

# Carpal tunnel syndrome up with overweight, obesity

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(HealthDay)—Overweight and obesity are associated with increased risk of carpal tunnel syndrome (CTS) and carpal tunnel release, according to a meta-analysis published in the December issue of *Obesity Reviews*.

Rahman Shiri, M.D., Ph.D., M.P.H., from the Finnish Institute of Occupational Health in Helsinki, and colleagues conducted a meta-analysis to examine the effects of overweight and [obesity](#) on CTS. Data were included from 58 studies involving 1,379,372 individuals.

The researchers found that the risks of CTS or carpal tunnel release were increased with overweight and obesity (pooled confounder-adjusted odds ratios, 1.47 and 2.02, respectively). The risk of CTS was increased 7.4 percent with each one-unit increase in body mass index. The effects of overweight and obesity were stronger on [carpal tunnel release](#) than CTS.

No difference was seen in associations for men and women, and the correlations were independent of study design.

"Excess [body mass](#) markedly increases the risk of CTS," the authors write. "As the prevalence of overweight and obesity is increasing globally, overweight-related CTS is expected to increase. Future studies should investigate whether a square-shaped wrist and exposure to physical workload factors potentiate the adverse effect of obesity on the median nerve."

**More information:** [Abstract](#)  
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