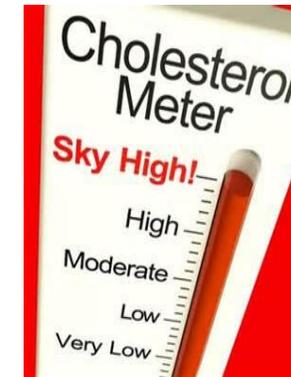


“Benefits of 5-10 % of Weight Loss” by Dr. Nadia B. Pietrzykowska

- Studies have shown that health benefits resulting from weight-loss are evident with a weight reduction as low as 5-10 percent. This means that an individual that weighs 200 pounds will benefit greatly from losing 10 to 20 pounds.
- There’s scientific evidence that many obesity-related conditions improve with a 5-10 percent weight-loss. Let’s look at these related conditions and see how modest weight-loss may greatly improve them and your overall quality of health:



“Benefits of 5-10% of Weight Loss” by Dr. Nadia B. Pietrzykowska

Conditions	Benefits of 5-10% of Weight-loss can Result in:
Cholesterol	<ul style="list-style-type: none">- In a 5 point increase in HDL Cholesterol- A decrease in triglycerides by an average of 40 m/dl.
Hypertension	<ul style="list-style-type: none">- Decrease by 5 mmHg on average
Diabetes	<ul style="list-style-type: none">- Can decrease the Hemoglobin A1C by half a point on average
Insulin Resistance	<ul style="list-style-type: none">- Significantly decrease insulin levels- Thus helping with reversing these conditions
Obstructive Sleep Apnea	<ul style="list-style-type: none">- May improve sleep apnea- Sometimes if the apnea was not very severe, one could be weaned from the CPAP breathing machine
Inflammation	<ul style="list-style-type: none">- Levels of inflammatory substances circulating in the blood drop significantly- Therefore the risk of vascular damage is reduced as well



Statistics at a Glance: The Burden of Cancer in the United States

In 2016, an estimated:

- 1,685,210 new cases of cancer will be diagnosed in the US
- 595,690 people will die from the disease
- The most common are projected to be breast cancer, lung and bronchus cancer, prostate cancer, colon and rectum cancer, bladder cancer, melanoma of the skin, non-Hodgkin lymphoma, thyroid cancer, kidney and renal pelvis cancer, leukemia, endometrial cancer, and pancreatic cancer.
- The number of new cases of cancer is 454.8 per 100,000 men and women per year (based on 2008-2012 cases)
- The number of cancer deaths (cancer mortality) is 171.2 per 100,000 men and women per year (based on 2008-2012 deaths).



* Source - National Institute of Health Cancer Research



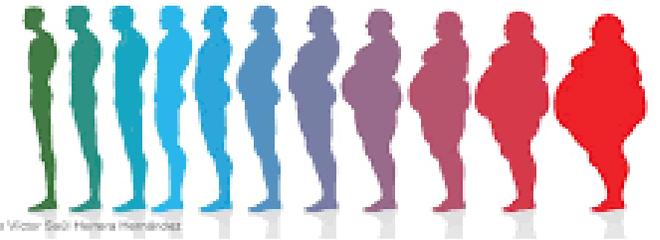
Source - National Institute of Health for Statistic

Approximately 300,000 deaths a year are currently associated with overweight and obesity, second only to cigarette smoking as a leading cause of preventable death in the United States.

Obesity effects 9 organ systems and is a risk factor for:

- Gastro-esophageal reflux disease
- Nonalcoholic fatty liver disease
- Cholelithiasis
- And Colon Cancer.

**OBESITY IS NOW A
GLOBAL EPIDEMIC!**



© iStock.com / Ernesto Vitor Spil / Hesperia Holmboog

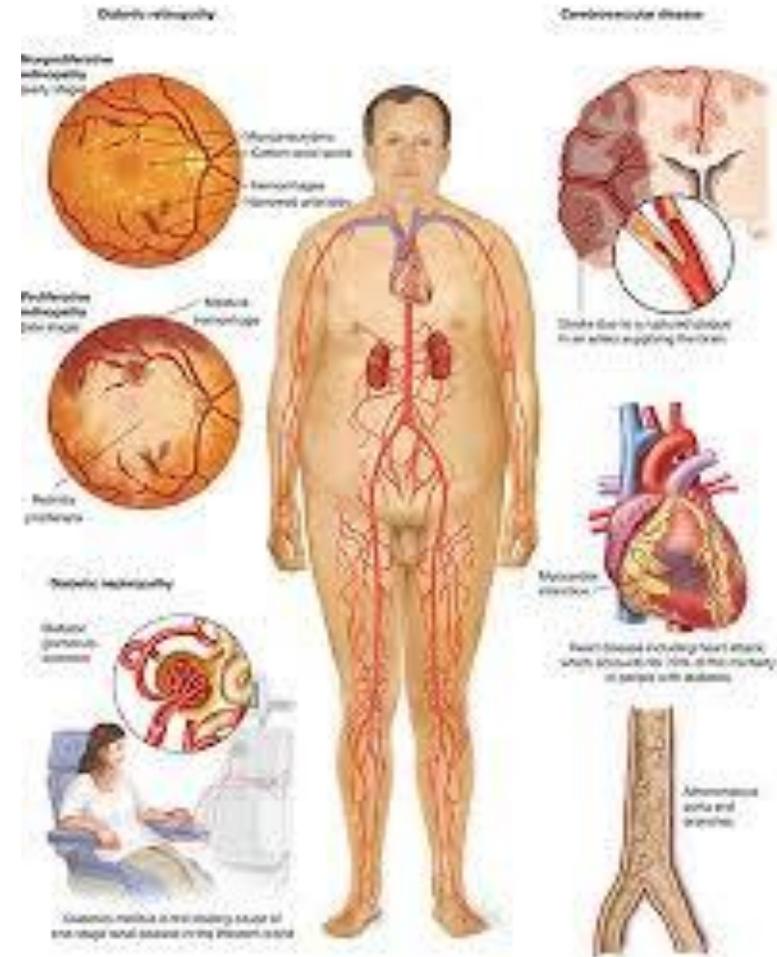


The one preventable health problem that's most likely to kill you

A new study out of the Cleveland Clinic found that obesity robs us of more years of our lives than any other preventable health issue.

That means that of all the top lifestyle-related killers that are in our power to modify or treat — including:

- Smoking
- High blood pressure
- And high cholesterol — obesity shortens life the most.



Obese Teenagers Are Up to 71% More Likely to Get Cancer in Later Life

- Researchers from the Rabin Medical Center and the Tel Aviv University found that adolescent women who are obese double their risk of developing rectal cancer in later life.
- Obese teenage men increase their risk of developing rectal cancer in later life by 71%
- Carrying too much weight also increases a man's risk of colon cancer by 53% and a women by 54%
- The research also suggests that carryng too much weight increases the risk of cancer by causing inflammation, hindering the immune system or affecting hormones.



How to Maintain Weight Loss Successfully: Suggestions Based on a 20-year National Study

- Body weight is a key factor to protect us from chronic disease.
- Although obese people can lose weight through healthy diet, exercise programs, medicine, and surgery, **more than 75%** of them regain weight after losing it.
- To learn more about maintaining weight loss, researchers founded the National Weight Control Registry (NWCR) as a long-term study project in 1994.
- Researchers gathered self-report data from those who are successfully maintain weight loss. The finding is published in *The journal for Nurse Practitioners*.
- The data showed that 90% of NWCR participants were still maintaining at least 10% weight loss 10 years after losing weight.



How to Maintain Weight Loss Successfully: Suggestions Based on a 20-year National Study

These people had various ways to achieve that, but they also used **some common strategies**:

They eat a low-fat, low-calorie diet primarily prepared at home. On average, they consumed 1,306 calories per day, with only 24.3% from fat.

They weigh themselves on a regular basis. Regular self-weighing may serve as an early alarm for weight regain.

They have breakfast. Studies have shown that regular breakfast is associated with low BMI.

They exercise about 1 hour a day. About 75% of people expending at least 1000 calories per week in physical activity. Walking is the most common exercise they use.

They spend **limited time in watching TV**. Most of them watch TV fewer than 10 hours a week.

Although there is no “one size fits all” strategy for successful weight loss maintenance, these behaviors can be used as useful guideposts for making a personalized approach to maintain a healthy weight.

They **sleep 7 or more hours** a night. Studies have shown that people who sleep less than 7 hours are more likely to be obese.

They **regularly drink low-calorie or no-calorie beverages, especially water. Only 10% of people drink sugar-sweetened beverages.**

They have diet rules for weekdays, weekends, and holidays. Their food intake is consistent from day to day.



100%