

Medical complications of obesity

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Learning Objectives

Learning Objective(s) addressed in this presentation:

1. Recognize the signs and symptoms of common mechanical complications of obesity
2. Appreciate the prevalence of mechanical complications of obesity

Mechanical Complications

Osteoarthritis (OA)- the breakdown of cartilage and bones within joints, causing pain and stiffness.

- Most common type of arthritis: 30 million American adults diagnosed¹
- 23% of overweight and 31% of obese US American adults²
- Most common cause of disability in the united states (all arthritis/ rheumatologic disease)

Mechanical Complications



Mechanical Complications

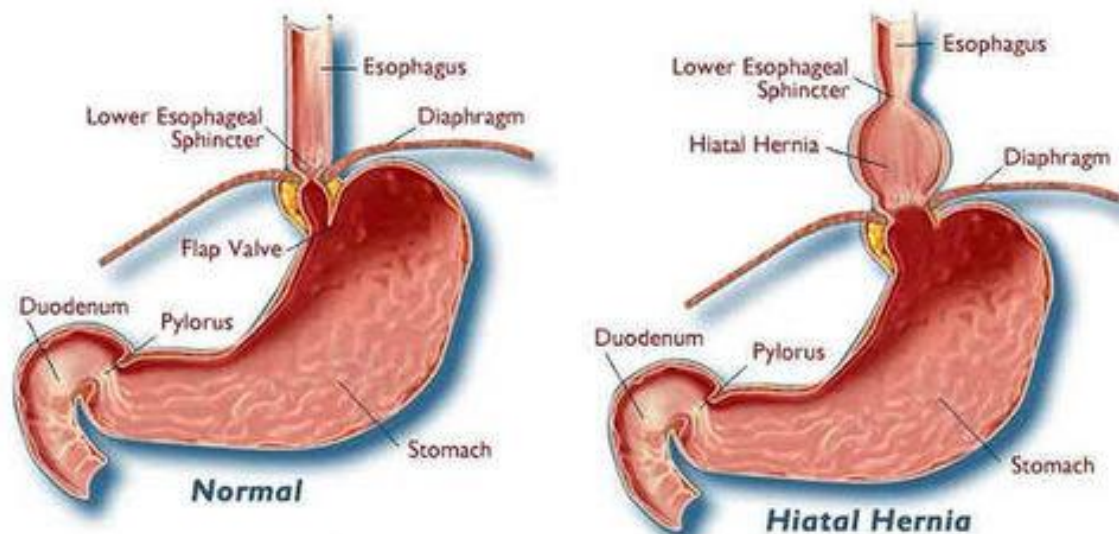
Gastroesophageal Reflux Disease (GERD):

Stomach acid and contents reflux back into the esophagus causing pain, acidic taste, difficulty swallowing.

- Lower esophageal sphincter pressure
- Development of hiatal hernia → increased pressure in abdomen forces part of stomach through weak area of diaphragm

Mechanical Complications

GERD:



- 20% of American adults³
- Adults with obesity have twice the risk of developing GERD⁴

Mechanical Complications

Obstructive Sleep Apnea (OSA): recurrent episodes of upper airway obstruction and cessation of breathing during sleep.

- apnea → 10 seconds
- snoring, morning headaches, hypersomnolence
- Increases risk for hypertension, stroke, type 2 diabetes, heart failure, respiratory failure

Mechanical Complications

OSA:

- 2% of women and 4% men⁵
- 40% of moderately overweight men
- Up to 90% prevalence in severe obesity⁶



References

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