OBESITY

Obesity is more than being considerably overweight.

- Body Mass Index (BMI) is calculated by dividing a person’s body weight in kilograms by the height in meters squared (weight [kg] height [m]^2) or by using the conversion with pounds (lbs) and inches (in) squared.

\[
\text{BMI} = \frac{\text{Weight (lbs)}}{\text{height (in)^2}} \times 704.5
\]

The BMI cutoffs are:

- Below 18.5: Underweight
- 18.5-24.9: Normal weight
- 24.5-29.9: Overweight
- 30 and greater: Obese
- 40 and greater: Morbid or extreme obesity

- Waist circumference is another widely used measurement to determine abdominal fat content. An excess of abdominal fat, when out of proportion to total body fat, is considered a predictor of risk factors related to obesity.
  
  Men with a waist measurement exceeding 40 inches
  
  Women with a waist measurement of 35 inches or greater. (adapted from The Obese Society Guidelines)

Being fat also affects the skin in several ways:

- Acanthosis nigricans – dark, furry patches on the nape and in the axillae (Figure 1)
- Circulatory problems
  
  Elephantiasis
  
  Lymphedema
  
  Stasis dermatitis (Figure 2)
• Cutaneous infections
  More common
  ♦ Candidosis (yeast infection)
  ♦ Erythrasma
  ♦ Folliculitis
  ♦ Furunculosis
  ♦ Intertrigo (Figure 3)
  ♦ Tinea cruris (jock itch)
  Less common
  ♦ Cellulitis
  ♦ Gas gangrene
  ♦ Necrotizing cellulitis
• Plantar hyperkeratosis
• Psoriasis
• Skin tags (acrochordons, fibro-epithelial polyp) – small, pedunculated lesions, most often on the neck or in the axillae. More frequently, associated with obesity
• Striae (stretch marks) (Figure 3)
• Sweat gland afflictions
  Hidradenitis suppurativa
  Hyperhidrosis
• Syndromes
  Laurence-Moon-Biedl-Bardet syndrome (hypogonadism, mental retardation, obesity, polydactyly, renal failure, and retinitis pigmentosa)
  Prader-Willi syndrome (preoccupation with food and constant hunger, hypotonia (floppy baby syndrome), delayed mental development obesity and obesity–related health problems, and stunted growth cognitive delays).

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