Symptoms of Obesity

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En Español (Spanish Version)

The onset of obesity is usually gradual. Symptoms include:

- Increased weight
- Thickness around the midsection
- Obvious areas of fat deposits

It’s important to remember that fat deposited in your midsection is as much of a health risk as increasing total body weight. If you are developing a thick midsection even though your weight is not going up, you may be losing muscle mass from disuse along with dangerous fat accumulation in your abdomen. This may place you at increased risk for heart (cardiovascular) disease.

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