

OBESITY

Conditions Linked to Obesity

Experts have been able to show a link between high body mass index (BMI; being overweight or obese) and a higher risk of many health issues, such as:

- Heart disease.
- Stroke.
- High blood pressure.
- Type 2 diabetes.
- Many types of cancer (such as endometrial, breast and colon cancer).
- Liver disease.
- Gallbladder disease (such as gallstones).
- Infertility (not being able to make a baby).
- Osteoarthritis.
- Depression.
- Sleep apnea.
- Heartburn (reflux).
- High cholesterol and triglycerides (linked to heart disease and stroke).



Some of these may not seem as serious, but some can be very dangerous. More than one of these health issues can team up to harm your heart and blood vessels.



The information provided by the AGA Institute is not medical advice and should not be considered a replacement for seeing a medical professional.

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