

The importance of addressing obesity early:

Spot the signs Act early Improve lives



Obesity is a progressive, chronic disease that may lead to **over 200 health complications**,^{1,2} affecting **1 in 7 people globally**.³

Early intervention
IS CRITICAL
to protect your
patients' health

OBESITY DOES NOT START JUST WITH HIGH BMI³

*Spot the early signs of
disease progression:*



Family history of metabolic and cardiovascular disease and gradual **weight gain over time**⁴⁻⁶



Emerging comorbidities such as elevated blood pressure, borderline glucose levels, insulin resistance⁴⁻⁶



Physical symptoms, such as fatigue, sleep apnoea, breathlessness, irregular periods⁴⁻⁶



Psychological impact, such as stress-eating, low self-esteem, body dysmorphia⁴⁻⁶

If left untreated, obesity may lead to further complications:⁷



Prediabetes and type 2 diabetes⁸



PCOS and reproductive issues⁹



Knee osteoarthritis, joint pain and mobility issues¹⁰

Cardiovascular disease (e.g., stroke, heart failure)⁷



Hypertension and dyslipidaemia⁷



Chronic kidney disease, MASH¹⁰



The role of primary care physicians (PCPs)

PCPs can change lives and improve patients at risk of obesity by treating obesity before it begins.

1 Emphasise prevention first

Identify the early signs before life-changing complications arise and initiate empathetic conversations about obesity^{5,6}

2 Establish trust and collaboration

People at risk want to initiate their health journey to live longer, healthier, and reduce preventable complications^{11,12}

3 Support people at risk with regular check ups

To feel more motivated throughout their journey – increasing the likelihood of positive responses to treatment^{11,12}

4 Reframe the obesity conversation

Obesity doesn't *just* start with a high BMI. Spot the early signs to guide people at risk towards long-term health

[CLICK HERE TO VISIT OUR PORTAL](#)

Learn how you can best support your patients' health



References:

1. National Institutes of Health. Available at: http://www.nhlbi.nih.gov/guidelines/obesity/ob_gdlns.pdf. Last accessed: June 2025.
2. MedSci KKF, et al. *Diabetes Obes Metab* 2023; 25:2669–2679.
3. World Obesity Federation. World Obesity Atlas 2024. Available at: https://s3-eu-west-1.amazonaws.com/wof-files/WOF_ObesityAtlas_2024.pdf. Last accessed: June 2025.
4. Dobbie LJ, et al. *Internal and Emergency Medicine* 2023; 18:1273–1285.
5. Nadolsky K, et al. AACE Consensus Statement: Addressing stigma and bias in the diagnosis and management of patients with obesity/adiposity-based chronic disease. *Endocr Pract* 2023; 29(4):417–427.
6. NICE. Overweight and obesity management. NICE guideline NG246. 2025 Jan 14. Available at: <https://www.nice.org.uk/guidance/ng246>. Last accessed: June 2025.
7. Kuwabara M, et al. *Nutrients* 2018; 10:101.
8. National Institute of Diabetes and Digestive and Kidney Diseases. Available at: <https://www.niddk.nih.gov/health-information/weight-management/adult-overweight-obesity/health-risks>. Accessed: June 2025.
9. Sahu A, Pajai S. *Cureus* 2023; 15(11):e48882.
10. Borlaug BA, et al. *Cardiovasc Res* 2023; 118:3434–3450.
11. Look ML. Early intervention in weight management: treating pre-obesity. Patient Care Online. Available at: <https://www.patientcareonline.com/view/early-intervention-in-weight-management-treating-pre-obesity>. Last accessed: June 2025.
12. Roy-Highley E, et al. A clinician's guide to obesity prevention in the UK – PMC.