



Obesity and Health Risks

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Obesity is a leading cause of preventable deaths in the United States, likely second only to tobacco-related diseases. However, studies have shown that the formal diagnosis rate is low, at 19.9%. Furthermore, of the patients with a diagnosis of obesity, only 22.6% receive a treatment plan.

Objective: To determine rates of identification and diagnosis of obesity and referral for counselling in an ambulatory general internal medicine practice.

Design: The electronic health records of patients seen and examined for a 6-month period were searched for obesity-related terms (ORTs): obese, overweight, weight-related issues, and elevated body mass index (BMI).

Patients: All patients with a documented BMI of more than 30 kg/m² who underwent a medical examination in the Division of General Internal Medicine



Biography: Dr. Salma Iftikhar is an internist in Rochester, Minnesota. She has been in practice for more than 20 years.

1. Determining the Rate of Obesity Documentation in a Division of General Internal Medicine at a Tertiary-Care Medical Center
2. Risk of cardiovascular events in patients with polycystic ovary syndrome.
3. Gastroparesis after celiac plexus block.
4. Use of bioidentical compounded hormones for menopausal concerns: cross-sectional survey in an academic menopause center
5. Impact of Digital Health Methods for Weight Management on Atherosclerotic Cardiovascular Disease Risk in "at-risk" Women Canadian Journal of Cardiology

[9th World Congress on Public Health, Epidemiology and Nutrition, April 08-09, 2020](#)

Abstract Citation: [Dr. Salma Iftikhar is an internist in Rochester, Minnesota. She has been in practice for more than 20 years. Doctor in Rochester, Minnesota, Global Public Health 2020, April 08-09, 2020, pp:0-1.](#)