

Physical Findings and Historical Complaints Related to or Caused by Obesity and Evaluation

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This protocol is a general guideline and does not represent the professional standard of care required of the health care provider.

This pathway should be modified as indicated, based on the health care provider's professional judgment, to meet the needs of individual patients.

Physical Findings and Historical Complaints Related to or Caused by Obesity and Evaluation

Physical Findings	Historical Complaints	Concerning For	Characteristics	Evaluation	Referral
Dysmorphic features	<ul style="list-style-type: none"> Developmental delay 	Bardet-Biedl	<ul style="list-style-type: none"> Polydactyly Progressive vision loss Short Stature Obesity Hypertension 		Genetics
Undescended testes	<ul style="list-style-type: none"> Insatiable appetite Developmental delay Behavioral issues 	Prader-Willi Syndrome	<ul style="list-style-type: none"> Hypotonia Hypogondism, 	Chromosomes	
Acanthosis nigrans		Insulin resistance		Fasting glucose/insulin ratio (adolescent nl <7.0) 2 hour GTT	Endocrinology
Hirsutism (♀)		Polycystic Ovary Syndrome (PCOS)		B-HcG, TSH, prolactin, 17-hydroxyprogesterone, total testosterone, DHEA-S, LH/FSH ratio (2/0 suggestive of PCOS)	
Violaceous striae	<ul style="list-style-type: none"> Easy bruising Backache Bone pain Weak muscles Fatigue Depression Headache 	Cushing Syndrome	<ul style="list-style-type: none"> Slowed growth Upper body obesity Round, red, full face Acne Hypertension 	24-hour urine for urinary-free cortisol	
Optic disks	<ul style="list-style-type: none"> Headache Tinnitus Visual problems Nausea/vomiting 	Pseudotumor Cerebri	Symptoms worsen with abdominal exercises		
Tonsillar hypertrophy		Obstructive Sleep Apnea	<ul style="list-style-type: none"> Snoring Sleep apnea Daytime fatigue 		Otolaryngology
Abdominal tenderness	Intermittent mid- or midline upper abdominal pain	Gallbladder disease	Steady gripping or gnawing pain in the upper right abdomen near the rib cage, which can be severe and can radiate to the upper back	Abdominal ultrasound Bilirubin, alk phos, AST, ALT	Gastroenterology
Limited ROM of hips	Hip, groin, thigh or knee pain	Slipped Caput Femoral Epiphysis	Dull, aching chronic or intermittent pain	AP and lateral (either frogleg or cross table) pelvis	Orthopedics
Lower leg bowing		Blount's disease		Bilateral leg x-rays	Orthopedics
<ul style="list-style-type: none"> Pale or dry skin Thin, brittle hair or fingernails Swelling of the arms and legs Thin and brittle hair 	<ul style="list-style-type: none"> Fatigue Sensitive to cold Depression Constipation Heavy menstrual periods Joint or muscle pain 	Hypothyroidism		T4, TSH	