



Your beauty can't
be measured

Your health can

ETHICON

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Can your size affect your health?

It's true that beauty comes in all shapes and sizes, but did you know that your size could impact your health? Every woman has a weight range that is considered healthy. If your weight falls outside this range, you may be putting your health at risk. Your doctor can help you to determine whether you fall into a healthy weight range. He or she will likely measure your body mass index (BMI), which calculates the relationship of your weight to your height. A BMI between 19 and 25 is typically considered healthy.

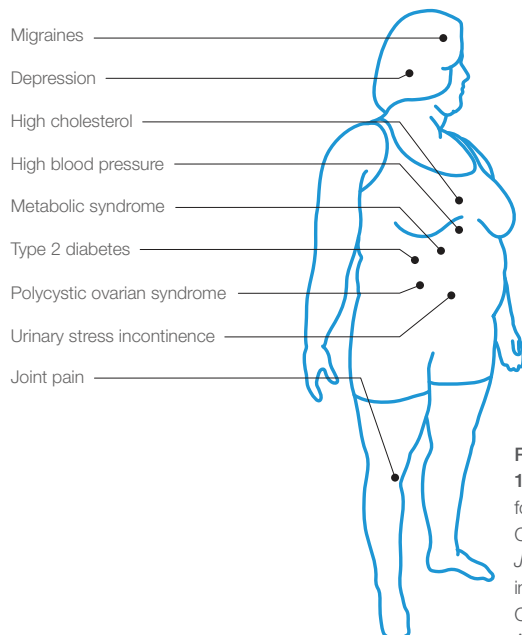
Does your BMI put your health at risk?

Living with extra weight not only changes the way you look, but it changes the way you feel. If your BMI is above a 25, you may develop weight-related health problems. Being at an unhealthy weight puts you at risk for conditions such as high blood pressure, type 2 diabetes, and joint pain.¹

Obesity Facts about African-Americans

- **37%** of African-American men 20 years or older are obese, compared to **32%** of white men^{2,3}
- **57%** of African-American women 20 years or older are obese, compared to **33%** of white women^{2,3}
- **65%** of African-American adults diagnosed with diabetes are obese⁴

Weight-related health problems¹



References:

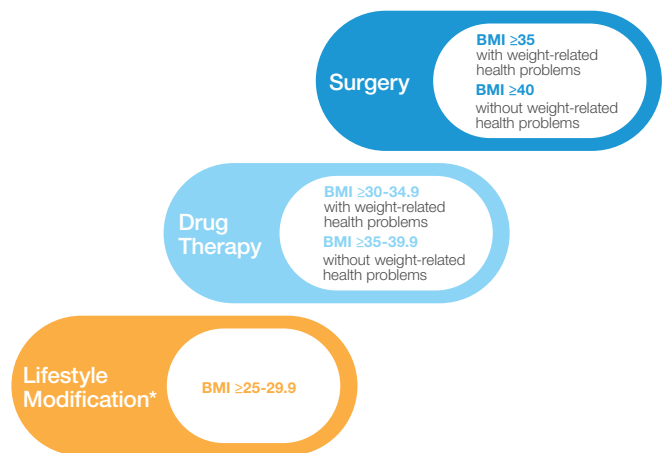
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Make your health a priority.

Keeping yourself at a healthy weight is critical to your long-term wellness. It can be easy to let your health take a backseat while juggling daily life. But making your health a top priority will help you to stay active and continue to enjoy activities with your family and friends for years to come. Contact your doctor today to discuss your weight and your long-term health.

Which treatments are available if you're at a potentially unhealthy weight?

This chart outlines the most common treatments your doctor may suggest based on your current BMI.



*Diet, physical activity, behavior modification.



It's time to talk to your doctor about maintaining a healthy weight.

For additional information to help inform your conversation with your doctor, visit www.Ethicon.com/Bariatrics

The weight loss, medication, and diagnosis information provided by this tool is derived from statistical analysis of historical claims and clinical databases as well as research published in peer-reviewed journals. While predictive modeling techniques were used, the results cannot predict the specific outcomes for any individual. The information presented does not represent any statement, promise or guarantee by Ethicon Inc. concerning my eligibility, experience, or potential outcomes. Individual patient results may vary.