IMPACT OF OBESITY ON RESPIRATORY MUSCLE STRENGTH IN ADULT FEMALES

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ABSTRACT

"IMPACT OF OBESITY ON RESPIRATORY MUSCLE STRENGTH IN ADULT FEMALES"

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INTRODUCTION:

Overweight or obesity can cause dangerous health problem and impair quality of life due to the change in lifestyle and lack of physical activity the problem of obesity is increasing by fast rate in 21st century. Obesity is important risk factor for diabetes, hypertension, atherosclerosis, cancer etc. It also cause disturbance in the respiratory functions.

METHODOLOGY:

The number of subject involved the study is 60. Based on BMI of individuals the subjects are divided into 3 groups. Each group with 20 subjects. Maximum inspiratory pressure, maximum expiratory pressure, forced vital capacity and tidal volume are measured by using spirometer.

RESULT:

The most common and consistent pulmonary function tests abnormality seen in obese individuals is a reduction in maximum inspiratory pressure, maximum expiratory pressure, forced vital capacity and tidal volume. Increased effort is needed to overcome respiratory system elasticity. Thus obese individuals need to do more respiratory work to maintain appropriate levels of ventilation.

CONCLUSION:

The alterations in respiratory muscle strength by obesity were evidended in the parameters maximum inspiratory pressure, maximum expiratory pressure, forced vital capacity

and tidal volume, suggests that obesity affects to the respiratory mechanics. Overload of fat on respiratory muscles and chest region require more pressure during respiration. It may be prevented if active measures are taken to reduce weight by chance in lifestyle & food habits.

KEYWORDS: BMI, respiratory muscle strength, maximum inspiratory pressure, maximum expiratory pressure, forced vital capacity, tidal volume.