

## Why do we worry about obesity?

In the United States, 74% of adults are overweight (32%) or obese (42%). Over 9% of us are morbidly obese, with a BMI greater than 40.

**Obesity is a chronic disease that requires long-term intervention and treatment.** It is tied with smoking as the leading cause of preventable death in the United States and accounts for more than 10% of the nation's healthcare costs. *Obesity causes more chronic illness than poverty, alcohol and tobacco combined.*

Body Mass Index (BMI) is one way we measure a person's weight relative to their height to see if they are at a healthy weight.

If your BMI is 25 – 29.9, your death rate increases by 10%

If your BMI is 30 – 34.9, it increases by 44%

If your BMI is 35 – 39.9, it increases by 88%

If your BMI is greater than 40, your death rate increases by 250% compared to a normal weight person. People in this weight group live 8 to 10 years less than people who have a healthy weight.

### Here is a partial list of problems caused or made worse by excess weight:

Hypertension	Lymphedema	Obstructive Sleep Apnea
Cerebrovascular Disease	DVTs ( blood clots)	Asthma
Stroke	Acanthosis Nigricans	Increased Respiratory Infection Rate
Atherosclerosis	Hirsutism	Hypoventilation Syndrome
Heart Disease	Intertrigo	Gallbladder Disease
Atrial Fibrillation	Cellulitis, Carbuncles	Gout
Congestive Heart Failure	GERD, Hiatal Hernia	Osteoarthritis
Sudden Cardiac Death	Birth Defects	Low Back Pain
Left Ventricular Hypertrophy	Prenatal/Birthing Complications	Depression, Poor Self-Image
Cor Pulmonale	Increased injury Rate, Delayed Recovery	Infertility
Cardiomyopathy	Increased Complications in Surgery/Illness/Injury	Hyperandrogenism in women (elevated male hormones)
Pulmonary Hypertension	Increased Risk and Duration of Long-term Disability	Hypogonadotropic in men (decreased male hormones)
Metabolic Syndrome	Fatty Liver Infiltration, Steatohepatitis (#1 reason for liver transplant)	Menstrual Disorders
Diabetes, pre-diabetes	Pseudotumor Cerebri	Stasis edema of legs
Meralgia paresthetica	Slipped Capital Epiphysis	Varicose Veins
Elevated triglycerides, low HDL	Cancer, specifically Gallbladder, Liver, Esophagus, Kidney, Pancreas, Colon, Stomach, Ovaries, Cervix, Uterus, post-menopausal Breast Cancer, Prostate, Non-Hodgkin's Lymphoma, Multiple Myeloma, Leukemia	

If you lose just 5% of your body weight, many of these conditions are greatly improved.

**If you lose 10% of your body weight and keep it off, many of these complications could be avoided altogether!**

- When you improve your weight long-term, you address much more than the scale reading.
- Changing your lifestyle to help you improve your health is really worth the effort!
- Almost 50% of Americans reported they have tried to lose weight in the past year. Let us help you find the pathway that is medically sound and workable for you to become healthier.
- While we are working with you, we will talk with your doctor, but it is still important that you stay in close contact with your primary care provider. They will make sure you are up to date with your overall health and cancer screenings.