

- Virus

Obesity increases vulnerability to Covid infection, say doctors

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LUCKNOW: Obesity is one condition that opens multiple doors to make a person vulnerable to Covid-19 and its adverse effects, said doctors at an event 'obesity and corona: a new challenge,' on Thursday.

The department of surgical gastroenterology at the Dr Ram Manohar Lohia Institute of Medical Sciences organised the event in which patients who had undergone treatment for Covid-19 infection participated.

"Obesity is linked to multiple illnesses, including coronary artery disease, uncontrolled diabetes, arthritis, basal fibrosis. These and several other illnesses or comorbidity makes a person vulnerable to Covid-19 infection," said Dr Anshuman Pandey, HoD, surgical gastroenterology.

"These comorbidities also provide poor resistance against the disease when a person undergoes treatment," said Dr Pandey. The other doctors present included Dr Dipak Malviya, Dr Smita Chauhan and Dr Shakeel Masood.

Dr Bhuvan Tiwari, head of cardiology department at the institute said that obesity has short-term and also long-term impact upon the heart. "People should not go by myths but stick to facts regarding obesity," said Dr Tiwari while explaining the issues related to obesity. "If you avoid excessive fat in the body you keep yourself from comorbidities. Also, a person who is not obese has higher chance of recovery from Covid-19, even if they get infected," said Dr Abhishek Shukla, secretary-general, Association of International Doctors.

Doctors interacted with the participants including those who underwent surgery for obesity and Covid-19 treatment. Participants explained how they got relief after surgery for obesity. "The institute is running a bariatric and metabolic surgery unit from which many patients have benefited," said Prof Sonia Nityanand, director of the institute.

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