

Signs of obesity:

The main signs also derive from the magnitude of the excess weight, the most frequent being:

- Acanthosis nigricans (is a skin disorder, characterized by the presence of hyperkeratosis and hyperpigmentation in the skin folds and armpits).
- Stretch marks (due to distension and rupture of the elastic fibers of the skin), vinous in the case of obesity due to endocrinological alteration (Cushing).
- Swelling and varicose veins in the lower limbs.
- Body Mass Index (BMI) greater than 30 kg/m^2 .
- Waist circumference greater than 94 cm in men and 88 cm in women.
- High blood pressure level $> 140/90 \text{ mmHg}$.



The most obvious symptom is the increase in weight, therefore the symptoms that may be presented arise from this increase in weight that, among others, may be



**Back and/ or
joint pains**



**Difficulty in sleeping
Sleep apnea,
daytime drowsiness**



**Feeling of shortness of
breath (dyspnoea)**



**Infections in
skin folds**



Depression



Fatigue



Excessive sweating



Intolerance to heat

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. <https://www.clinicbarcelona.org/en/assistance/diseases/obesity/symptoms>