



Systemic Complications of Obesity

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Obesity is an important health disorder that causes numerous cosmetic, medical and psychiatric problems. Here we are describing some of obesity associated diseases.

The incidence of insulin resistance and diabetes mellitus type 2 are increased in obese people. Dyslipidemia including hypertriglyceridemia, low HDL-C and increased small dense LDL-C has been associated with obesity.

Direct relationship exists between increased body mass index (BMI) and hypertension. Obesity is associated with occurrence of coronary artery disease, ischemic stroke, deep venous thrombosis and pulmonary embolism.

The risk of pulmonary disorders including restrictive lung disease, hypoventilation syndrome and obstructive sleep apnea is increased in obese patients. Sleep disorder leads to day time somnolence and impaired function.

Obesity is associated with increased serum uric acid levels, gout and osteoarthritis (OA) especially in weight bearing joints.

Increased risk of esophageal, gastric, prostate, endometrial and colorectal carcinoma in obese people has been shown.

Postmenopausal women with greater BMI have a higher risk of breast cancer development. Mortality rates of some gastrointestinal, kidney and hematologic malignancies are increased with increased BMIs.

Obesity is associated with urinary incontinence, menstrual irregularity and infertility in females and secondary hypogonadism and sexual dysfunction in men. It is also associated with neonatal and maternal complications such as GDM and HTN in pregnancy.

The risks of idiopathic intracranial hypertension is increased in obese people.

Some of studies support the relationship between gastroesophageal reflux disorder and obesity. Increased BMI has been associated with the incidence of gallstones and its related pancreatitis.

Nonalcoholic fatty liver disease, steatohepatitis, cirrhosis and hepatocellular carcinoma have been associated with obesity.



Considerable evidences have supported the relationship between cataract, intraocular pressure and age related maculopathy with obesity.

Obese people are at increased risk of depression, suicide attempts, social stigmatization and discrimination that causes poor quality of life.

Regarding to debilitating consequences of obesity, it needs more efforts to highlight the importance of obesity prevention and treatment strategies.

Key words: Obesity, BMI, Overweight, Complications