

BODY MASS INDEX

BMI	Classification	Health Risk
Less than 18.5	Underweight	Minimal
18.5 -24.99	Normal	Minimal
25 -29.99	Overweight	Increased risk
30 -34.99	Obese Obesity Class I	High risk
35 -39.99	Severely Obese Obesity Class II	Very high risk
40 -49.99	Morbid Obesity	Extremely high
50 -59.99	Super Obesity	Extremely high
60 and above	Super-Super Obesity	Extremely high

Health Threat of Morbid Obesity

Morbid obesity brings with it an increased risk for a shorter life expectancy. For individuals whose weight exceeds twice their ideal body weight (that's about 2-6% of the U.S. population), the risk of an early death is doubled compared to non-obese individuals. The risk of death from diabetes or heart attack is five to seven times greater. Even beyond the issue of obesity-related health conditions, weight gain alone can lead to a condition known as "end-stage" obesity where, for the most part, no treatment options are available. Yet an early death is not the only potential consequence. Social, psychological and economic effects of morbid obesity, however unfair, are real and can be especially devastating.

Obesity increases your health risks of the following health conditions

1. Shortens your lifespan--significantly reduction in life expectancy
2. Can cause Type 2 Diabetes by causing Insulin resistance. More blood in blood vessels. Over time, the high blood sugar cause serious damage
3. Hypertension High blood pressure/Heart disease. Excess body weight puts stress on heart which has to pump harder to push blood to more tissue

4. Stroke risk is increased due to the hypertension (high blood pressure)
5. Kidney damage also results from hypertension
6. Osteoarthritis. Knees and hips are not meant to support so much weight. More inflammation
7. Back pain. Strain causes more wear and tear. Disk disease can decrease mobility due to pain
8. Sleep apnea. Breathing problems. Fat deposits in the tongue and neck can cause on and off problems with blocking air going through your nose into your lungs. Sleeping on your back causes the most blockage so sleep is restless as you keep waking up when you stop breathing for short periods of time. Lack of refreshed feeling. Next day headache or lethargy common.
9. GERD reflux/ heartburn Acid belongs in the stomach and seldom causes any problem when it stays there. When acid escapes into the esophagus through a weak or overloaded valve at the top of the stomach, the result is called gastroesophageal reflux, and “heartburn” and acid indigestion are common symptoms. Approximately 10-15% of patients with even mild sporadic symptoms of heartburn will develop a condition called Barrett’s esophagus, which is a pre-malignant change in the lining membrane of the esophagus, a cause of esophageal cancer. For more information on Heartburn, its causes and possible cures, visit www.heartburnhelp.com.
10. Depression. Seriously overweight persons face constant challenges to their emotions: repeated failure with dieting, disapproval from family and friends, sneers and remarks from strangers. They often experience discrimination at work, cannot fit comfortably in theatre seats, or ride in a bus or plane.
11. Skin problems like acanthosis nigrans can develop due to the insulin resistance. Increased risk of yeast infections in skin folds.
12. Infertility. The inability or diminished ability to produce offspring.
13. Urinary stress incontinence. A large, heavy abdomen and relaxation of the pelvic muscles, especially associated with the effects of childbirth, may cause the valve on the urinary bladder to be weakened, leading to leakage of urine with coughing, sneezing, or laughing.
14. Menstrual irregularities. Morbidly obese individuals often experience disruptions of the menstrual cycle, including interruption of the menstrual cycle, abnormal menstrual flow and increased pain associated with the menstrual cycle.