

International Summit on **HORMONAL DISORDERS**

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The twin epidemic of obesity and diabetes is a major crisis globally. Several epidemiologic studies reveal the parallel escalation of obesity and diabetes**Mohamed Fathy Ahmed***Mansoura University, Egypt*

we've probably heard of diabetes and obesity. But what the heck is diabetes? It's a new medical term for a condition that's becoming a worldwide epidemic. And if you have it, losing weight could cure the condition. Obesity is a chronic metabolic disease affecting adults and children worldwide. It has become one of the leading causes of death, as obesity is known to be the main risk factor for a number of non-communicable diseases, in particular type 2 diabetes. This close relationship led to the connotation 'diabetes', highlighting the fact that the majority of individuals with diabetes are overweight or obese. Until today the BMI is still used to classify overweight and obesity. Since reduced muscle mass is highly prevalent throughout the BMI range, the measurement of body composition is strongly recommended. Moreover, it is essential for monitoring the course of weight reduction, which is part of every effective anti-obesity treatment. Having obesity makes you more likely to develop diabetes, the condition of having too much glucose (sugar) circulating in your bloodstream. Obesity also causes diabetes to worsen faster. The causes of type 2 diabetes and obesity are almost the same. These two diseases can be a cause and effect of each other. Therefore, it is possible to take precautions against these two dangerous diseases by acting in the right way. Eating habits are the most common cause of these diseases. Studies show that fast foods that are full of satiety increase the risk of diabetes and obesity.

Biography

Mohamed Fathy Ahmed, Dietetic student at Mansoura University, and got a Full Excellence Scholarship from USAID directed by AUC and he have many sufficient experience in the field of obesity and diabetes. he took some training in this major, the last of which was at the Al-Moallem Hospital in Cairo