Abstract

The bachelor thesis deals with the issue of obesity, which is currently one of the most common metabolic diseases. The theoretical part summarizes the basic characteristics of obesity, epidemiology, etiopathogenesis, health complications and treatment options.

The thesis aims to describe weight development in patients with 3rd degree obesity and to find out the main causes that are most involved in the rise and fall of weight.

Data a graph of the weight development provided 57 obese individuals. Information was obtained in the form of a retrospective method in a personal interview on III. Internal Clinic – Clinic of Endocrinology and Metabolism of the General Teaching Hospital and 1st Faculty of Medicine of Charles University in Prague. All the collected data were then statistically evaluated in the form of tables and graphs.

The most frequent cause of weight gain in the whole group is the combination of unhealthy eating and sedentary lifestyle (56%). Only women have most frequent cause of weight increases in a pregnancy (68%). Significant causes of weight gain include stress (46%), pharmacotherapy (46%), injury or surgery (40%).

In contrast, the most frequent cause of weight loss for most patients was diet (65%), LCD and VLCD mode on bed (51%) and bariatric surgery (40%). Further results have shown that men on average reach a higher weight than women, but on the contrary, women reach the highest weight at a younger age.

The results of the research confirmed that the most prevalent in obesity manifestation is inappropriate eating in conjunction with the growing sedentary lifestyle, which significantly reduces the movement activity of patients. The resulting energy imbalance between intake and output further exacerbates weight gain that increases health risks and reduces the quality of life of the patient. Therefore, a more detailed study of the causes of obesity helps each individual to more effectively select the therapeutic procedure and better predicts the subsequent development of weight.

Keywords: obesity, causes of obesity, causes of weight gain, causes of weight loss, weight gain