

## **12. SUMMARY**

Ever before we are accompanied by an obesity. At present days we are witnesses of sharp accrual of an obesity in all parts of the world. Unfortunately even the Czech republic is not an exception.

Above all an obesity is defined as an excessive amount of fat in a relation to other tissues of organism and brings relevant medical and physical risks. Among basic factors which cause formation of an obesity influences of outside surroundings and genetic predisposition can be reckoned.

To develop suitable therapeutic procedure it is necessary to do: anamnestic, anthropometric, biochemical, clinical and in some cases even psychological examination.

A whole therapy of an obesity includes: diet-therapy, motoric activity, modification of living style, pharmaco-therapy and surgical treatment