Source: Rueda-Clausen CF, Poddar M, Lear SA, Poirier P, Sharma AM. Canadian Adult Obesity Clinical Practice Guidelines Chapter 6: Obesity Assessment. Downloaded from: https://obesitycanada.ca/guidelines/assessment

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Table 6: Key Components of An Obesity-Centred Physical Exam

Vital signs: blood pressure (appropriately sized cuff), heart rate

Anthropometric measurement: weight, height, waist circumference, BMI

Head and neck

- Neck circumference, Mallampati score
- Thyroid exam
- Cushing's (moon facies, prominent supraclavicular and dorsocervical fat pad)
- Polycystic ovary syndrome (acanthosis nigricans, hirsutism, acne)

Cardiorespiratory

- Heart rate and rhythm
- Signs of heart failure (added heart sounds, pedal edema, pulmonary rales)

Gastrointestinal

- Liver span
- Umbilical, incisional hernias
- Screening for stigmata of chronic liver disease (encephalopathy, ascites, jaundice, palmar erythema, etc.)

Musculoskeletal

- Osteoarthritis (Heberdens/Bouchards nodes, weight bearing joints)
- Gout
- · Gait exam

Skin

- Candida, intertrigo, tinea, skin tags, psoriasis, acanthosis nigricans
- Nutritional deficiencies (pallor of conjunctiva, palmar crease rubor, atrophic glossitis, neuropathy)83
- Abdominal striae (violaceous striae wider than 1 cm)

Lower limbs

- Lymphedema (non-painful, pitting edema, typically arms/legs)
- Lipedema (often painful fat deposition, non-pitting edema, typically in arms and legs with sparing of the hands and feet)
- Venous insufficiency, ulcers, stasis, thrombophlebitis