FIG 1. EFFECTS OF OHS

Social
- Reduced daily activities
- Reduced social interaction/participation

Economic
- Unemployment (unable to work due to ill health)
- Increased healthcare costs

Obesity hypoventilation syndrome
- Increased daytime somnolence
- Reduced quality of life
- Reduced exercise tolerance

Respiratory system
- Increased lung resistance
- Decreased lung compliance
- Weak respiratory muscles
- Increased effort required to breathe
- Changed ventilatory drive

Hormonal/metabolic
- Leptin resistance
- Insulin resistance
- Hypothalamic hormone changes