

Keywords: Obesity; Metabolic diseases; Type 2 diabetes; Cardiovascular disease; Diabetes, Non-alcoholic fatty liver disease; Tea-diet; Lifestyle interventions, Pharmacological interventions

Introduction

Obesity, a global public health problem, is characterized by an excessive accumulation of adipose tissue. It is a major risk factor for cardiovascular disease, type 2 diabetes, and non-alcoholic fatty liver disease. The pathogenesis of obesity is complex, involving genetic, environmental, and behavioral factors. This review explores the intersection of obesity and metabolic diseases, focusing on the underlying mechanisms and potential therapeutic strategies.

Intersection of Obesity and Metabolic Diseases: Obesity is closely linked to metabolic syndrome, a cluster of conditions including abdominal obesity, high blood pressure, high blood sugar, and abnormal cholesterol levels. These conditions significantly increase the risk of heart disease and stroke. The underlying mechanism involves insulin resistance, where the body's cells do not respond properly to insulin, leading to elevated blood sugar levels. This, in turn, can lead to the development of type 2 diabetes. Additionally, obesity is associated with dyslipidemia, characterized by high levels of triglycerides and low levels of high-density lipoprotein (HDL) cholesterol, further contributing to cardiovascular risk.

fe e c a ge .

C a a d c a e : I e e c -ba ed
e e a ge be e e a d e ab c ea

P c c a ge : Ad ca ef c c a ge a ca a d a a
e e c ea e e a ea fe e , c a
ed acce f d a d ec ea a ace .

I e a a e ea c c a : F e ge ba c ab a
e ce , da a , a d e e e , add e ge e d de b de
f be a d e ab cd ea e .

C a a ge : De e e e a c de c a a d
c ec c fac e c ge be a d e ab c ea a
ge ba ca e .

e f e f add e ge e ab c d ea e a ca ed
be e a c , a e -ce e ed , a d ec ge ca
ad a ced a ac . ge ge ge e ea c , c ab a , a d
e e ge a f a e ec ge , ea ca e fe a
ca ad a ce a d e e ec e e e , ea e e ,
a d e a ed ea e f d d a a ec ed b be - ea ed
e ab cd de .

B d e : Mea e b d ge c e e e , d e , a d
a e f a a a e e ab c ea .

L e f c e : E a a e e e e a d e a e
da ge ea d c d e -ac cfa e d ea e
(NAFLD).

He d a c ge : A e b d e e e a d

Citation: Wang KDMG (2024) The Associated Metabolic Diseases and Treatment in Obesity. *J Obes Weight Loss Ther* 14: 645.

5. Augustin LS, Gallus S, Bosetti C, Levi F, Negri E, et al. (2003) Glycemic index and glycemic load in endometrial cancer. *Int J Cancer* 105:404–407.
6. Slattery ML, Boucher KM, Caan BJ, Potter JD, Ma KN, et al. (1998) Eating patterns and risk of colon cancer. *Am J Epidemiol* 148:4–16.