

Hi to All:

Most people know that smoking is the biggest preventable cause of cancer, but do you know what the second biggest preventable cause of cancer is? It is being overweight or obese.

In a recent survey, only 15% of the people surveyed were aware of this fact. Evidence has shown that the higher your BMI, the higher the risk of cancer. If you carry fat around your belly versus your hips, there is evidence that this also increases your risk of cancer.

I am not trying to make anyone feel that they are to be blamed for their cancer because cancer has many factors that come into play. That being said, one of my biggest reasons for choosing to only practice medical weight loss is to help people prolong their lives and their quality of life.

If you have gotten off track with your weight loss or maintenance of weight loss, please give us a call. We're here to help you!

Sincerely,

Annette E. Neuman, D.O.

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