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Losing weight and its effects on health

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Weight loss can be intentional, such as from dieting and exercise or unintentional and be a sign of illness. Weight loss can result from a decrease in body fluid, muscle mass, or fat. A decrease in body fluid can come from medications, fluid loss, lack of fluid intake, or illnesses such as diabetes. A decrease in body fat can be intentionally caused by exercise and dieting, such as for overweight or obesity. Weight loss is normal after pregnancy. Other causes of weight loss include, but are not limited to, cancer, viral infection, gastroenteritis, parasite infection, depression, bowel diseases, and overactive thyroid (hyperthyroidism).

The loss of weight and lack of nutrition associated with a chronic illness is referred to as cachexia. Unexplained, unintentional weight loss is often a result of illness and should be evaluated by a healthcare professional.

Objectives:

Discuss weight Loss Symptoms & Signs how people can safely decrease calories, discuss treatment options. What is a healthy weight loss goal & healthy weight loss meal plan?

Biography

Amani K M.Saqallah completed her MNSP degree in Nutrition Science and Policy with the combination of public health at Tufts University- Boston USA. She joined the College of Public Health & Nutrition Division at Zayed University faculty and has been a core freelancer member of the Abu Dhabi health authority Nutrition task force since 2011. She directed her role to nutrition policy and CVD prevention programs. This led to the development of important regulations and guidelines such as school nutrition & Weqaya- CVD prevention healthy nutrition program. She is also leading nutrition therapy and community nutrition education projects & practising her medical nutrition therapy counselling clinic until present as a senior leader. She has an affiliation with the emirate strategic research centre and her research focus is behaviour change and lifestyle roles in the prevention of many diseases such as obesity & CVD in UAE & GCC. She has volunteering roles at several agencies and she has recently had the position of certified "public health ambassador" which has been innovated by Abu Dhabi health authority HAAD. And currently working with NGOs

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