

# Control your *weight*, control your *health*.

## Q&A

*If I lost weight, would it make a difference in my high blood pressure or the medication I take to treat it?*

Yes. Weight loss actually helps reduce high blood pressure - sometimes to a level where you could reduce or even eliminate your blood pressure medication entirely.

*I have type 2 diabetes. Can losing weight lower my blood sugar?*

Yes. Losing weight can lower your blood sugar. Just a 10% weight loss can greatly affect your blood sugar and possibly even minimize your use of diabetic medications.

*If I'm overweight, does that increase my risk for developing heart disease?*

Yes. People with a BMI above 40 are five times more likely to experience coronary disease.

*Can I reduce my high cholesterol by losing weight?*

Yes. You can boost your chances of lowering your cholesterol with a three-prong approach: modify your fat intake, exercise regularly and lose weight.

*Can being overweight make me more susceptible to cancer?*

Being overweight won't give you cancer, but it can increase your risk for many different cancers, including colon, breast and endometrial cancer.

*Is my excess weight ruining my joints?*

It's difficult for the natural cushions in our joints to withstand extra body weight. Losing weight can reduce the wear and tear on your joints.

*I was recently diagnosed with sleep apnea, which causes me to snore a lot and sometimes stop breathing during sleep. Will it help if I lose weight?*

For those with sleep apnea, even modest weight reduction may alleviate the need for long-term therapy or upper-airway surgery.

*I suffer from a lot of back problems. Would losing weight alleviate the pain?*

If you carry most of your extra pounds around your abdomen, this can put excess stress on your back muscles. Losing weight and strengthening your abdominal muscles can greatly relieve your discomfort.

*How can I get started on a weight loss program?*

Call our New Dimensions Center. We offer a comprehensive, medically supervised program with an expert team of health care professionals to help you achieve your individual goals. Our "how to" educational approach teaches you about planning and preparing balanced, healthful meals, dealing effectively with the stresses of weight management, incorporating exercise into your daily routine, preventing relapses and more.

Plus, we offer professional one-on-one and group support for that extra dose of motivation and encouragement you sometimes need.