

How Your Body Mass Index (BMI) Can Affect Your Bones

- Body weight and body mass index (BMI) are considered strong predictors of osteoporotic fractures.
- Obesity contributes to disk degeneration and low back pain and potentially increases the risk of developing operative pathology. Obese patients undergoing spine surgery have a higher risk of developing postoperative complications, particularly surgical site infection and venous thromboembolism.
- A high BMI increases the rates of infection and prosthesis failure/loosening of the implant when compared to patients of normal weight.
- Low BMI also can increase the risk of osteoporosis, which in turn increases the risk of fractures.