

EXCESS WEIGHT & your body

Being overweight or obese affects your body in more ways than how you look. Each extra pound increases your risk for other health problems.

1 STROKE

As body mass index (BMI) increases, so does your risk of having a stroke. Being overweight can lead to plaque building up in your arteries. If an area of plaque ruptures near your brain, it can shut off the flow of oxygen, causing a stroke.

2 SLEEP APNEA

Excess fat stored around the neck can cause or worsen sleep apnea, a condition in which breathing stops or becomes shallow during sleep. Sleep apnea is a leading cause of daytime drowsiness.

3 CORONARY HEART DISEASE

Excess weight can lead to high blood pressure and a buildup of plaque in the arteries that supply oxygen-rich blood to your heart. As blood flow is reduced, the risk for angina (chest pain), heart attack or heart failure greatly increases.

4 GALLSTONES

High cholesterol levels from excess weight can cause gallstones to form in the gallbladder, resulting in gallbladder attacks. Symptoms include significant stomach or back pain. Women and people over 40 already have an increased risk for developing gallstones.

6 TYPE 2 DIABETES

Being overweight increases your risk for type 2 diabetes. People with type 2 diabetes are at greater risk for heart disease, stroke, kidney disease, blindness and even death.

5 OSTEOARTHRITIS

Osteoarthritis occurs when protective tissue in the joints breaks down, most often in the knees, elbows, fingers, neck, hips, lower back, ankle and big toe. Extra weight raises risk for developing osteoarthritis and adds pressure to the joints, increasing pain.

7 CANCER RISK

Excess weight raises your risk for colon, breast, endometrial and gallbladder cancers.

