

# OBESITY AND IMPACT ON UROLOGIC CONDITIONS

Being obese means that you have too much body fat. For many people, talking about weight problems can be hard and emotional. The good news is there are many resources to help you on your road to wellness.

## 78,000,000

of U.S. adults are obese.

## 30 kg/m<sup>2</sup> +

The body mass index, or BMI, range for obesity. A high BMI is a sign of high body fat.

## \$147 Billion

Estimated yearly health care costs for treating conditions linked to obesity.

## 37%

of U.S. adults are considered obese.

## 17%

of U.S. children are considered obese.

## UP TO 50%

of obese men may have low testosterone.

## 7 UROLOGIC CONDITIONS LINKED TO OBESITY:

- ✓ Infertility
- ✓ Kidney cancer
- ✓ Kidney stones
- ✓ Lower urinary tract symptoms
- ✓ Overactive bladder
- ✓ Prostate cancer
- ✓ Stress urinary incontinence



**National Headquarters:** 1000 Corporate Boulevard, Linthicum, MD 21090

Phone: 410-689-3990 • Fax: 410-689-3878 • 1-800-828-7866 • [info@UrologyCareFoundation.org](mailto:info@UrologyCareFoundation.org) • [www.UrologyHealth.org](http://www.UrologyHealth.org)

[f](https://www.facebook.com/UrologyCareFoundation) UrologyCareFoundation [@UrologyCareFdn](https://twitter.com/UrologyCareFdn) [@UrologyCareFdn](https://www.instagram.com/UrologyCareFdn) [P](https://www.pinterest.com/UrologyCareFdn) UrologyCareFoun

# Obesity and Impact on Urologic Conditions



## **NORMAL, HEALTHY BLOOD PRESSURE:** 120/80 mmHg

High blood pressure can cause heart disease, stroke, kidney disease and erectile dysfunction. Obesity is linked with increased risk of high blood pressure.

## **Reaching and maintaining a healthy weight takes time.**

Be patient with yourself. Treatment for obesity will depend on the cause and severity of your condition. Possible treatments include healthy lifestyle changes like diet and exercise, behavioral weight-loss treatment programs, medication and surgery. Talk to your doctor about a plan that's right for you. Remember, each journey starts with a single step; however, without taking that first step, you will never reach your goal of a new and healthier you.

## **HEALTHY BLOOD SUGAR (GLUCOSE) LEVEL:** | 60-100 mg/dL

Diabetes is a condition in which blood sugar levels are high. It can lead to heart disease and erectile dysfunction. The A1C test is a common blood test used to tell if someone has diabetes. It is also used to gauge how well they are taking care of their diabetes. Obesity is linked with increased risk of diabetes.



## **HEALTHY TOTAL CHOLESTEROL LEVEL:** 200 mg/dL or lower

Obesity is linked with higher cholesterol levels.

### Healthy "good" HDL cholesterol

- >50 mg/dL for women
- >40 mg/dL for men

### Optimal "bad" cholesterol

- <100 mg/dL

1 obesity-related urologic condition that only affects women is

## *pelvic organ prolapse.*

This happens when the tissue and muscles of the pelvic floor no longer support the pelvic organs, resulting in a drop (prolapse) of the pelvic organs from their normal position. The muscles and tissues of the pelvic floor may become torn or stretched after labor or childbirth. The bladder is the most commonly involved organ in pelvic organ prolapse.

**National Headquarters:** 1000 Corporate Boulevard, Linthicum, MD 21090

Phone: 410-689-3990 • Fax: 410-689-3878 • 1-800-828-7866 • info@UrologyCareFoundation.org • www.UrologyHealth.org