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Obesity increases your risk of severe illness from Covid 19 risk.

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Introduction: Obesity is defined; as chronic and severe disease in developed and developing countries, affecting both adults and children disease. Obesity has become a worldwide epidemic. The World Health Organization predicts that by the year 2015, 2.3 billion adults will be overweight (body mass index [BMI] ≥ 25) with 700 million being classified as clinically obese (BMI ≥ 30). Obesity has been linked to numerous health problems and chronic diseases, including type 2 diabetes, hypertension, dyslipidemia, certain cancers, and cardiovascular diseases. The first human cases of COVID-19, the disease caused by the novel coronavirus causing COVID-19, subsequently named SARS-CoV-2 were first reported by officials in Wuhan City, China, in December 2019. Obesity has been well established as a risk factor for increased morbidity and mortality; however, its effects on susceptibility to infection are just beginning to be understood. In the hospital setting, obese patients are more likely to have secondary infections and complications develop, such as sepsis, pneumonia, bacteremia, and wound and catheter-related infections. Patients with increased BMI and adiposity also present a higher incidence of surgical site infections, which have been associated with increased risk of other wound complications, increased length of stay, and increased risk of death According to some of researchers; higher BMI (> 30) increases your risk of severe illnesses from Covid 19.

Conclusion: Finally; obesity that defined chronic illness increases your risk of severe illnesses from Covid 19. Patients that with obesity has lowing immune system. Some of studies show that risk of Covid 19 increase with Body Mass Index (BMI)

Keywords: obesity, covid 19, immune system, BMI

Biography:

Nevin Borzan is a dietitian. She finished her masters in university of Eastern Mediterranean in 2019. She like researching and improving herself. She has many review articles. They are enteral parenteral nutrition, obesity, kefir and effect of cocoa on cardiovascular diseases.