

Neuropathic Pain in Obese Patients: Prevalence and Impact on Quality of Life

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Abstract:

Background:

Obesity is associated with increased sensitivity to pain, including neuropathic pain (DN).

Objective:

The objective of this study is to determine the prevalence of DN in obese patients, to assess its impact on the quality of life and to identify the factors associated with it.

Materials And Methods:

This is a prospective and descriptive study conducted over a period of 4 months. All patients with BMI over 30 kg/m², non-diabetics were included. Neuropathic pain was assessed by the DN4 score. The visual pain scale was calculated. Quality of life was assessed using the SF-12 score. Statistical analysis was performed using SPSS 26.

Results:

This study involved 111 patients (mean age: 44.79), mostly women, with an average BMI of kg/m².

Neuropathic pain prevalence was 59.1%, correlating with gender, age, prediabetes, vitamin D deficiency, and impaired quality of life. DN4 Score correlated positively with pain intensity but negatively with physical and mental quality of life.

Discussion And Conclusion:

Obesity is a complex, chronic condition marked by excessive body fat, causing metabolic, biomechanical, and psychosocial issues. Research links obesity to increased pain rates, especially neuropathic pain, due to factors like inflammation and sensitization. Neuropathic pain in obese individuals adversely affects their quality of life, both physically and mentally, with a prevalence of 59.1% in this study, leading to higher pain intensity and reduced overall quality of life scores.

Keywords:

Obesity, Neuropathic pain, DN4, quality of life