Understanding Morbid Obesity

Morbid obesity is a serious health condition. According to the National Institutes of Health, you are morbidly obese if you:

- Are 100 pounds or more over your ideal body weight
- Have a body mass index (BMI) of 40 or greater
- Have a BMI of 35 or greater AND one or more of the following conditions:
  - Type 2 diabetes
  - Heart disease
  - High blood pressure
  - High cholesterol
  - Obstructive sleep apnea
  - Acid reflux
  - Cancer
  - Depression
  - Osteoarthritis and joint pain
  - Stress urinary incontinence
  - Female reproductive health disorder

Visit https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI to determine your BMI based on your weight and height.

Long-Term Problems Associated with Morbid Obesity

Morbid obesity interferes with basic physical functions such as breathing or walking. It also has long-term implications such as:

- Shorter life expectancy
- Serious health consequences (including Type 2 diabetes and heart disease)
- Lower quality of life
- Fewer economic and social opportunities
Serious Health Conditions Related to Morbid Obesity

If you are morbidly obese, you also have a dramatically higher risk of developing other serious health conditions. The chart below provides a list of some of the health conditions associated with morbid obesity. It also shows some of the possible complications of these conditions. Finally, it indicates how morbid obesity affects a person’s relative risk of developing these conditions versus those who are not morbidly obese.

<table>
<thead>
<tr>
<th>Health Condition</th>
<th>Possible Complications</th>
<th>Percentage Higher Risk of Occurrence for Women</th>
<th>Percentage Higher Risk of Occurrence for Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type 2 Diabetes</td>
<td>Heart disease, kidney disease, kidney failure, blindness, amputation of the feet or legs, and nerve damage</td>
<td>400%(^1)</td>
<td>400%(^1)</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>Heart disease, stroke, kidney failure and vision loss</td>
<td>210%(^1)</td>
<td>190%(^1)</td>
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<tr>
<td>Coronary Heart Disease</td>
<td>Hardening of the arteries, heart attack, and angina</td>
<td>300%(^1)</td>
<td>300%(^1)</td>
</tr>
<tr>
<td>Stroke</td>
<td></td>
<td>137%(^1)</td>
<td></td>
</tr>
<tr>
<td>Esophageal Cancer</td>
<td></td>
<td>200%(^2)</td>
<td>200%(^2)</td>
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<tr>
<td>Kidney Cancer</td>
<td></td>
<td>84%(^2)</td>
<td>84%(^2)</td>
</tr>
<tr>
<td>Breast Cancer</td>
<td></td>
<td>50%(^2)</td>
<td></td>
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<tr>
<td>Uterine Cancer</td>
<td></td>
<td>200%-400%(^2)</td>
<td></td>
</tr>
</tbody>
</table>

Citations

For more information on Bariatric Surgery at Evangelical Community Hospital, or to schedule an appointment, please call 570-768-3100