

Lose Weight...Why Bother?

Being overweight is not just a cosmetic issue – it can also lead to serious health problems such as:

- Heart disease
- Diabetes
- High blood pressure
- Breathing problems
- Sleep apnoea (snoring/disturbed sleep)
- Stroke
- Some cancers
- Fertility problems
- Joint pains
- Back pain

This is serious!

Many more medical problems are made worse by being overweight. Every year 40,000 working days are lost due to medical complications of being overweight. It is estimated that 30,000 people die prematurely each year because of ill health linked to their weight and that those lives are shortened by an average of nine years.

You are not alone

More than half of the population in the UK are overweight and one in five have medical problems associated with their weight. Losing weight is not easy, but the good news is that even small amounts of weight loss can have very beneficial effects on your health. Your doctor and nurse can offer help and support in your efforts to manage your weight.

