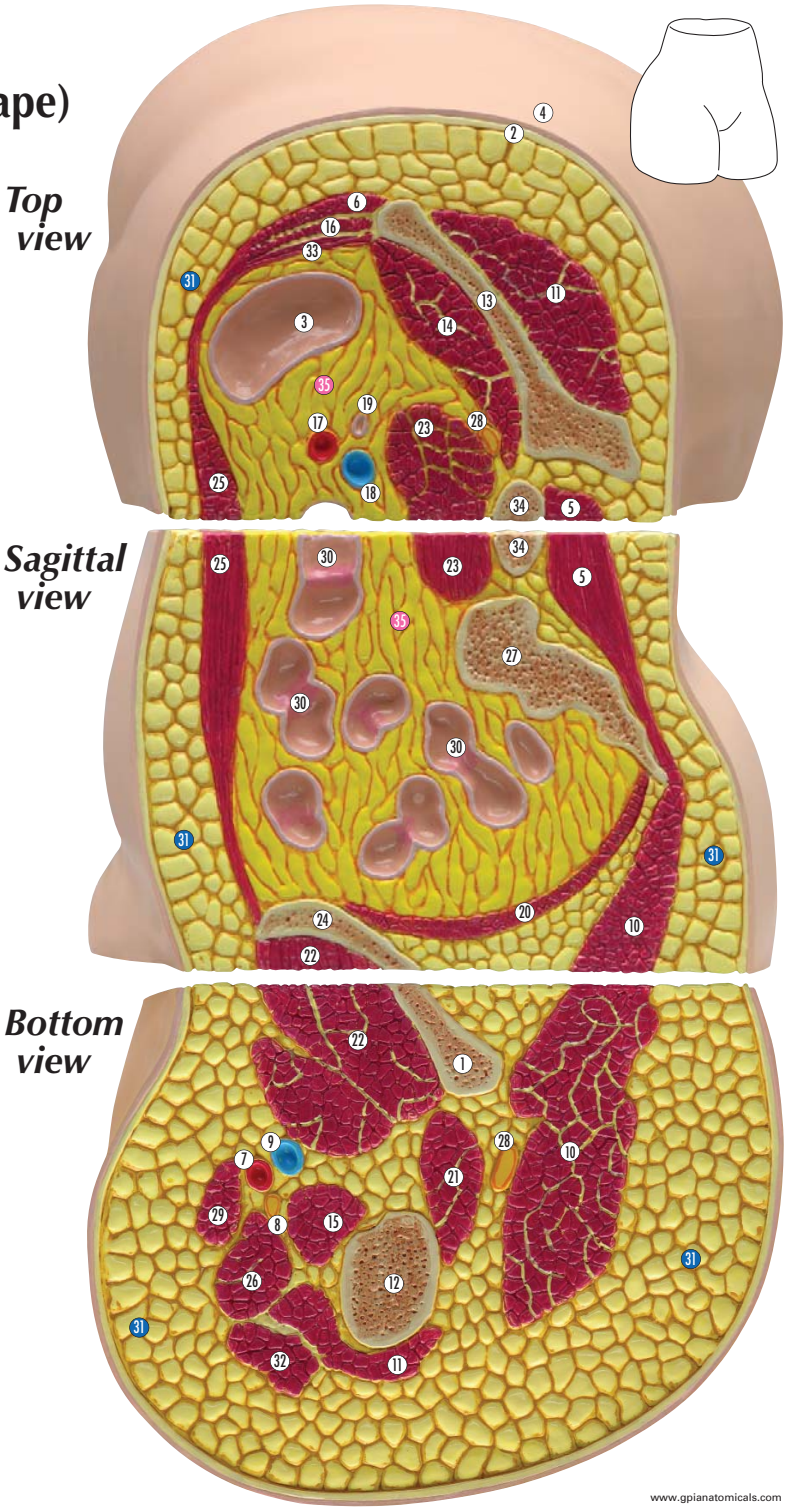
OBESITY
(Typical Pear Shape)

01 Body of pubis
02 Dermis
03 Ascending colon
04 Epidermis
05 Erector spinae muscle
06 External oblique muscle
07 Femoral artery
08 Femoral nerve
09 Femoral vein
10 Gluteus maximus muscle
11 Gluteus medius muscle
12 Greater trochanter of femur
13 Iliac crest
14 Iliacus muscle
15 Iliopsoas muscle
16 Internal oblique muscle
17 Right common iliac artery
18 Right common iliac vein
19 Right ureter
20 Levator ani muscle
21 Obturator externus muscle
22 Pectineus muscle
23 Psoas major muscle
24 Pubic bone
25 Rectus abdominis muscle
26 Rectus femoris muscle
27 Sacrum
28 Sciatic nerve
29 Sartorius muscle
30 Small intestine
31 Subcutaneous fat
32 Tensor fasciae latae muscle
33 Transversus abdominis muscle
34 Transverse process of L5 lumbar vertebra
35 Visceral fat



OBESITY

Obesity is an excess of adipose tissue (body fat) that frequently results in a significant impairment of health. Obesity results when the size or number of fat cells in a person's body increases. The occurrence of obesity has reached epidemic proportions among children and adults alike.

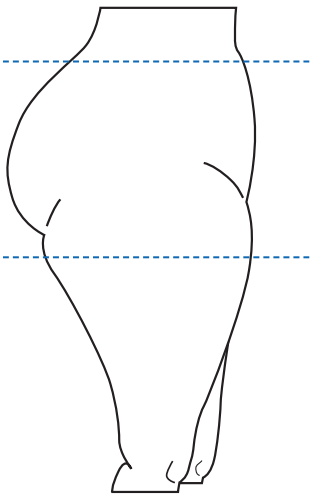
Technically, obesity is determined by calculating an individual's **BMI** (Body Mass Index):

BMI (lbs./in.) **= Weight (lbs.) ÷ Height (inches)^2 x 703**

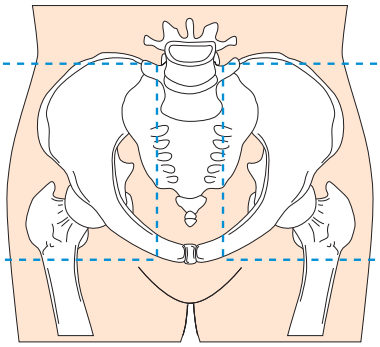
BMI (kg./m) **= Weight (kg.) ÷ Height (meters)^2**

An individual is considered clinically obese if their **BMI** is greater than 30.

Several factors contribute to the development of obesity: genetics, environment, physiology, psychology, and other factors still unknown.

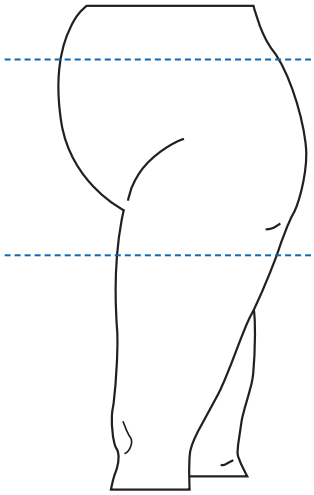


Typical Pear



Model Cross-Section

BODY TYPES: The distribution of body fat varies from person to person. The most common fat distribution patterns are:



Typical Apple

PEAR: Fat accumulates primarily in the lower body and is composed predominantly of subcutaneous (under the skin) fat. This fat distribution is also referred to as gynoid, female, or lower-body segment.

APPLE: Fat distribution is both intra-abdominal or visceral (located around the internal organs) and subcutaneous. This fat distribution is also referred to as android, male, central, upper-body segment.

Overweight and obese people are at an increased risk of developing heart disease, high blood pressure, stroke, diabetes, arthritis, and many forms of cancer. People with an "apple" or abdominal, fat distribution pattern are at a substantially higher risk of developing cardiovascular and metabolic diseases.

Type 2 or "adult onset" diabetes is almost always associated with obesity and seems to be related to hormonal substances (cytokines) that are produced by fat tissue.

The effects of obesity on an individual's health can be very serious. Fortunately, a weight loss of as little as 5 to10 percent can reduce the risks related to obesity. Maintaining a low-fat, high-fiber diet and increasing physical activity are essential to achieving these results.

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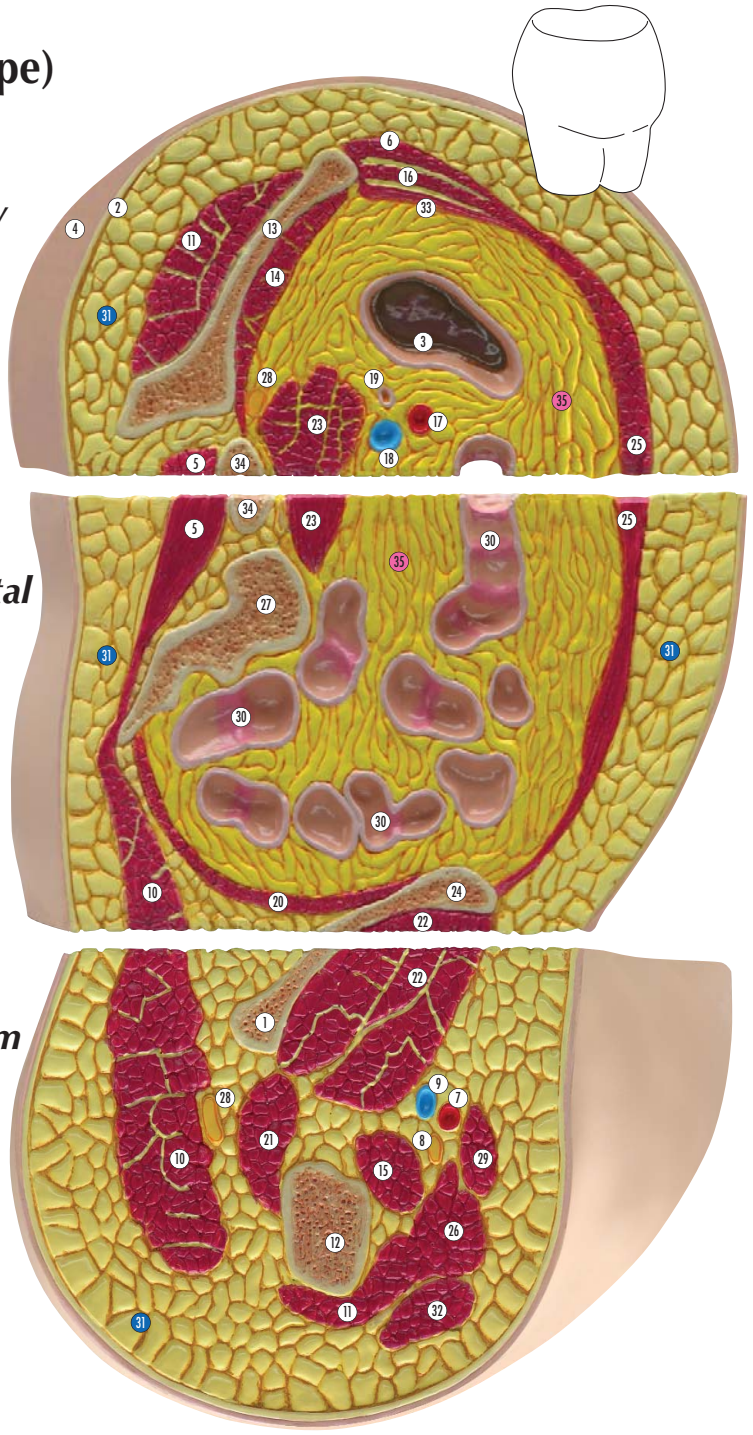

NORMAL

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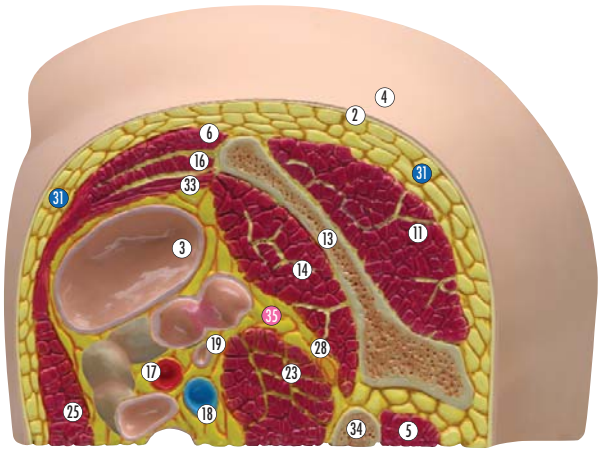
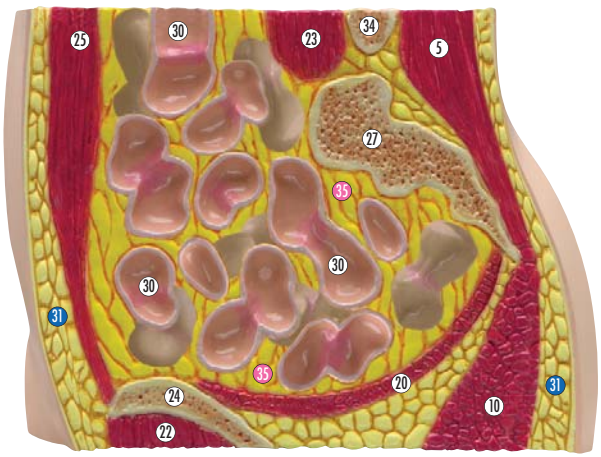
Top view



Sagittal view



Bottom view