SIZWE HOSMED
MEDICAL SCHEME
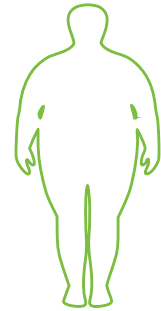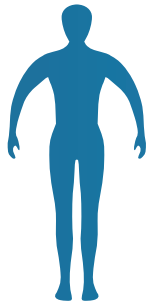*Your choice for quality care*

OBESITY
NEWSLETTER

WHAT IS OBESITY?

Obesity is defined as having a high percentage of body fat. A body mass index (BMI) above 30 indicates obesity. A high BMI together with waist circumference above 102cm for males and 89cm for females is associated with serious health problems.

WHAT CAUSES OBESITY?

Obesity occurs when one eats more calories or stores more calories in the form of fat than they burn through normal daily activities and or exercise. A combination of factors also contribute and they include: genetic predisposition, hormonal and metabolic factors, certain medical conditions, certain medications and one's behavioral patterns. Even if you have these factors, you can counteract obesity through healthier diet, regular exercise and active lifestyle changes.

WHY SHOULD YOU BE CONCERNED ABOUT OBESITY

1. **Heart disease and strokes**. Obesity makes you more likely to have high blood pressure and abnormal cholesterol levels, which are risk factors for heart disease and strokes.

2. **Digestive problems**. Obesity increases the likelihood of developing heartburn, gallbladder disease and liver problems.

3. **Type 2 diabetes**. Obesity can affect the way the body uses insulin to control blood sugar levels. This raises the risk of insulin resistance and diabetes.

4. **Certain cancers**. The risk of cancer of the uterus, cervix, endometrium, ovary, breast, colon, rectum, oesophagus, liver, gallbladder, pancreas, kidney and prostate may increase due to obesity.

5. **Sleep apnoea**. This serious disorder causes breathing to repeatedly stop and start during sleep. People with obesity are more likely to have sleep apnoea.

6. Osteoarthritis. Obesity promotes inflammation within the body and increases the stress placed on weight-bearing joints which may lead to complications such as osteoarthritis.

7. **Severe COVID-19 symptoms**. Obesity increases the risk of developing severe Covid 19 symptoms that may require treatment in intensive care unit or even mechanical assistance to breathe.

WHAT YOU CAN DO TO PREVENT OBESITY

1. Keep a healthy lifestyle : regular exercise, healthy eating, enough sleep, stress reduction all prevent obesity and maintain good weight. A healthy weight is necessary to maintain good health and overall quality of life.

2. Regularly screen for all health conditions with your health provider.

3. Know your BMI and waist circumference.

4. For tailor made healthy dietary advise, visit a dietician.

5. Participate in wellness events.

Sizwe- Hosmed covers GP and dietician consultations in line with your plan type, subject to clinical protocols and guidelines. As a Sizwe Hosmed member, you have cover for Preventative benefits to take care of your screening needs. For further information on your preventative benefits, visit the Sizwe Hosmed website for your 2023 benefit guide.

Stay active, eat well and beat obesity!