Health Effects of Obesity

Your weight and height determines many health outcomes

Obesity has a far-ranging negative effect on health. Each year in the U.S., obesity-related conditions cost more than $100 billion

Type 2 Diabetes

Obesity is the major cause of type 2 diabetes. Even moderate obesity dramatically increases the risk for diabetes.

High Blood Pressure

Obesity is a major risk factor for hypertension. About 3 out of 4 hypertension cases are related to obesity. Hypertension increases the risk of other diseases. These include; CHD (coronary heart disease), CHF (congestive heart failure), CVA (cerebral vascular accident/stroke) and CKD (chronic kidney disease)

Respiratory Disorders

More than half of those affected by obesity (50-60%) have obstructive sleep apnea (OSA) In cases of severe obesity, this figure is around 90%). OSA is a very serious breathing disorder. Apnea episodes reduce the amount of oxygen in a person's blood.
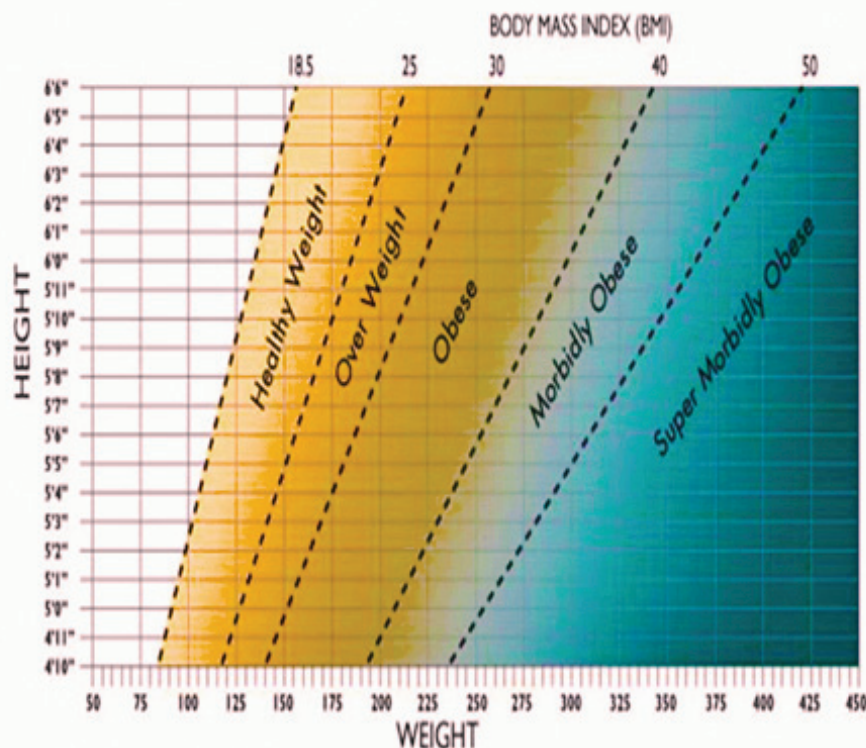
Heart Disease

Atherosclerosis happens more often in obese people. Coronary artery disease is also more common in obese people because fatty deposits build up in arteries that supply the heart.

Cancer

Cancer affects more than half a million lives per year in the United States alone. Obesity is believed to cause up to 90,000 cancer deaths per year. As body mass index (BMI) increases, so does your risk of cancer and death from cancer. These cancers include:

Endometrial cancer

Cervical cancer

Ovarian cancer

Postmenopausal breast cancer

Colorectal cancer

Esophageal cancer

Pancreatic cancer

Gallbladder cancer

Liver cancer

Kidney cancer

When you are ready for a change.....
Contact Lucia Kmiec Health Coach
lucia.kmiec@lahey.org
978-880-2318
This is a free consult

Reference: American Society for Metabolic and Bariatric surgery