



جامعة الإمام عبد الرحمن بن فيصل  
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي  
King Fahad Hospital The University

# Complications of Obesity



## What are the complications of obesity?

Obesity is a major cause of six preventable diseases and three disabilities, such as:

### First: Metabolic diseases:

- Type 2 diabetes
- Blood fat disorders, such as: elevated cholesterol, LDL triglyceride, reduced HDL.



# What are the complications of obesity?

## Second: Cardiovascular diseases:

Cardiovascular diseases caused by complications of obesity:

Obesity is a major risk factor for numerous cardiovascular diseases, including hypertension, strokes.



## What are the complications of obesity?

### Third: Cancer diseases:

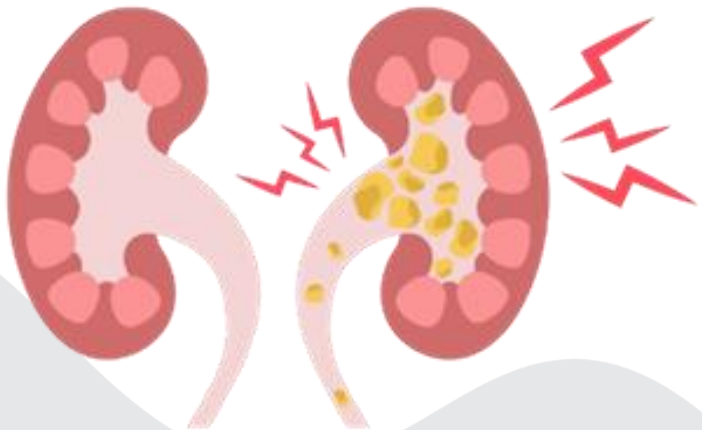
Obesity increases the risk of various types of cancer:

Including: endometrial, kidney, colon and rectal, pancreas, liver, breast, ovarian, and meningeal cancer.

### fourth: Kidney disease:

Obesity can cause renal diseases like:

CKD and kidney stones.



## What are the complications of obesity?

### Fifth: Complications of obesity and its impact on mental health:

Obesity has been shown to have a significant impact on mental well-being. Individuals with obesity often face social disapproval and stigma due to their weight, this stigma can be pervasive and present in various areas, including education, healthcare, and other fields. and other fields. It also increases the risk of dementia.



## What are the complications of obesity?

### Fifth: Complications of obesity and its impact on mental health:

Obesity is associated with depression, especially in young and female individuals.

### Sixth: Complications of obesity on sleep

Obesity affect the quality of sleep as it is considered a major risk factor for obstructive sleep apnea.



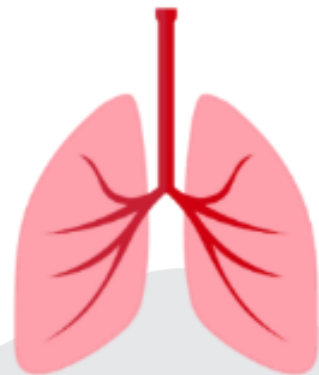
# What are the complications of obesity?

## Seventh: Complications of obesity on the respiratory system

Obesity also affect the respiratory system as it predispose asthma, influenza and other chest infections including COVID.

## Obesity has been associated with other diseases such as :

- Osteoarthritis and gout disease
- Hepatobiliary disease like cholelithiasis and cholecystitis.
- Fatty liver disease Cause/increases GERD, and can lead to erosive esophagitis, and oesophageal and gastric cancers.
- Infertility in men and women.











Sources and references:

**Canva.com**

Overweight and obesity in adults: Health consequences, UpToDate  
([iau.edu.sa](http://iau.edu.sa))

Review and audit:

The content of this booklet has been reviewed by consultants in general,  
bariatric and laparoscopic surgery at King Fahd University Hospit

**General, Bariatric and Minimal Invasive  
Surgery Deaptrmrnt**

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