

# What complications are related to obesity?<sup>1-3</sup>

Obesity is much more than just excess weight.

It is associated with **over 200 complications** affecting an individual's health and various organ Systems.

A weight loss of 5% has significant health benefits, and a sustained weight loss of 10–15% or more can further enhance these benefits and provide additional weight-loss related improvements to health.

Obesity is associated with many complications, including:



Obstructive sleep apnea



Hypertension, dyslipidemia and heart failure



Pre-diabetes and type 2 diabetes



Polycystic ovary syndrome (PCOS) and infertility in women



Osteoarthritis

**Disclaimer:** This document is for educational and awareness purpose only and is not a replacement of medical advice. Always reach out to your healthcare professional for more information.

**Reference:**

1. Yuen M, Earle R, Kadambi N, et al. A systematic review and evaluation of current evidence reveals 195 Obesity-Associated Disorders (OBAD). The obesity society 2016 abstract book 2016:92 Clinical Obesity\_V3 (obesityopen.org)
2. European Practical and Patient-Centred Guidelines for Adult Obesity Management in Primary Care | Obesity Facts | Karger Publishers
3. Weight Loss and Improvement in Comorbidity: Differences at 5%, 10%, 15%, and Over | Current Obesity Reports (springer.com)