



What is obesity?

It is not easy to define it. It is a disease characterized by the excessive accumulation and storage of fat. Ways we measure this are:

1. A BMI > 30.
2. Waist > 35 inches for females, 40 inches for males.
3. % Body fat > 32% for females and 25% for males.

1 in 3 Americans is obese!

Causes of obesity include:

Poor eating habits, sedentary lifestyle (inactive, not exercising), stress, lack of sleep, low vitamin D levels, hypothyroidism (almost always less than 5-10# and is generally water weight not fat), medications (ex. steroids, antidepressants, etc.), psychological factors (depression, boredom, sadness, anger) as well as other factors.

Medical problems caused, at least in part, by obesity:

Heart disease, high blood pressure, heart attacks, stroke, diabetes, cancer (breast, prostate, colorectal, uterine, kidney, esophageal, pancreatic, endometrium, gallbladder, thyroid, head & neck, etc.), osteoarthritis, gout, breathing trouble (asthma, sleep apnea), varicose veins, decreased libido, etc.

A person who has been 40% overweight for at least 10 years is 2x as likely to die prematurely.

Wow, this a bit over whelming! The good news is, you can change your future. Now is the perfect time to get started on a healthy lifestyle. Let us know if we can be of help.

Sincerely,
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