



# Weight Loss With Fasting

WEIGHT LOSS & FASTING

## ► Introduction ◀

According to the definition of the World Health Organization, the criterion for determining obesity is body mass index or BMI, which is calculated by dividing weight in kilograms by height squared in meters. Up to 30 kg per square meter is known as overweight

## ► Prevalence Of Obesity In The World ◀

Recent studies by the World Health Organization show that obesity has almost tripled since 1975. In 2016, more than 19 billion adults of 18 years and older were overweight. The prevalence of obesity in Iran has increased from 12% to 22% over time.

## ► Complications Of Obesity ◀

Obesity is a complex and multifactorial disease, including behavioral genetics, socioeconomic status, and environmental issues.

## ► Studies On Obese And Overweight People ◀

The study showed that body mass index decreases during this month. Voluntary fasting after Ramadan and at other times can be a great way to control eating, while Islamic motivation and information can also reinforce this habit.

## ► The Effect Of Fasting On Bariatric Surgery ◀

Nowadays, the use of bariatric surgery to correct morbid obesity is increasing, especially in people with debilitating conditions such as diabetes, because after surgery, consumption of food in small meals and more sequences are recommended to these people.

# RAMADAN & WEIGHT LOSS

Although bariatric surgery is the most effective and cost-effective clinical procedure for patients with morbid obesity and its incidence has increased not to mention it typically reduces hunger and satiety, it is also associated with reduced micronutrient uptake and nutrient deficiency.

Fasting in men and women causes significant weight loss on average about one kilogram in fasting people in Ramadan, but the weight loss in most people after the end of this month returns to the previous situation shortly after. In a few cases, fasting leads to weight gain.

Currently, there is only one study on fasting in patients after bariatric surgery, which shows that fasting is well tolerated in people with a history of sleeve surgery and without comorbidities such as diabetes and insulin use.



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## ► Weight changes ◀

Various studies have shown that fasting during Ramadan has been associated with significant weight loss in people who are overweight and obese.

## ► Body Mass Index Changes ◀

Most studies report a decrease in BMI following fasting during Ramadan.

## ► Muscle Mass Changes ◀

There are few studies on the changes of lean mass in overweight and obese people, the results of which include 1,650 grams of muscle mass reduction and no significant change in lean mass following the fast of Ramadan.

## ► Fat Mass Changes ◀

Most studies evaluating changes in fat production or body fat percentage in overweight and obese people with following fasting during Ramadan have found a significant decrease in this index.



## ► Waist Size Changes ◀

In the field of changes in waist size in overweight and obese people, it has been reported a significant decrease in various studies and no change has been reported.

## ► Changes In Waist-To-Hip Ratio ◀

Significant reduction in the waist to hip ratio following fasting in overweight and obese people has been reported in various studies.

## ► Body Water Changes ◀

Only one article was found changes in this index as not meaningful.

## ► Visceral Fat Changes ◀

In this article, a significant reduction of half a percent in the level of visceral fat of volunteers following fasting during Ramadan has been observed.