

Obese person has chance developing heart disease, diabetes

Obesity contributes to serious health problems.

Obesity is often defined as a chronic disease in which a number of factors can contribute to its development, including an individual's genetic make-up, hormones, metabolic rate, environment and diet.

What is certain is that a person who is obese is in danger of developing a number of serious health complications, including heart disease and diabetes.

"Obesity is a serious medical condition," said Dr. Claude Bouchard, professor of exercise physiology at Université Laval.

"Based on a recent report from the USA, several major chronic diseases can be attributed to overweight and obesity in non-smoking American women. For instance, it has been estimated that about 90 per cent of the non-insulin dependent diabetes mellitus cases, 20 per cent of high blood pressure cases, 37 per cent of coronary heart disease cases, 32 per cent of cancer cases and 10 per cent of stroke cases can be attributed to overweight and obesity in these women.

"In this particular study, 23 per cent of the total mortality in those smoking women was attributed to overweight and obesity. One should, however, remember that even a small weight loss can lead to dramatic improvement in the risk profile of overweight and obese adults."

Too much fat
The bottom line is that most obese people take in more calories than they burn off. What is of most importance is the amount of fat in a person's diet, because fat has a very high proportion of calories compared to carbohydrates; fat in foods contains nine calories per gram, twice the calories of carbohydrates or proteins. The fat in a person's diet is the most important contributor to fat in a person's body.

HEALTH

The key to losing weight, therefore, is to reduce dietary fat. Less than 30 per cent of a person's daily caloric intake should come from fat.

Facts about what people eat
• Eating an extra 200 calories per day — the equivalent to one chocolate bar — a person will gain 20 pounds a year.

• A cup of peanuts is actually equivalent to drinking five tablespoons of oil or 840 calories. Nuts such as brazils, macademias and cashews are even fatter: 50 per cent of their weight is fat.

• Skim milk is almost fat free, while two per cent milk contains one teaspoon of fat per serving.

• Processed meats are generally higher in fat. One thick slice of processed bologna contains

twice as much fat as the same size slice of roasted white turkey breast.

One third obese
The prevalence of obesity around the world is increasing rapidly. According to the Canada Heart Health Survey, it is estimated that one third of the Canadian population is obese. The World Health Organization notes that reported cases of obesity are doubling every five years and will reach epidemic proportions very quickly.

"Obesity has surpassed many other conditions as a threat to the overall well being of Canadians," said Rena Mendelson, professor, School of Nutrition, Consumer and Family Studies at Ryerson Polytechnic University. "The direct medical costs associated with obesity in Canada are thought to be in the region of "4.5 billion dollars annually."

IMPROVE YOUR NATURAL VISION NONSURGICALLY

IN DAYS * WEEKS DISCOVER ORTHO-K!

Dr. H. H. Walji, O.D., M.Sc., F.I.O.S.
Optometrist including Orthokeratology

WELCOME TO YOUR TOTAL EYECARE PLACE FOR EYE EXAMS, ORTHO-K CONTACT LENSES AND EYEGLASSES

Ashgrove Medical Centre
6633 Highway 7 (at Ninth Line)
Markham (905) 471-3937

DRY MOUTH? DRY EYES?

The Arthritis Society (Ontario Division) presents an information session to help learn about these symptoms and a new way to deal with them.

Tuesday, Nov. 4, 6 p.m. - 8 p.m.

**The Walter Hall Theatre
Edward Johnson Bldg.
80 Queen's Park Drive
(TTC - Museum Station)**

Premier Opticians
EYEGLASSES CONTACT LENS CENTRE

"Your Family Optician"

Single Vision complete with frame & lenses..... **\$59⁰⁰**

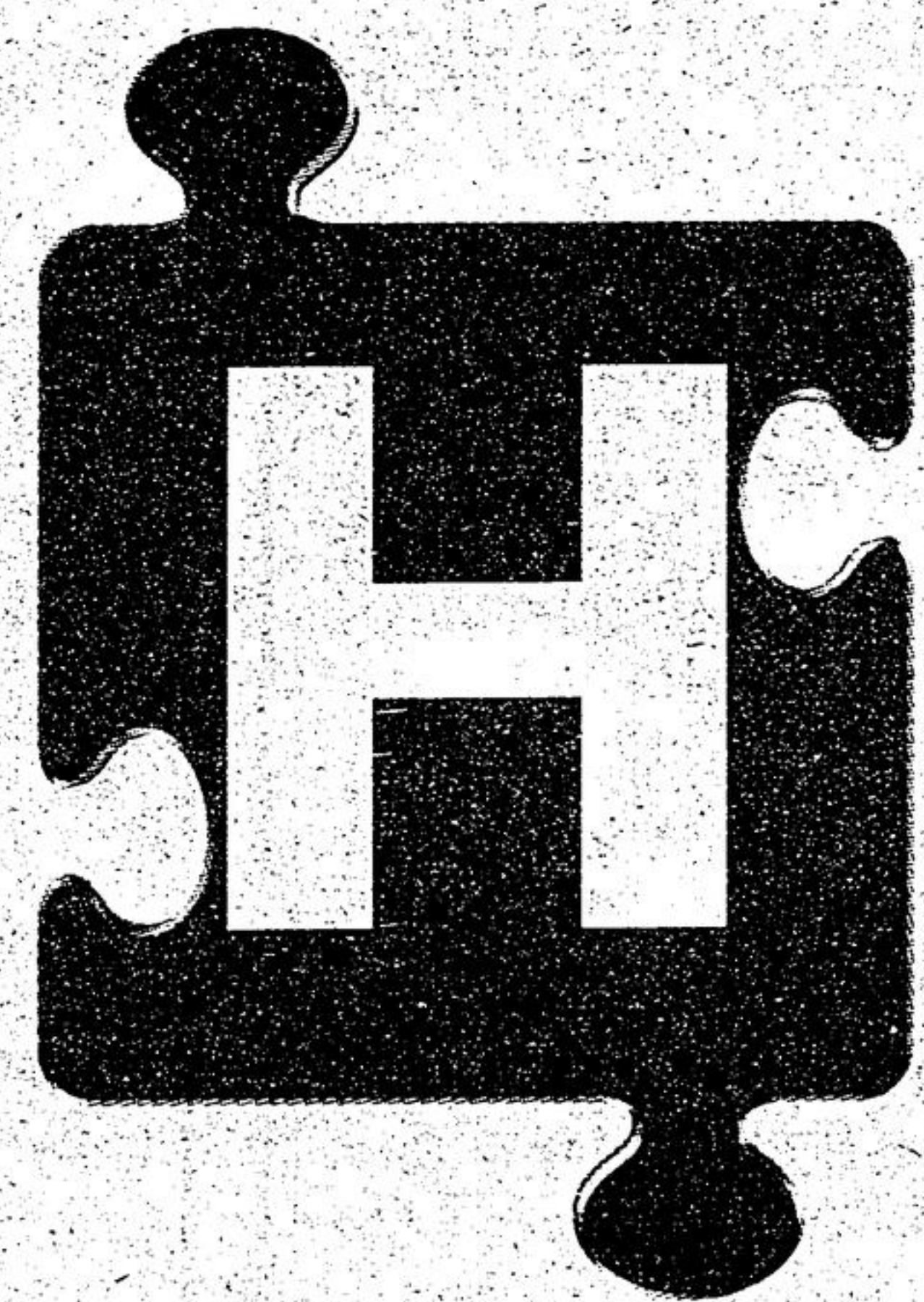
No-Line Bifocal complete with frame & lenses..... **\$159⁰⁰**

Daily Wear soft contact lens..... **\$50⁰⁰ /pair**

Disposable contact lens..... **\$27⁵⁰ /box**

Bausch & Lomb Solution 3 month supply..... **\$23⁰⁰**
(480 mL x 3)

**4721 Hwy. 7, Unit 3
(East of Kennedy, Next to IGA)
Call 305-8201**



Will there be quality health care when you need it?

All of us in Ontario are concerned about the future of our health care. What we really want to know is, if I get sick, will there be a health care system in place to look after me and my family? And where and how will we get that care?

The Hospitals of Ontario are working hard to do what we have always done: deliver high quality health care. Today, new discoveries, new drugs and new technologies mean we can deliver care in many different ways. What used to mean a two-week hospital stay now takes just one or two days. And many treatments can now be provided outside of hospitals.

So the Hospitals of Ontario are developing

new ways of providing health care and building partnerships to provide care in the community. And we believe we can maintain the quality of health care on one crucial condition: that we don't move too far, too fast. Community services must be in place so you can continue to receive the care you need.

The Hospitals of Ontario know what it means to make changes. We've been leaders of change for years. But change that moves too quickly without making sure every piece of the puzzle is in place is not the answer. And above all, we want to make sure your health care system is there for you when you need it.

**Want to know more about how hospitals are changing?
Call us for a free information booklet and get involved in the future of your health care.**

1-888-628-5888

Or visit our website at: www.oha.com



THE HOSPITALS OF ONTARIO