

TABLE 1. Review of Systems for Weight-Related Problems

Symptoms	Explanation	Potential Consequences/Comments
Sleep problems		
Loud snoring or apnea (prolonged intervals without respiratory effort)	Obstructive sleep apnea	Poor sleep efficiency, poor attention, poor academic performance, pulmonary hypertension, right ventricular hypertrophy, or enuresis
Shorter sleep time, later onset of sleep, daytime sleepiness, or restlessness	Disordered sleep	Depression, poor attention, poor academic performance, food cravings, or difficulty responding to satiety cues
Respiratory problems		
Shortness of breath, exercise intolerance, wheezing, or cough	Asthma	Progression of disease, resistance to treatment, exacerbation of excessive weight gain, or exacerbation of asthma with weight gain
Gastrointestinal problems		
Vague recurrent abdominal pain	Nonalcoholic fatty liver disease	Fatty deposits in liver; small percentage progresses to steatohepatitis, cirrhosis, and future hepatocarcinoma
Heartburn, dysphagia, regurgitation, or chest or epigastric pain	Gastroesophageal reflux	Increased abdominal pressure or esophagitis
Abdominal pain and/or distention, flatulence, fecal soiling/encopresis, anorexia, or enuresis	Constipation	Disordered eating pattern, physical inactivity, or decreased social interaction
Right upper quadrant or epigastric pain or vomiting and colicky pain	Gall-bladder disease, with or without gallstones	Cholecystectomy (most patients with gallstones are asymptomatic)
Endocrine disorders		
Polyuria and polydypsia	Type 2 diabetes mellitus	Lack of symptoms is normal for Type 2 diabetes mellitus; unexpected weight loss may occur and may not indicate compliance with treatment of obesity
Menstrual irregularities		
Oligomenorrhea (<9 menses per y) or dysfunctional uterine bleeding (anovulation)	Polycystic ovary syndrome	Insulin resistance, metabolic syndrome, Type 2 diabetes mellitus, infertility, or worsening obesity with worsening of aforementioned conditions
Orthopedic problems		
Hip pain, groin pain, thigh pain, painful gait, or waddling gait	Slipped capital femoral epiphysis	Permanent hip deformity and dysfunction, decreased physical activity, or worsening obesity
Knee pain	Slipped capital femoral epiphysis or Blount disease	Decreased physical function, decreased physical activity, or worsening obesity
Foot pain	Increased weight-bearing	Decreased physical activity or worsening obesity
Mental health		
Psychiatric conditions		
Flat affect or sad mood, loss of interest/pleasure, or worries/fears	Depression or anxiety	Worsening obesity, suicide, or eating disorder
Psychosocial conditions		
Body dissatisfaction, school avoidance, problems with social interactions, poor self-esteem, or neglect	Depression or anxiety	Worsening obesity
History/ongoing sexual abuse	Depression or anxiety	Worsening obesity
Hyperphagia or binge eating, eating "out of control," or bulimia	Disordered eating	Worsening obesity; medications may cause/exacerbate obesity
Genitourinary problems		
Nocturia or nocturnal enuresis	Disordered sleep	See above
Skin conditions		
Rash or irritations acne	Intertrigo attributable to increased skin-to-skin contact with persistent moisture	More serious skin infections and abscesses