

Obesity Complications

Do you have or have you ever been told you have any of the following conditions?

	Yes	No	Notes
Metabolic syndrome, insulin resistance syndrome, or syndrome X?			
Prediabetes, impaired glucose tolerance (IGT), or impaired fasting glucose (IFG)			
Type 2 diabetes			
Do you take any medicine to lower your blood sugar?			If so, which one(s): _____ _____ _____
High cholesterol, hyperlipidemia, or dyslipidemia (i.e., high triglycerides plus low HDL-cholesterol [HDL-cholesterol is the “good” cholesterol])			
Do you take medication or supplements (e.g., fish oil) to improve your cholesterol or lipid/blood fat levels?			If so, which one(s): _____ _____ _____
High blood pressure			
Do you take blood pressure medication?			If so, which one(s): _____ _____ _____
Liver disease, including non-alcoholic fatty liver disease (NAFLD), steatosis, or steatohepatitis			
Polycystic ovary syndrome (PCOS)			
Female infertility			
Low testosterone, low-T, or male hypogonadism			
Sleep apnea or loud, excessive snoring that wakes you or your partner at night			



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Asthma or another lung disease (e.g., chronic obstructive pulmonary disease [COPD])			
Arthritis			
Joint pain, especially in your hips or knees			
Back pain			
Trouble holding your urine, especially while walking, running, coughing, or sneezing (urinary stress incontinence)			
Gastroesophageal reflux disease (GERD) or chronic heartburn or nausea (that doesn't ever go away)			
Depression or anxiety			

