

Medical Co-Morbidities of Obesity

Obesity is associated with a range of medical co-morbidities, which are health conditions that often occur alongside and are influenced by obesity.

Cardiovascular Diseases

- Hypertension (High Blood Pressure)
- Coronary Artery Disease (CAD)
- Heart Failure
- Stroke

Metabolic Disorders

- Type 2 Diabetes
- Metabolic Syndrome

Respiratory Issues

- Obstructive Sleep Apnea (OSA)

Musculoskeletal Disorders

- Osteoarthritis

Endocrine and Reproductive Disorders

- Polycystic Ovary Syndrome (PCOS)
- Infertility

Gastrointestinal Disorders

- Gastroesophageal Reflux Disease (GERD)
- Non-Alcoholic Fatty Liver Disease (NAFLD)

Cancer

- Breast Cancer
- Colon Cancer
- Endometrial Cancer
- Pancreatic Cancer

Mental Health Conditions

- Depression
- Anxiety

Skin Conditions

- Intertrigo (skin irritation)
- Stretch Marks



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How to Prevent?

1. Healthy Eating Habits

- **Balanced Diet**
- **Portion Control**
- **Hydration**

2. Regular Physical Activity

- **Exercise Routine**
- **Active Lifestyle**

3. Weight Management

- **Achieve and Maintain a Healthy Weight**
- **Professional Support**

4. Medical Monitoring and Management

- **Regular Check-Ups**
- **Screenings and Tests**
- **Medication Management**

5. Sleep and Stress Management

- **Healthy Sleep Habits**
- **Stress Reduction**

6. Avoiding Harmful Behaviors

- **Limit Alcohol Consumption**
- **Avoid Smoking**

7. Education and Support

- **Health Education**
- **Support Systems**

8. Lifestyle Adjustments

- **Healthy Cooking**
- **Mindful Eating**



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9. Community Resources

- Health Programs
- Public Health Initiatives

10. Personal and Family Health

- Family Involvement
- Personal Goals



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