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## **Impact of Obesity on Pain Aggravation in the Osteoarthritis Population**

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### **ABSTRACT**

#### **Introduction**

Globally, osteoarthritis (OA) is the most prevalent joint condition. It is among the most common reasons why adults experience pain, functional loss, and disability. This study emphasizes the relationship between obesity and pain severity in osteoarthritis patients.

#### **Aim**

To prove the association between obesity and osteoarthritis symptoms severity.

#### **Materials and methods**

A prospective observational study of 65 patients diagnosed with osteoarthritis attending a government medical college and hospital in Virudhunagar during the period of April 2023 to October 2020. The patients were interviewed as part of the study. Musculoskeletal pain was screened using the WOMAC and VAS scales.

#### **Results**

Knee OA (85%) is found to be more prevalent than any other form of OA. Hypertension is the most commonly associated co-morbid condition among the osteoarthritis patient population. The patients who are obese have scored higher values on the WOMAC and VAS pain rating scales than the non-obese population.

#### **Conclusion**

The study demonstrated the evidence between obesity and osteoarthritis as it showed that the pain increases with increase in BMI.

**Key words**

Osteoarthritis (OA), Western Ontario and McMaster Universities (WOMAC), Visual Analog Scale (VAS), Body mass index (BMI).

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