

Evidence Based Weight Loss: Why Lose Weight?

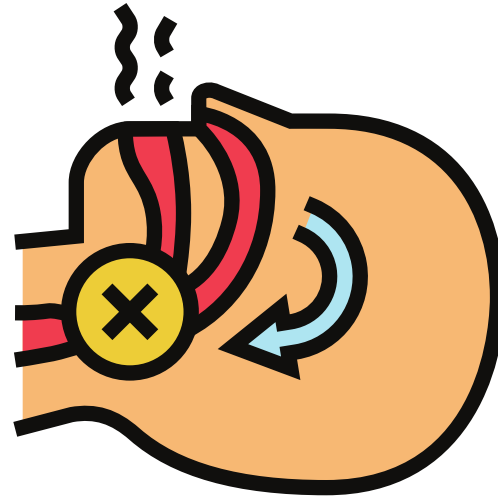
An unhealthy weight increases risk for:

Stroke



Type 2
Diabetes

Sleep
Apnea



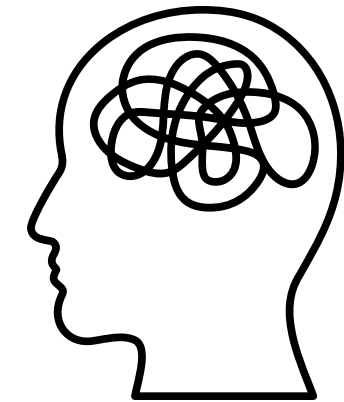
Cardiovascular
Disease

Chronic
Pain

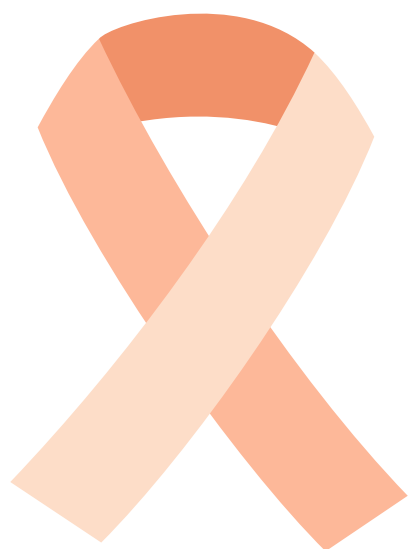


Mental
Illness

All Cause Mortality



Multiple
Cancers



Mildly Increased
Cancer Risk:

- Brain
- Pancreas
- Colorectal
- Gallbladder
- Breast
- Ovarian
- Thyroid

Moderately Increased
Cancer Risk:

- Gastric
- Liver
- Kidney

Severely Increased
Cancer Risk:

- Endometrial
- Esophageal

It is NEVER too late to lose weight

Learn More:

- <https://www.cdc.gov/healthyweight/effects/index.html>
- <https://www.cancer.gov/about-cancer/causes-prevention/risk/obesity/obesity-fact-sheet>

Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

