

Benefits of Weight Loss

Effects of moderate weight loss on cardio metabolic risk factors.

- 3-5% weight loss will result in improvement of Triglycerides, blood glucose levels, insulin resistance.
- 5-10% weight loss will result in improvement in systolic and diastolic blood pressures, blood glucose levels, increase HDL-cholesterol, reduce triglycerides and reduce total cholesterol.

Greater than 10% weight loss will improve:

Risk of stroke

-Complications

Sleep apnea

-Gestational diabetes

Low back pain

-Preeclampsia

Arthritis

-Large babies associated with significant birth trauma

-Osteoarthritis

-Infection complications following a cesarean section

-Rheumatoid arthritis

-Gout

Carpal tunnel syndrome

Risk of blood clot

Heart disease

Complications follow surgery

Day time sleepiness

Fatigue

Kidney disease

Liver disease

-Nonalcoholic liver disease

-Steatohepatitis (NASH)

-Hepatic steatosis

Infertility

Sexual dysfunction

Urinary incontinence

Polycystic ovarian disease

Certain Pregnancy complications such as:

- Gestational diabetes
- Preeclampsia
- Large babies associated with significant birth trauma
- Infection complications following a cesarean section

Self-confidence

Mood problems