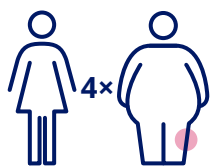
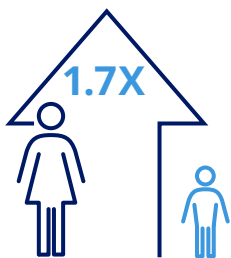


Obesity is a **key risk factor** for developing **knee osteoarthritis**¹

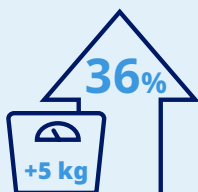


4× greater risk of knee osteoarthritis in people with **obesity**²



Among adults aged 40 and over, **women are 1.7 times more likely to have knee osteoarthritis** than men³

Each 5 kg weight gain



increases knee osteoarthritis risk by 36%⁴

People living with obesity are 25% more likely



to need revision knee surgery compared to those with a normal weight⁵

Every 5 kg weight loss



reduces knee load by 4x per step⁶

Weight loss can ease joint pain and improve physical function in people with knee osteoarthritis⁷

WEIGHT REDUCTION

AND A HEALTHY, ACTIVE LIFESTYLE MAY ALSO HELP TO:

- ✓ Alleviate chronic pain⁸
- ✓ Improve mobility and joint function⁸
- ✓ Lower obesity-related cardiovascular disease risks⁹
- ✓ Lower risk of emotional distress and depression¹⁰



Improving the health of PwO with knee osteoarthritis

Physicians should promote weight loss as the foundation of care, along with other lifestyle changes and healthy living:



Weight loss is the first recommendation in every major guideline (EULAR, ACR, OARSI) for managing knee osteoarthritis and symptomatic pain¹¹



Consider obesity medications as a tool to support sustainable weight loss along with other lifestyle changes¹²



Boosting mobility for better health. As mobility improves, patients become more active and are better able to lose weight, reducing joint strain and enhancing cardiovascular health^{1,7,9}

The material is intended for healthcare professionals' educational purposes only.

References: 1. World Health Organization. Osteoarthritis. Available at: <https://www.who.int/news-room/fact-sheets/detail/osteoarthritis>. Last accessed: June 2025. 2. Zheng H, Chen C. *BMJ Open* 2015; 5(12):e007568. 3. Cui A, et al. *EClinicalMedicine* 2020; 29–30:100587. 4. Bliddal H, et al. *Obes Rev* 2014; 15(7):578–586. 5. Aggarwal VA, et al. *J Clin Orthop Trauma* 2022; 33:101987. 6. Hu man KF, et al. *J Rheumatol* 2024; 51:224–233. 7. Christensen R, et al. *Ann Rheum Dis* 2007; 66:433–439. 8. Dantas LO, et al. *Braz J Phys Ther* 2021; 25(2):135–146. 9. Wing RR, et al. *Diabetes Care* 2011; 34:1481–1486. 10. Vitaloni M, et al. *Musculoskeletal Care* 2022; 20(2):217–229. 11. Katz JN, et al. *JAMA* 2021; 325(6):568–578. 12. Lewis KH, et al. *BMJ* 2024; 384:e072686.