

6 REASONS TO CHECK YOUR BMI



Holyoke Medical Center

Weight Management Program



Weight Management Program Patient Testimonials

"I just decided that I had enough with being obese, and wanted to see what Dr. Raftopoulos had to offer. He really, really cares that people get healthy."

—Joseph

"I no longer have high blood pressure, cholesterol issues or sugar issues."

—Susan

6 Reasons To Check Your BMI

You've probably heard the term BMI, but may not understand how it affects every aspect of your life. BMI stands for body mass index, the relationship between your weight and your height. Since everyone is different, a normal weight for a taller person isn't appropriate for someone with a smaller frame.

Calculating your BMI provides a good indication if you're at risk for a host of preventable health conditions. It's a great first step toward becoming more informed about your health.

Take this quiz to see if you should be concerned about your BMI. If you answer YES to one or more questions, the [Weight Management Program at Holyoke Medical Center](#) can provide the tools you need to lose weight and live better.

Has your doctor recommended that you lose weight?

REASON #1

Usually, this is a strong sign that your BMI is a concern. If your BMI is between 25-29.9, you're considered overweight. If it's 30 or over, you're considered obese. Today, nearly 70% of American adults fall into one of those categories.

If your BMI puts you at risk, don't do it alone. You'll get better results if you enlist the support of medical experts—in weight loss, nutrition, behavioral health and exercise—who can help you develop and stick with an effective plan. The goal: to help you achieve a healthy weight for life.

Have you been diagnosed with one of these conditions?

REASON #2

A high BMI puts you at greater risk for lots of other diseases. Excess pounds, especially around the middle, can increase your chance of having heart disease, type 2 diabetes, stroke, high cholesterol, certain cancers and respiratory problems such as asthma.

When diagnosed with one of these illnesses, many people assume that medication is the only treatment available to control their condition. The good news: medical weight loss is often an effective tool in reducing—or even eliminating—the need for certain medications. Patients should always check with their doctor before adjusting any medication dosage.

Do you have pain in your knees or other joints?

REASON #3

A higher BMI puts you at greater risk for needing joint replacement surgery, as well as back pain, osteoarthritis and chronic pain. In fact, obese people are 20 times more likely to require knee replacement surgery. That's because every pound of weight you gain puts an extra four pounds of pressure on your knee joints, wearing down the cartilage that cushions the joint.

A medical weight loss plan increases the likelihood that joint replacement surgery will be a success. It could even eliminate your need for surgery.

Do you have sleep apnea or trouble sleeping?

REASON #4

A higher BMI triggers a vicious cycle between sleep and weight gain. Heavier people are more prone to sleep apnea, a condition that affects an estimated 18 million Americans with snoring and frequent waking. Experts say losing even 10% of your body weight can improve sleep apnea.

To make matters worse, sleeping less than five hours a night increases your chance of gaining weight, since sleep debt impairs metabolism and disrupts hormones that regulate hunger and stimulate the appetite. Plus, lack of sleep leads to fatigue—and lower motivation to exercise.

Are you avoiding some activities because of your weight?

REASON #5

Weight often dictates the lifestyle choices we make. You may love to swim, but turn down an invitation to the beach because you don't want to be seen in a bathing suit. Or a day with friends in the city that involves lots of walking just seems too strenuous.

We may not realize it, but everyday choices—in activities, clothing, furniture selection and even cars—are often dictated by our BMI.

Is your self-esteem suffering?

REASON #6

Studies show that being overweight has a direct effect on your self-esteem. In fact, obesity puts you at much higher risk for clinical depression, anxiety and other mental disorders, with one study suggesting that 21.2% of obese women suffer from depressive symptoms.

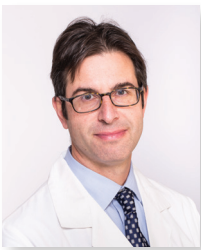
If your weight makes you feel this way, please know that help is available. The weight loss team at Holyoke Medical Center includes behavioral health specialists, as well as support groups where you'll meet people on the same weight loss journey as you. Together, you'll take the first steps toward a healthier life.

What Is Your Body Mass Index (BMI)?

		WEIGHT																																			
		91	96	100	105	110	115	119	124	129	134	138	143	146	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
HEIGHT	4'10"	91	96	100	105	110	115	119	124	129	134	138	143	146	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
	4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
	5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	265	271	276
	5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
	5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
	5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
	5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
	5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
	5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
	5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
	5'8"	125	131	136	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
	5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
	5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
	5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
	6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	257	264	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
	6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
	6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
6'3"	152	160	166	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431	
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443	
	BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
		NORMAL				OVERWEIGHT				OBESE								EXTREME OBESE																			

Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report

Test your BMI and begin your journey to a healthier weight.



Dr. Yannis Raftopoulos,
Medical Director

Calculating your BMI the first step toward a healthier life. Consult our chart by checking your height and weight. It's that easy.

If the results indicate that you're either overweight or obese, the professionals at Holyoke Medical Center's Weight Management Program can help. Attend an informational meeting to learn about our individualized approach and meet our medical team—doctors, nutritionists and behavioral health experts—who can help you to achieve your healthiest weight.

People whose BMI is above 30 may benefit from a surgical weight loss procedure. Dr. Yannis Raftopoulos, Medical Director of our Weight Management Program, is a leading expert who has performed more than 2,000 weight loss surgeries. On average, Dr. Raftopoulos' bariatric patients lose 134 pounds in the first nine months after surgery. Most insurance programs, including Medicare and Medicaid, cover these procedures.

For more information on our informational meetings or Holyoke Medical Center's Weight Management Program, call (413) 535-4757.

Sources: The National Institutes for Health, American Heart Association, the Obesity Action Coalition, the National Sleep Foundation, Mayo Clinic, Centers for Disease Control and Prevention.