

# WESTGATE ORTHOPAEDIC PHYSICAL THERAPY & EXERCISE INC., P.S.



## Health & Wellness Newsletter

Volume 5 Issue 3

March 2010

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**HAPPY ST. PATRICK'S DAY!**



## **HOW A HEALTHY WEIGHT PAYS OFF**

*Boeing Wellness Health Letter January 2010*

**The news is sobering:** New research shows that medical spending averages \$1,400 more per year for an obese person than for someone at a healthy living weight. Nationwide, obesity-related health spending has reached \$147 billion—double what it was nearly a decade ago.

**The good news:** You can reduce your health risks—and save money—by achieving or maintaining a healthy weight. If you're overweight or obese, losing weight can help you:

### **Decrease your risk of Type 2 Diabetes.**

One study suggests that a weight gain of just 11-18 pounds doubles your risk of developing Type 2 diabetes.

### **Reduce your risk of heart disease.**

Research shows that losing as little as 5-15% of your body weight reduces the risk factors for diseases such as heart diseases.

### **Boost your cardiovascular health.**

Losing weight can help lower your blood pressure and improve your triglyceride and cholesterol levels.

### **Alleviate sleep apnea.**

Obstructive sleep apnea is more common in people who are obese.

**Reduce your risk of pregnancy complications.** Obesity increases a woman's risk of gestational diabetes, problems with labor and delivery, high blood pressure, and having a child with birth defects.

**Improve arthritis symptoms.** In fact, osteoarthritis gets worse if you're overweight or obese. Research suggests for every 2-pound weight increase, your risk of developing arthritis increases by 9-13%.

**Reduce your risk of certain types of cancer.** These include colon, prostate, kidney, and breast cancers.

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**How much is a healthy weight worth?**

Consider using these facts and figures to inspire you to pursue or continue healthy lifestyle behaviors.

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<b>If a healthy weight helps you prevent:</b>	<b>You could save annually:</b>
Heart Conditions	\$14,990 in hospital inpatient stays
Osteoporosis or other joint problems	\$847 in doctor's office visits
Complications of pregnancy and birth	\$8,717 in hospital inpatient stays
High blood pressure	\$559 in prescription medications
High Cholesterol	\$678 in prescription medications
Cancer	\$23,184 in hospital inpatient stays

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