

# 9 Reasons for maintaining a healthy body weight!

## Dementia-

being obese in your 40's makes you 70% more likely to develop dementia, according to a major US study published in 2005



Asthma- In a recent US study of 7500 children the fat-test were found to be 77% more likely to suffer from asthma. Other studies show that overweight people who lost just over two stone over a year reduced the number of asthma attacks significantly.

Breast Cancer- according to Breakthrough breast cancer, following the menopause, obese women are more likely to suffer from breast cancer than women of a healthy weight.

## Diabetes-

according to Diabetes UK, 80% of people diagnosed with type 2 diabetes are overweight. If someone weighing 15 stone loses 105 of their body weight they slash their risk of early death by 20 %.



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## **Sleep Apnoea-**

a 2002 us Study showed that overweight people with sleep apnoea who lost just 105 of their weight had greatly improved sleep and were less sleepy during the daytime.



## **Heart attack-**

Statistics from a 2004 European study of 15,000 hospital admissions showed that people with abdominal obesity are twice as likely to suffer a heart attack than slim people.



## **Osteoarthritis-**

Between a quarter & a half of all cases of osteoarthritis of the knee are caused by obesity.

## **Blood Pressure-**

People who are obese are twice as likely as people of a healthy weight to suffer from high blood pressure. Keeping just 4.4lb of weight off long term results in a significant lowering of blood pressure.

## **Womb Cancer-**

Figures from the international cancer research agency published in 2002 found that being obese increased the risk of cancer of the womb by between two and four times.

