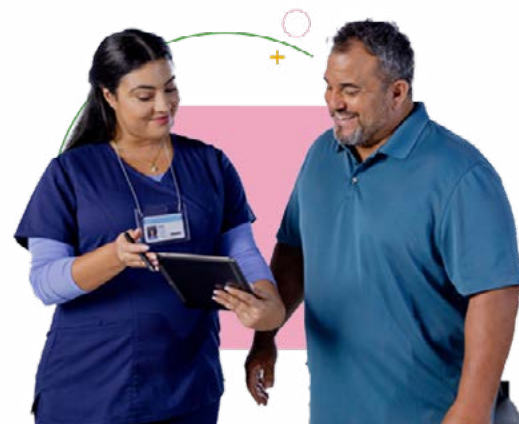


# Find Out More About Obesity and heart disease

## Losing weight can help improve certain heart disease risk factors

Obesity is **connected to** high blood pressure, unhealthy cholesterol, and type 2 diabetes. Living with these problems can increase your risk of cardiovascular disease, **which includes heart attack and stroke**. It is important to work with your health care provider to build a personalized weight-management plan for helping you lose weight and maintain it.



Actor portrayals.



People can lose **5 times** more weight when working with a health care provider, compared to people who do it alone.

## Start your conversation



### Managing weight loss

Discuss with your health care provider how your weight makes you feel.

What should my weight-loss goal be?

What steps can I take to lose weight and maintain it?

How could weight management affect my health?

Could weight-management medicine help me lose weight and maintain it?



### Stay informed

Does my weight put me at risk for heart disease or its risk factors?

- Why is blood pressure important?
- What do blood sugar numbers mean?
- What are the effects of unhealthy cholesterol?

What is my body mass index (BMI)?

### Know my numbers

Record your health statistics on the next page.



# Obesity **increases the risk** of cardiovascular disease

Did you know losing 5% or more weight can improve certain heart disease risk factors?  
**Record below** to help stay on track for weight loss.

## Numbers to know



“ **What is my weight?** ”

### At your appointment

MY CURRENT WEIGHT

MY GOAL



“ **Is my blood pressure normal?** ”

MY CURRENT BLOOD PRESSURE

## Other numbers to know



“ **Cholesterol can be good and bad. What are my levels?** ”

MY TOTAL CHOLESTEROL

LDL OR “BAD” CHOLESTEROL

TRIGLYCERIDES

HDL OR “GOOD” CHOLESTEROL



“ **What are my blood sugar numbers?** ”

TYPE OF TEST (PICK 1)

A1C

Fasting blood sugar test

Glucose tolerance test

RESULTS



“ **Am I at risk for heart disease?** ”

- People with a family history of heart disease can have an increased risk of developing it themselves
- Tell your health care provider about any family history of heart problems. Ask about setting weight-management goals



“ **What is my BMI?** ”

MY BMI NUMBER

Underweight  
(BMI of less than 18.5)

Normal Weight  
(BMI of 18.5-24.9)

Overweight  
(BMI of 25-29.9)

Obesity  
(BMI of 30 or greater)

Want to better understand the numbers? Visit [TruthAboutWeight.com](https://www.TruthAboutWeight.com)  
Download our guide to BMI, blood pressure, cholesterol, and blood sugar values.

