

# Benefits of 5-10

When thinking about weight-loss, one often has an “ideal” body weight in mind or an ultimate weight-loss goal. It’s very common for people to think that unless they lose dozens of pounds, they will not be any healthier.

is a misconception. Studies have shown that health benefits resulting from weight-loss are evident with a weight reduction as low as 5-10 percent. is means that an individual that weighs 200 pounds will benefit greatly from losing 10 to 20 pounds.

ere’s scientific evidence that many obesity-related conditions improve with a 5-10 percent weight-loss. Let’s look at these related conditions and see how modest weight-loss may greatly improve them and your overall quality of health:

## Cholesterol

Although we have good medications that decrease our “bad” cholesterol also called LDL cholesterol, doctors and patients alike know how hard it is to increase the “good” cholesterol otherwise known as “HDL cholesterol” even by a few points.

A 5-10 percent weight-loss can result in a five point increase in HDL cholesterol. is deserves applause as raising HDL by these few points can lower the risk of an individual developing heart disease. HDL cholesterol of more than 40 mg/dl for men and more than 50 mg/dl for women is protective against heart disease.

ere are other fat-like particles in the blood that are harmful in elevated amounts. ey are called triglycerides. People with high triglycerides are at higher risk for heart attacks and strokes among other problems. A normal level should be below 150 mg/dl, while anything above 200 mg/dl is considered high.

Losing 5-10 percent of body weight was shown to decrease triglycerides by an average of 40 mg/dl, which is a significant drop. is level can

further improve with exercise, a diet low in concentrated sugars, carbohydrates and fats as well as with reduction of excessive alcohol intake.

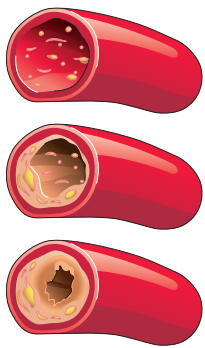


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## Hypertension

Excess body weight accounts for about 25-30 percent of cases of hypertension. As body weight increases, it causes hemodynamic abnormalities and other changes that result in elevated blood pressure. By losing 5-10 percent of one’s weight, blood pressure, both systolic and diastolic, decrease by 5 mmHg on average. In conjunction with a salt restricted diet, rich in vegetables, fruit and low-fat dairy, this weight-loss could be potentially even higher.



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## Diabetes

One of the laboratory markers used to screen for diabetes and to monitor its treatment is called Hemoglobin A1C. e normal level should be below 6.5. Research has shown that a 5-10 percent weight-loss can decrease this marker by half a point on average. is comes close to the e ffect that some anti-diabetic pills have on blood sugars.



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## Insulin Resistance

Another condition that is seen with weight gain is a phenomenon called insulin resistance. In this disorder, the pancreas produces larger than normal amounts of a hormone called insulin. Insulin is responsible for keeping blood sugar levels normal. In this condition, high levels of insulin are needed because tissues are resistant to its e ffects. When someone has insulin resistance, the resulting high levels of insulin in the blood cause an increase in fat tissue

# Percent Weight-loss

by Nadia B. Pietrzykowska, MD, FACP

especially in the waist area, abnormal cholesterol, and sometimes a change in certain hormone levels in women that causes male pattern hair growth and infertility. Modest weight-loss was found to significantly decrease insulin levels and thus to help with reversing these conditions.

## Obstructive Sleep Apnea

Obstructive sleep apnea is a sleep disorder commonly diagnosed in patients affected by excess weight that snore or gasp for air during sleep. It's caused by pauses and gaps in breathing during sleep and results in insufficient oxygenation. It causes fatigue and sleepiness during the day. It also is responsible for making certain diseases less responsive to treatment, like hypertension for example.

When sleep apnea is significant, oxygen levels in the blood are too low during sleep and the use of a breathing machine called CPAP is necessary. It has been shown that a 5-10 percent weight-loss may improve sleep apnea and sometimes if the apnea was not very severe, one can be weaned from the CPAP breathing machine.

This is a big achievement for some, as having to use a CPAP is life-saving but often perceived as cumbersome by those who need to use it.



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“There’s scientific evidence that many obesity-related conditions improve with a 5-10 percent weight-loss.”

## CONCLUSION

All these improvements caused by weight-loss as low as 5-10 percent ultimately lead to very significant benefits including a lesser chance of having a heart attack or stroke. Now, the next question that comes to mind is since we know that a 5-10 percent weight-loss is very beneficial, how can it be achieved?

First and foremost, weight-loss starts with lifestyle changes: diet and exercise. The first step is to talk to your healthcare provider. They will help choose the diet that is most appropriate. The diet choices are usually determined by the existing medical problems among other factors and should be discussed with your healthcare provider. On this note, it is worth mentioning that scientists have recently shown that a “Mediterranean diet,” which is rich in fish, vegetables, olive oil or nuts will protect you from heart disease even more when compared to other commonly used diets.

## Inflammation

In studies looking at the effect of excess weight on cells of the human body, it was found that fat cells and especially abdominal fat cells produce a large number of substances that result in inflammation in blood vessels. This inflammation then can result in plaques and clots and turn into strokes and heart attacks. When weight-loss achieves a level of 10 percent, the levels of inflammatory substances circulating in the blood drop significantly and therefore the risk of vascular damage is reduced as well.



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# Membership Application

## OAC Membership Categories

(select one)

- Individual Membership: \$20/year
- Institutional Membership: \$500/year
- Chairman's Council Membership: \$1,000+/year

## OAC Membership Add-ons

(optional, but only accessible by OAC members)

### Add-on 1: Educational Resources

To order bulk copies of OAC resources, members can purchase educational packages. If you'd like to order resources, select one of the below packages.

- Standard Package**  
10-50 pieces/quarter \$50/year
- Deluxe Package**  
51-100 pieces/quarter \$100/year
- Premium Package**  
101-250 pieces/quarter \$150/year

### Add-on 2: Make a General Donation

Make a tax-deductible donation to the OAC when joining as a member. Your donation helps the OAC's educational and advocacy efforts.

- \$5
- \$10
- \$25
- \$50
- \$100
- Other \_\_\_\_\_

## Membership/Add-on Totals:

Membership Category: \$ \_\_\_\_\_

Add-on 1 (if applicable): +\$ \_\_\_\_\_

Add-on 2 (if applicable): +\$ \_\_\_\_\_

**TOTAL MEMBERSHIP PAYMENT:** \$ \_\_\_\_\_

## Contact Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

## Payment Information

- Check (payable to the OAC) for \$ \_\_\_\_\_.
  - Credit card for my TOTAL membership fee of \$ \_\_\_\_\_.
- Discover®       Visa®
- MasterCard®       Amex®

Credit Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Billing Zip Code: \_\_\_\_\_

### RETURN TO:

**Mail:** OAC  
4511 North Himes Ave., Ste. 250  
Tampa, FL 33614

**Fax:** (813) 873-7838



# MEMBERSHIP



## Building a Coalition of those Affected

The OAC is the **ONLY** non-profit organization whose sole focus is helping those affected by obesity. The OAC is a great place to turn if you are looking for a way to get involved and give back to the cause of obesity.

There are a variety of ways that you can make a difference, but the first-step is to become an OAC Member. The great thing about OAC membership is that you can be as involved as you would like. Simply being a member contributes to the cause of obesity.

## Why YOU Should Become an OAC Member

Quite simply, because the voice of those affected needs to be built! The OAC not only provides valuable public education on obesity, but we also conduct a variety of advocacy efforts. With advocacy, our voice must be strong. And, membership is what gives the OAC its strong voice.

# Membership Benefits

## Benefits to Individual Membership

- Official welcome letter and membership card
- Annual subscription to the OAC's publication, *Your Weight Matters Magazine*
- Subscriptions to the *OAC Members Make a Difference* and *Obesity Action Alert* monthly e-newsletters
- "Bias Buster" Alerts, alerting specifically to issues of weight bias
- Immediate Advocacy Alerts on urgent advocacy issues and access to the OAC's expert advocacy team
- Ability to lend your voice to the cause

