graph 1 shows that the share of overweight (represented in blue) (25-30 kg/m²), obese (represented in orange) (30-34) & severely obese (represented in red) (>34) people are more among COVID-19 patients than among non-COVID-19 severe acute respiratory tract infection patients (both categories were admitted to medical care in 2019.) Also, there's a comparatively low share of lean (represented in green) (BMI < 30 kg/m²) and were aged but 60 years were 3.6 times more likely to be admitted to ICU compared to patients within the same age bracket who had a BMI lesser than 30 [2].

During the 2009 H1N1 influenza pandemic, there was a robust link between obesity and bad outcomes for patients. People with obesity were at a better risk of dying during influenza pandemics within the 1950s and 1960s, too.

So, if the insides of your blood vessels are sticky, and an epidemic causes your system to travel haywire and make more blood clots, that sets the stage for blockages. These blockages can cause heart attacks, strokes, and lung damage -- all problems seen in COVID-19 patients.

To compound the matter, people with obesity appear to possess more ACE2 receptors on their cells than others. ACE2 receptors are the doors the virus uses to infect cells then make more copies of itself.

A recent study found that fat tissue has more ACE2 receptors than lung cells do. More ACE2 may mean more virus within the body, says Carl Lavie, MD, medical director of cardiac rehabilitation and prevention at Ochsner Health in New Orleans.

Recommendations for obese people consider the subsequent tips to remain healthy during the COVID-19 pandemic:

Be extra cautious: Everyone should be social distancing, wearing cloth masks and practicing excellent hand hygiene, but those that are obese should consider being even more vigilant about these preventive measures than someone who is otherwise healthy. If you are doing interact with people, confirm they're being as safe as you.

Ensure your other underlying health conditions are well-managed. People that are obese and produce other preexisting health issues, like heart condition, high vital sign and diabetes, should make certain to require all medications needed to manage their overall health. Having quite one chronic health issue can increase an individual's risk even further.

Support your system: The system is complex, and lots of factors contribute to a healthy immune reaction. However, eating healthy, exercising regularly and getting quality sleep are easy ways to assist naturally boost your system.

References

1. Simonnet A, Chetboun M, Poissy J, Raverdy V, Noulette J, et al. (2020) High prevalence of obesity in severe acute respiratory syndrome coronavirus-2 (SARS-CoV2) requiring invasive mechanical ventilation. *Obesity* 28: 1195-1199.
2. Lighter J, Phillips M, Hochman S, Sterling S, Johnson D, et al. (2020) Obesity in patients younger than 60 years is a risk factor for Covid-19 hospital admission. *Clin Infect Dis* 2020.