

Abstract

Obesity is one of the most common health problems in the World. Over 500 million adults and over 40 million children are obese. The aim of this work is to summarize findings of causes and consequences of this health problem. Even though in some cases only genetic mutations are responsible for obesity for example mutation in ob gene or Prader-Willi syndrome most cases are caused by lifestyle of people –excessive food intake and insufficient physical activity. There are many health problems accompanying obesity. The most serious problems are metabolic syndrome, diabetes mellitus, cardiovascular diseases and cancer. The consequences of obesity are, however, not confined only to health. We can also observe the economic consequences. Financial cost of treatment of obesity and related diseases are estimated in billions of dollars. Pharmacological treatment has so far proved to be ineffective. If drugs are effective, the side effects are so severe that their use is not possible. So far, the adipose tissue hormones that regulate food intake provide the best hope.