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Basis of Obesity Treatment

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Obesity is a gateway to serious and even life-threatening conditions. It's an epidemic which affects the health of millions of people worldwide. Treating obesity is crucial as it will ultimately result in the prevention of many related chronic diseases and will decrease morbidity and mortality. The list of possible complications or concomitant diseases is vast and alarming. Lifestyle intervention is the basis for the treatment of overweight and obesity, whenever possible. Despite the fact that treatment of obesity is very thankless, because the patient always requires or is awaiting for the stable result in a very short time-period, or is awaiting for the "miracle" of minus 20 kg in 2 weeks, and the lifelong change of the lifestyle is not his/her aim, still there will be always a group of 'manageable' patients who - change their lifestyle and will follow the "eat smart strategies" lifelong. Weight loss objectives should always be realistic, individualized, and aimed at the long term. The transdisciplinary approaches, including dietary, exercise and behavior modifications, while also consider psychosocial characteristics of patients are of great help. We have always to remember that - Obesity is a chronic disease, a follow-up and continued supervision is necessary to prevent weight regain, and to monitor disease risks and treat co-morbidities. We know that without essential changes in lifestyle it's impossible. Here we try once again to clarify all those "healthy lifestyle steps/tips" which all of our obese patients should know and follow.

Biography:

Ketevan Asatiani has graduated from Medical Faculty of Eberhard-Karls University, Tuebingen, Germany. In frame of the DAAD scholarship her PhD was done in Institute of Reproductive Medicine in Muenster, Germany. Nowadays she is the head of the Obesity and Metabolic disorders department in Ltd "National Institute of Endocrinology" in Tbilisi, Associated Professor at Medical University in Tbilisi, President of the Georgian Association for the Study of Obesity. Member of the board of the European Association for the Study of Obesity. She is Provider of lectures, trainings, workshops and round table meetings for students, health care professionals, endocrinologists, GPs in Georgia.