

## HYPOCALORIC DIETS FREQUENTLY USED BY PATIENTS IN THE SELF-TREATMENT OF OBESITY

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### Introduction

In most cases, people with obesity (OBT) try to follow different low-calorie diets (LCD) for self-treatment (ST), but do not go to the dietitian (D) for advice. Diets that promised a decrease in body weight in a short time were attractive.

### Keywords

Low calorie diets, self-treatment, obesity.

### Purpose

Evaluation of low-calorie diets most commonly used in self-treatment of obesity.

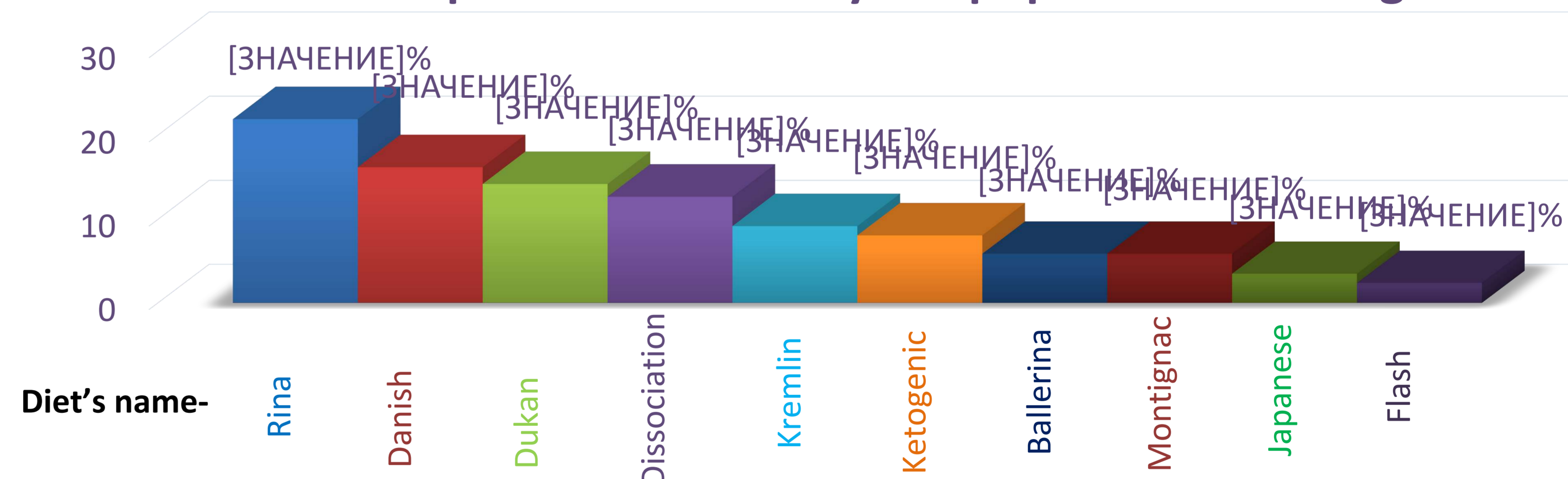
### Material and methods

The descriptive study was performed at UCPMA to determine the spectrum of low-calorie diets most commonly used in the self-treatment of obesity. Data sources were: medical cards and 1 questionnaire - diet selection criteria (DSC). Research methods: observational, epidemiological, clinical and statistical.

### Results

In the study participated 87 patients with OBT, aged between 20 and 70 years, who practiced OBT self-treatment using different LCD and were not consulted by D. The study found that 10 LCD were used more frequently as follows: Rina-19 (21.9%); Danish 14 (16.2%); Dukan-13 (14.2%); Dissociation-11 (12.7%); Kremlin-8 (9.2%); Ketogenic-7 (8.1%); Ballerina-5 (5.9%); Montignac-5 (5.9%); Japanese-3 (3.5%); Flash-2 (2.4%), fig. nr. 1.

The most requested self-diet by the population for weight loss



The following main criteria on which patients with OBT were based in the selection of LCD were highlighted: rapidity of effect; minimal physical and psycho-emotional effort; obtaining expected body changes.

### Conclusions

LCD Rina, Danish and Dukan are more frequently selected by people with OBT as ST.