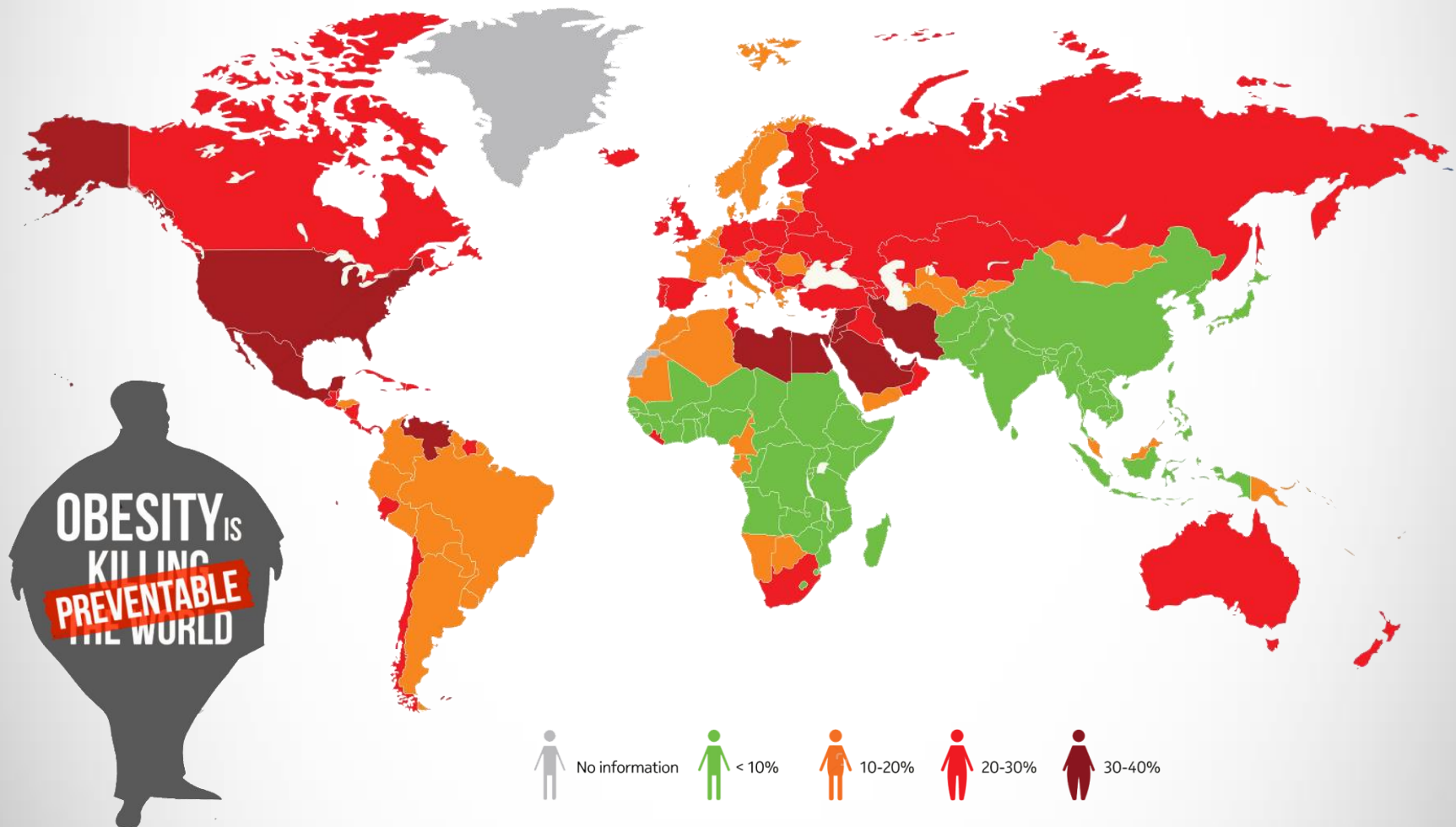


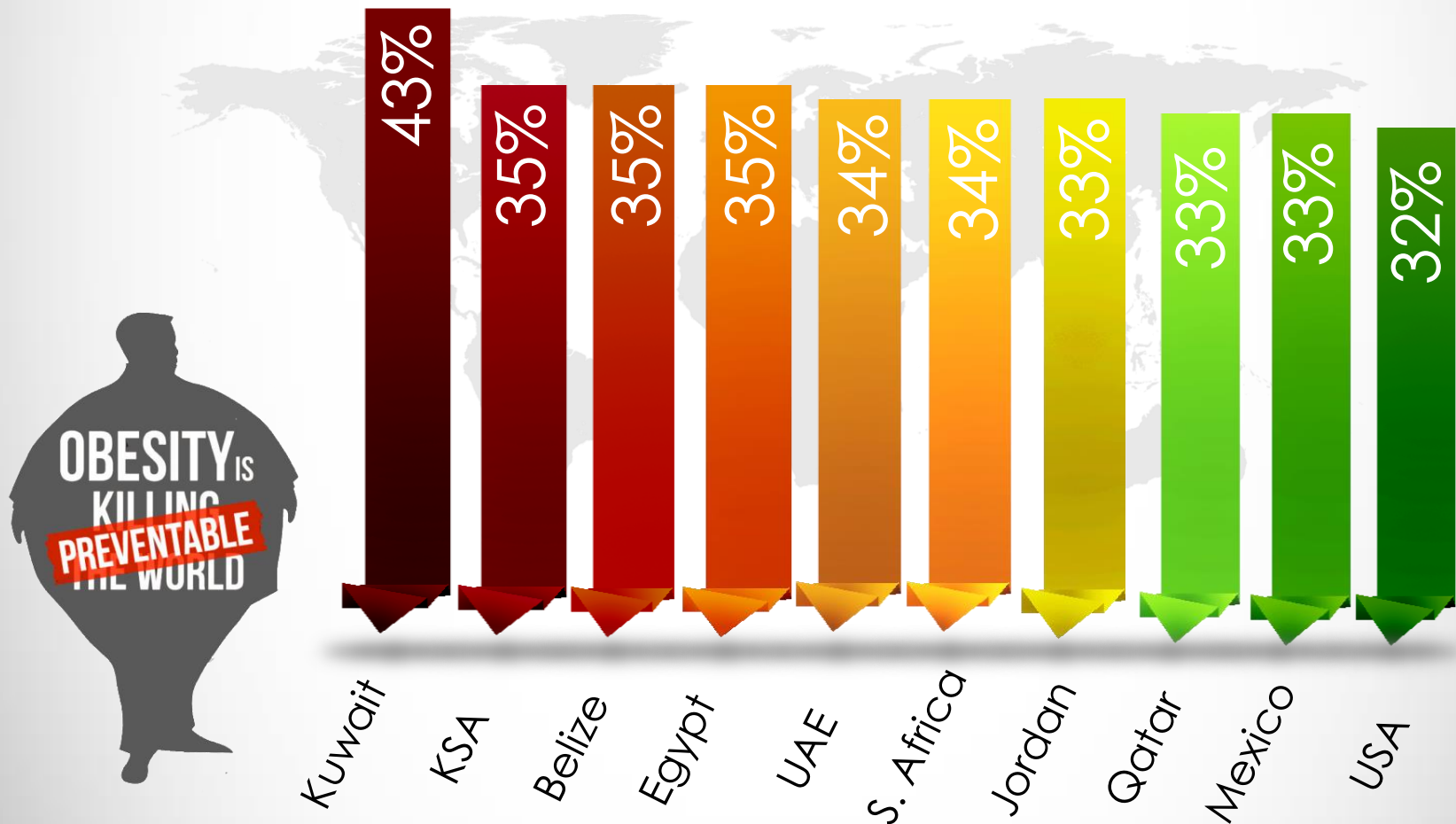
# Obesity the global epidemic



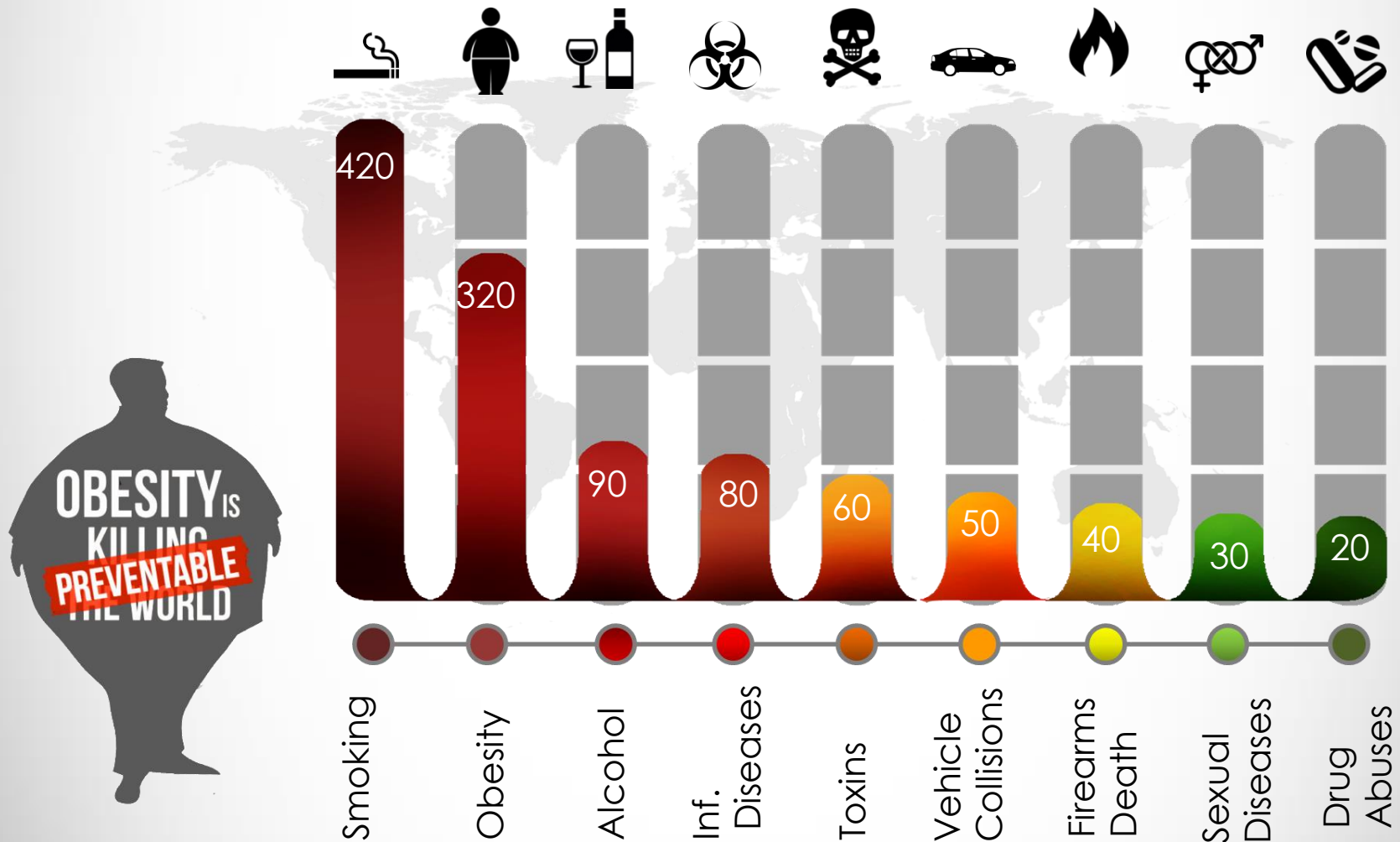
# Obesity the global epidemic



## Top 10 obese countries



# Preventable causes of death



# Body Mass Index

**BMI** Body Mass  
Index

=

BODY WEIGHT KG  
/ (HEIGHT CM)<sup>2</sup>



Underweight

< 18.5



Normal

18.5 – 24.9



Overweight

24.9 – 29.9



Obesity

> 30

# Obesity associated risks

**Sleep Apnea  
& snoring**

**Stroke**

**Lung diseases**

- Asthma
- Pulmonary Blood Clot

**Heart Diseases**

- Abnormal Lipid Profile
- High Blood Pressure

**Liver diseases**

- Fatty Liver
- Liver Cirrhosis

**Pancreatitis**

- Diabetes

**Gall Stone**

**Arthritis**

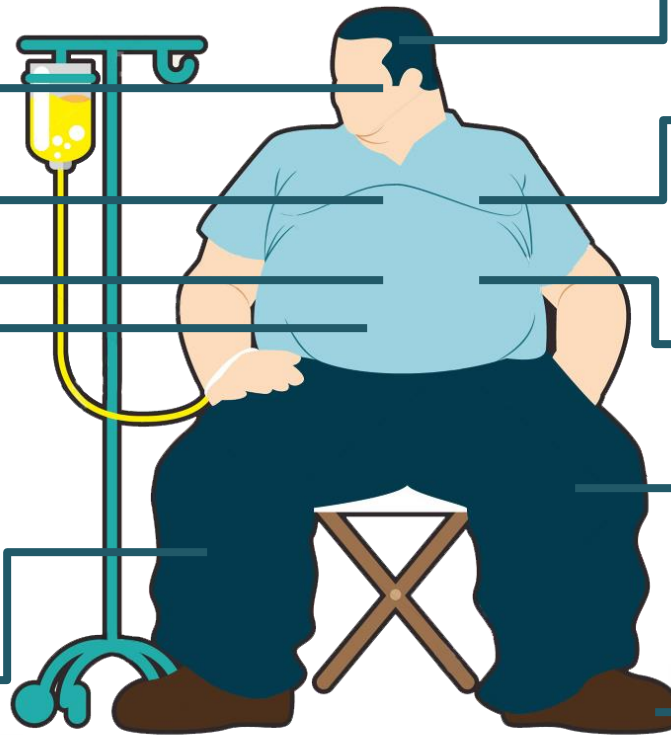
**Inf. Veins**

- Often W/ Blood Clot

**Gout**

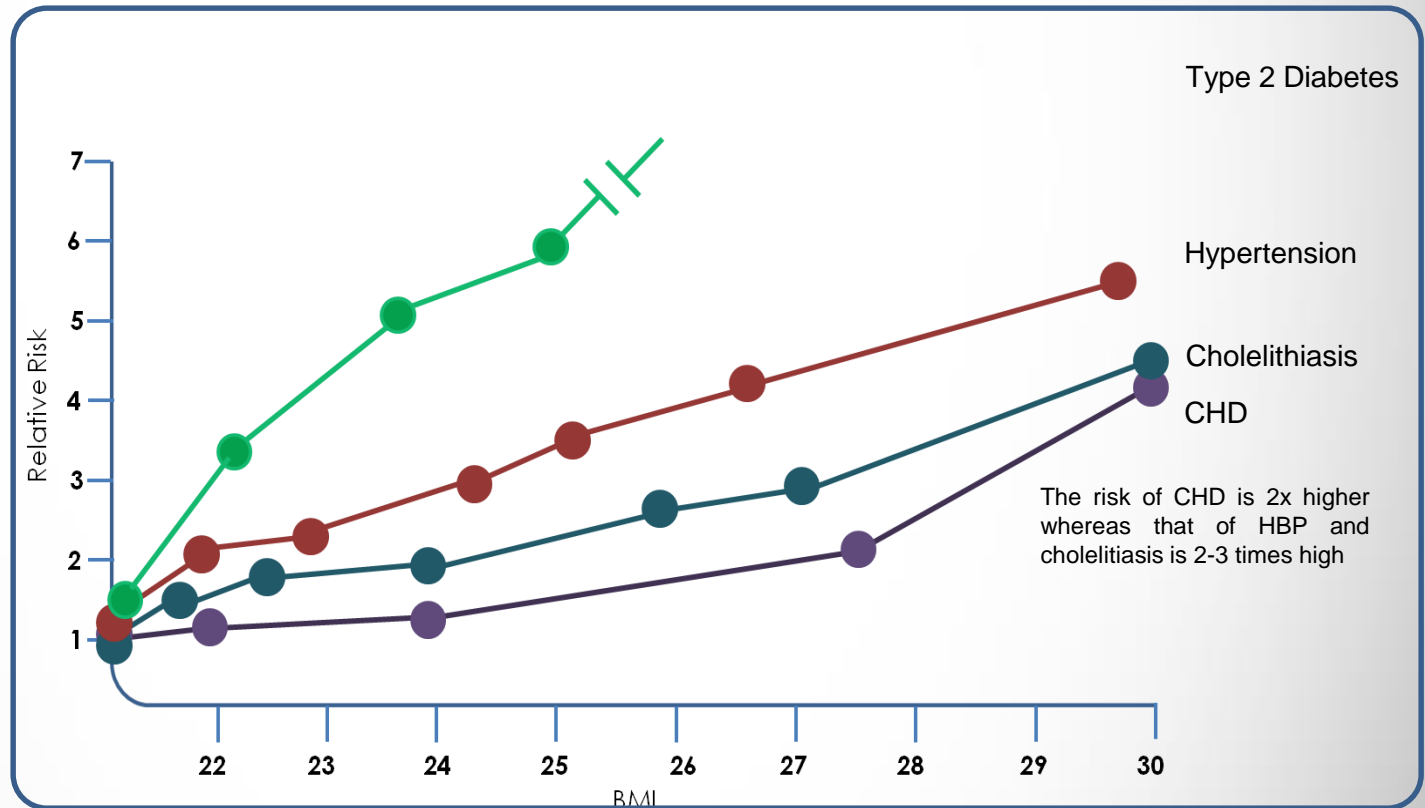
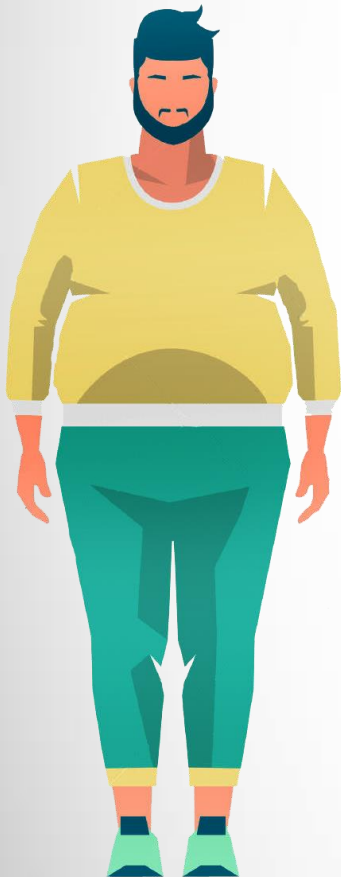
**Cancer**

**Female Disorders**



# BMI & Co- Morbidity Risks

A 10 year follow up for both men and women aged 40 – 65.  
At a BMI > 26 the risk of DM is 8 times higher,



# Obesity Management

## Weigh Management Strategy

### Surgery

Must be psychologically stable and willing to follow postoperative diet instruction, No endocrine cause for obesity, Surgical intervention work by decreasing energy intake

### Medicines

Weight-loss medicines is suitable for adults who are obese (a BMI of 30 and who are at risk for heart disease and other health conditions, also may benefit from weight-loss medicines



### Lifestyle Changes

Changing your behaviors or habits related to food and physical activity is important for losing weight.

### Diet

Dietary modification is an effective means of inducing weight loss.

### Exercises

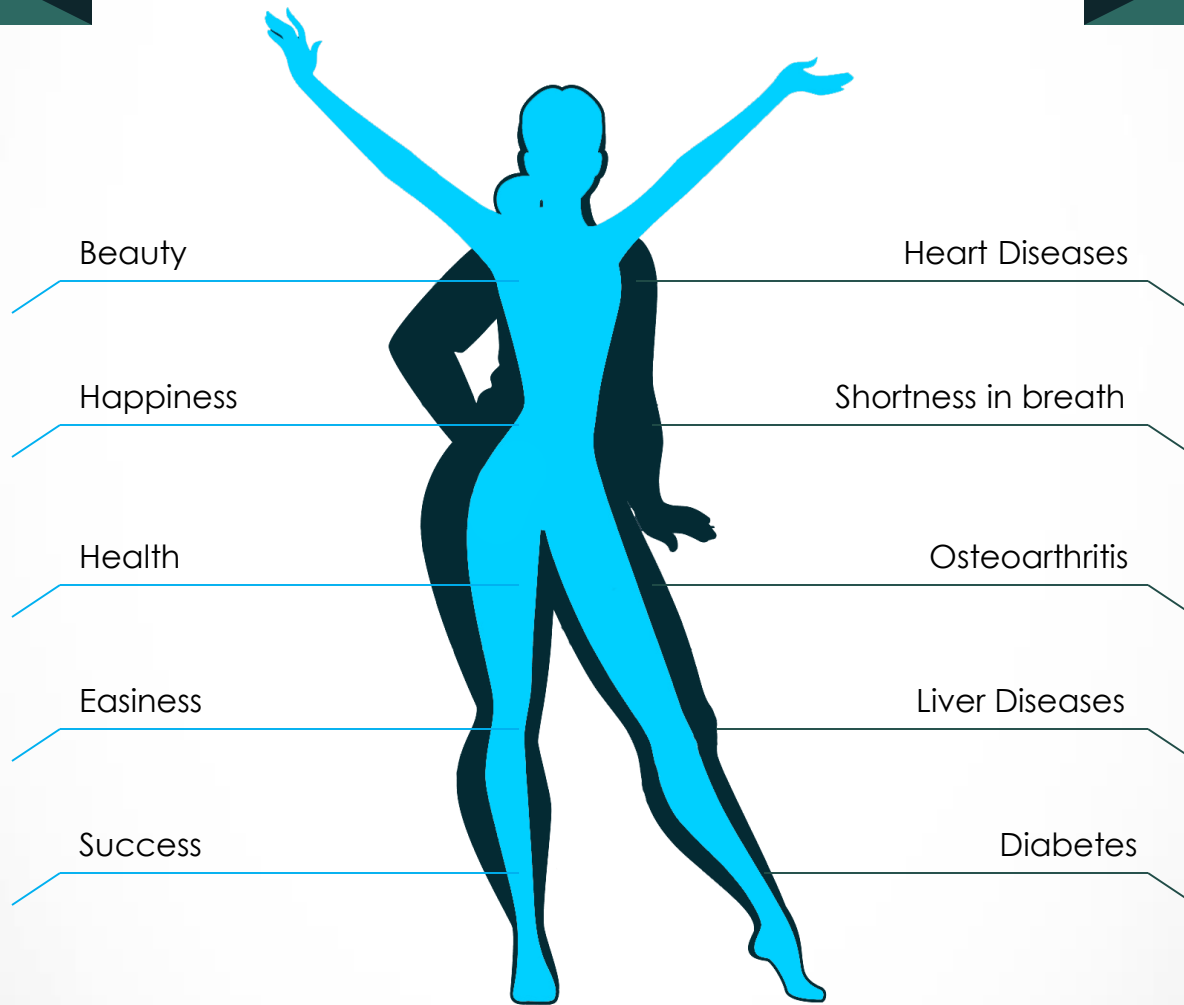
exercise is very effective in preventing long term weight regain. At least ,doing exercise 3 times /week for 45 minute , Or doing 20 minute exercise each day

### Healthy Eating Plan

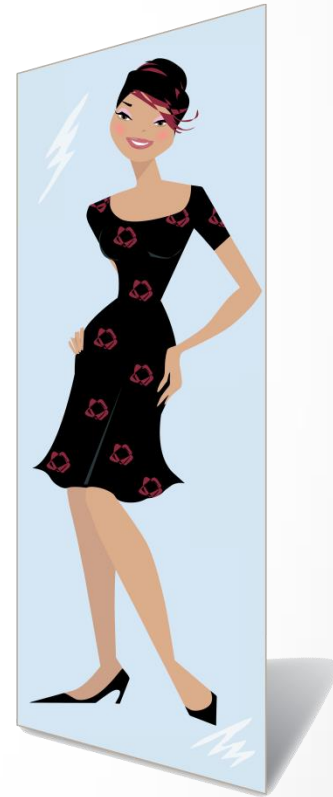
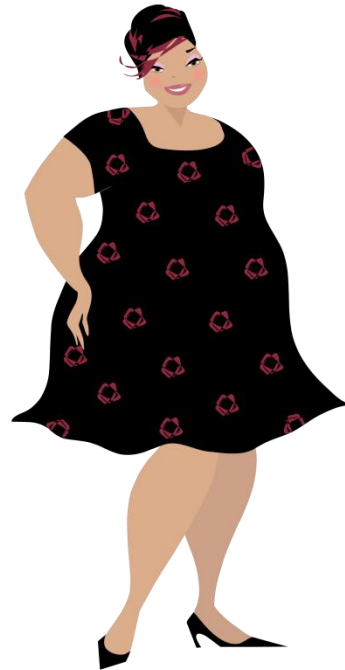
A healthy eating plan gives your body the nutrients it needs every day. It has enough calories for good health, but not so many that you gain weight.



# It is your choice



# CHITOCAL



**Yes...** *You can do it.*

# CHITOCAL

## Composition

- Chitosan VHD 500 mg  
(The fat magnet)
- Ascorbic Acid 100 mg  
(potentates Chitosan effect)
- Gymnema Sylvestre 50 mg  
(the sugar destroyer)



# CHITOCAL

## Dosage

- For weight loss:  
  
2 Capsules twice daily before heavy meals
- For weight maintenance, hypercholesterol and gout:  
  
One capsule before meal 2 times daily.

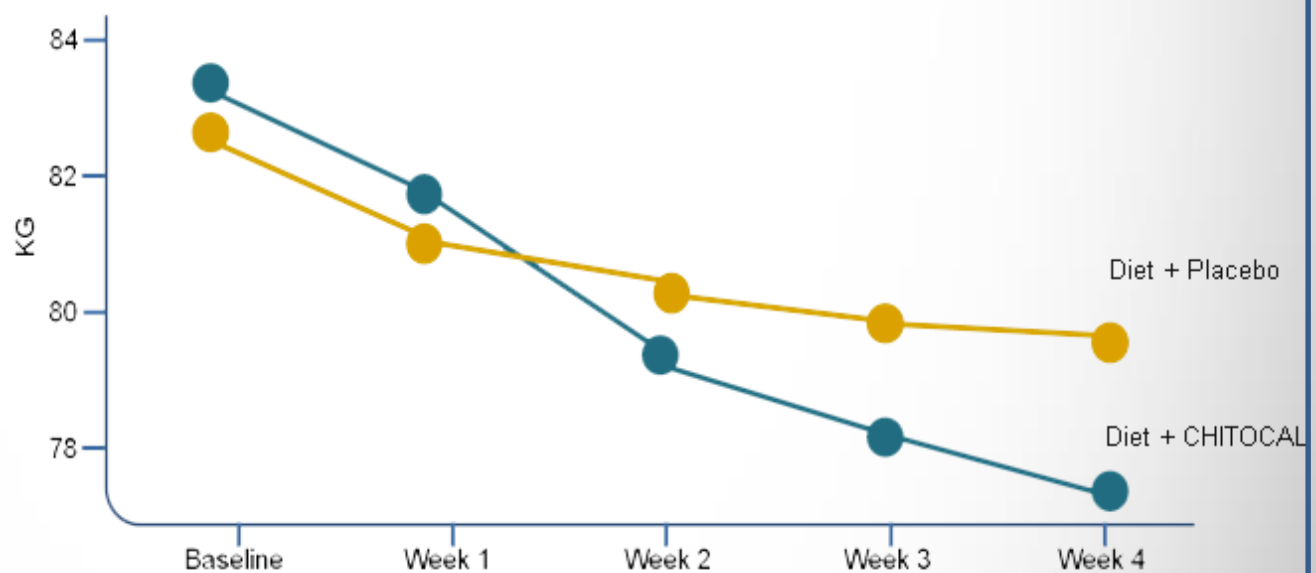


# CHITOCAL

## Reducing the absorbed fat & carbohydrate

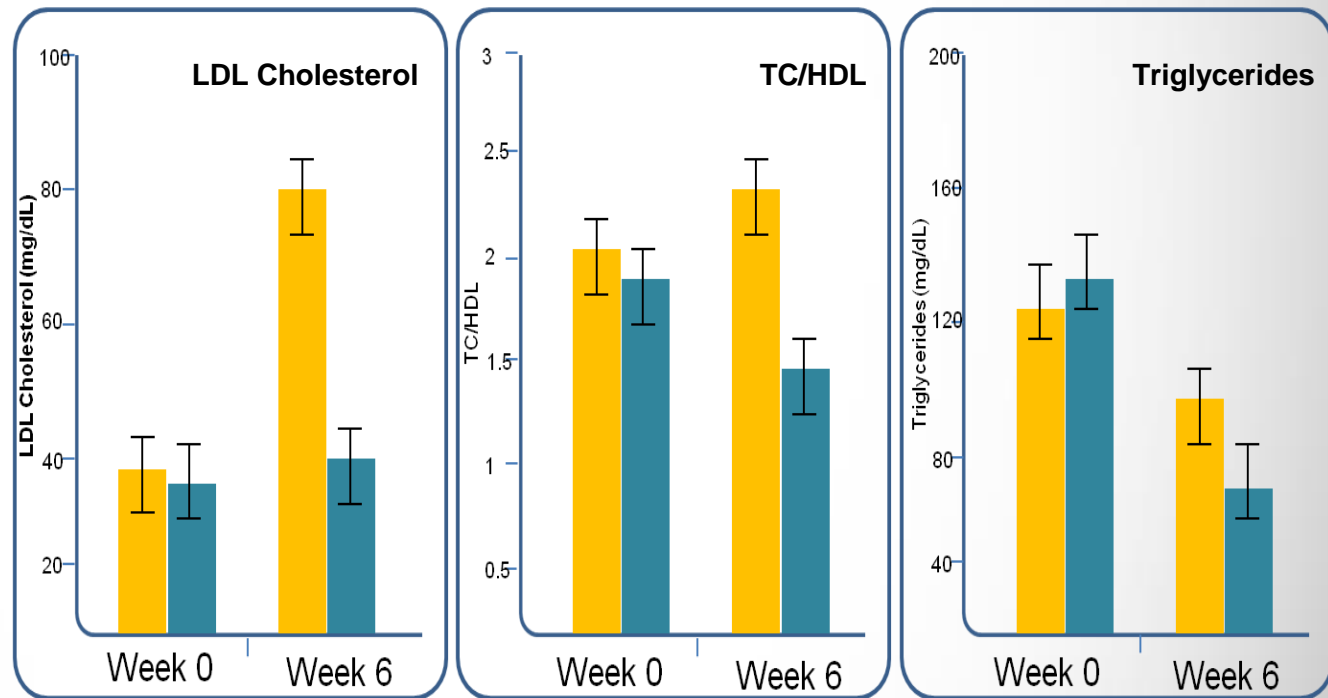


Weight-reducing regimen was a low caloric diet of about 1000-1100 kcal based on 34% fats, 41% carbohydrates and 25% proteins



# CHITOCAL

## Positive impact on plasma lipid profile



Plasma lipid profile. Lipid profile of the blood plasma was analyzed at baseline (week 0) and following 6 wk of oral gavaging with either NBC (10 mg/kg, solid bars) or a matching volume of placebo water (PBO; open bars

CHITOCAL

Placebo

# CHITOCAL

**Yes...** *You can do it.*

- Obesity rates are projected to double over the next 30 years
- Obesity increases the risk of Diabetes mellitus, cardiovascular diseases & hypertension
- CHITOCAL is a unique combination working reducing the absorbed fat & carbohydrate
- CHITOCAL has a positive impact on plasma lipid profile
- CHITOCAL has an excellent safety profile compared to Orlistat

# CHITOCAL

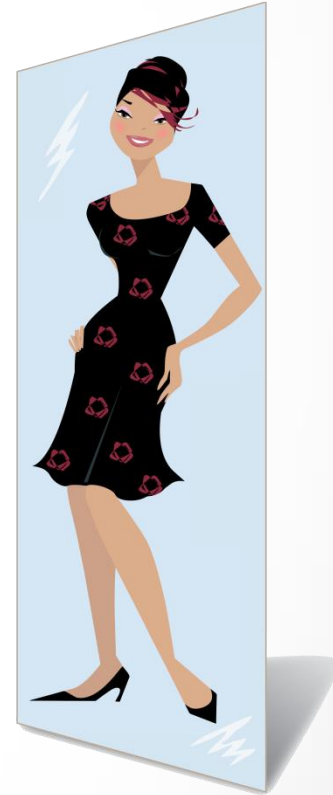
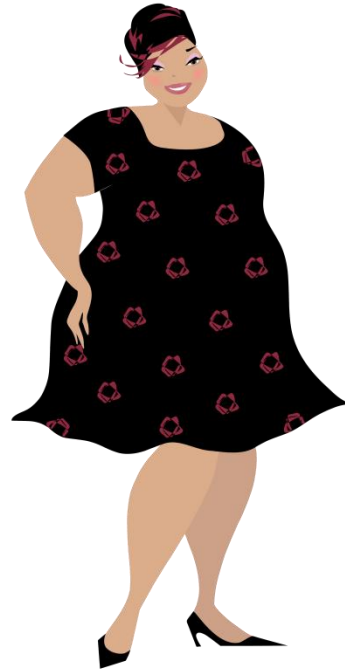
**Yes...** *You can do it.*

- No Oily spotting.
- No Fecal incontinence or urge.
- No Flatulence (Actually decreases it).
- No Fatty or oily stools.
- No alteration in stool odor.
- No alteration in defecation rate.
- No low fat diet
- Chitocal acts on both lipids & carbohydrates





# CHITOCAL



**Yes...** *You can do it.*