

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**,<sup>1,2</sup> affecting **1 in 7 people globally**.<sup>3</sup>

Early intervention  
**IS CRITICAL**  
to protect your  
patients' health

## OBESITY DOES NOT START JUST WITH HIGH BMI<sup>3</sup>

*Spot the early signs of  
disease progression:*



**Family history** of metabolic and cardiovascular disease and gradual **weight gain over time**<sup>4-6</sup>



**Emerging comorbidities** such as elevated blood pressure, borderline glucose levels, insulin resistance<sup>4-6</sup>



**Physical symptoms**, such as fatigue, sleep apnoea, breathlessness, irregular periods<sup>4-6</sup>



**Psychological impact**, such as stress-eating, low self-esteem, body dysmorphia<sup>4-6</sup>

## If left untreated, obesity may lead to further complications:<sup>7</sup>



Prediabetes and type 2 diabetes<sup>8</sup>



PCOS and reproductive issues<sup>9</sup>



Knee osteoarthritis, joint pain and mobility issues<sup>10</sup>

Cardiovascular disease (e.g., stroke, heart failure)<sup>7</sup>



Hypertension and dyslipidaemia<sup>7</sup>



Chronic kidney disease, MASH<sup>10</sup>



## 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<sup>5,6</sup>

### 2 Establish trust and collaboration

People at risk want to initiate their health journey to live longer, healthier, and reduce preventable complications<sup>11,12</sup>

### 3 Support people at risk with regular check ups

To feel more motivated throughout their journey – increasing the likelihood of positive responses to treatment<sup>11,12</sup>

### 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

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Learn how you can best support your patients' health



HCP portrayal

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