

Excess adiposity around the kidneys may lead to high BP, and renal compression.¹⁰ Increased adiposity in pharyngeal tissue may cause sleep apnea.¹³ Increased adiposity also increases risk for osteoarthritis. It may cause increase in intraabdominal pressure thereby increasing the risk for gastroesophageal reflux, Barret's oesophagus, or even oesophageal adenocarcinoma.¹⁴ Insulin secretion at fasting, or after glucose load is directly proportional to BMI.³ See Fig. 1.

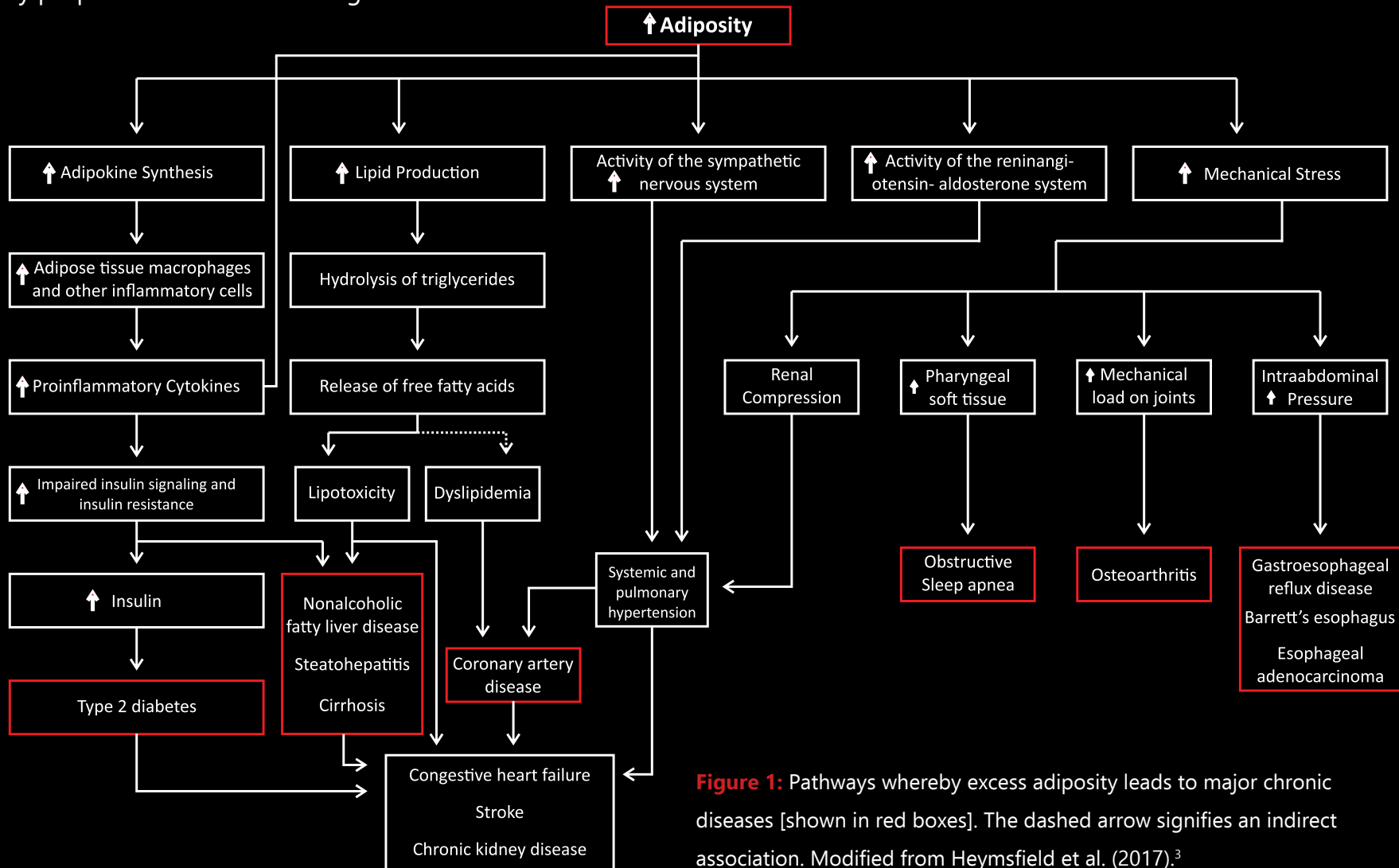


Figure 1: Pathways whereby excess adiposity leads to major chronic diseases [shown in red boxes]. The dashed arrow signifies an indirect association. Modified from Heymsfield et al. (2017).³