

## Increased Body Mass Index Signals Higher Mortality Rate

A new study says your Body Mass Index (BMI) is a strong predictor of mortality. Are you in the danger zone?

Published in the online March 2009 *Lancet*, a massive, collaborative analysis of 57 prospective studies found that BMI is a “reasonably good measure” general adiposity - body fat. As your BMI increases, so does your risk of death from many possible causes, such as ischaemic heart disease, stroke and various types of cancers. The added concern is that the overall BMI of an average person is on the rise. Sadly, most don’t know it.

The Prospective Studies Collaboration—funded by the UK Medical Research Council, British Heart Foundation, Cancer Research UK, EU BIOMED programme, US National Institute on Aging and Clinical Trial Service Unit—looked at the baseline BMI verses mortality in 894,576 patients in Europe and North America.

Participants in the collaborative study had a mean age of 46: 61% were male with a mean BMI of 24.8. The BMI of study participants from Europe and Israel was lower than those from the US and Australia. Japan’s participants were even lower.

Going back decades, the median year of recruitment for all participants was 1979. Aside from excluding the first five years of follow-up, adjustments were made for age, sex, smoking status and study.

**The findings.** Researcher reported the lowest mortality was in those with a BMI of 22.5 to 25 kg/m<sup>2</sup>. As BMI slightly increases, the mortality rate begins to skyrocket.

Above this range, each 5 kg/m<sup>2</sup> higher BMI was associated with about 30% higher all-cause mortality (40% for vascular; 60–120% for diabetic, renal, and hepatic; 10% for neoplastic; and 20% for respiratory and for all other mortality). In other words, as BMI increased overall death rate increased. No specific cause of death was inversely associated with BMI.

The collaboration found that both males and females, age 50-69, experienced an increase in their BMI. But the greatest rate of increase was in men under 40 and women under 50.

During the first 5 years of the follow-up, 15,996 participants died. As part of the study, 72,749 deaths were identified over a mean of 8 years per person. A majority of the follow-up (90%) was on participants aged 36-69, which accounted for 58% of the deaths (75% were males).

Researchers also discovered that in the BMI range of 25 to 50, each 5 kg/m<sup>2</sup> increase was associated with a 40% higher probability of ischaemic heart disease mortality as well as a 40% possibility of having a stroke.

Participants in that upper BMI range also had mortality attributed to heart failure, hypertensive disease, diabetes, non-neoplastic kidney disease, and non-neoplastic liver disease. Neoplastic disease accounted for about two-thirds of the deaths (22,592); vascular disease (30,416); respiratory (3770); diabetic, renal or hepatic (2070); and other (7704).

### 9 health issues with increased BMI.

Straight from the CDC, having an above-normal range BMI can result in these health conditions:

1. Hypertension
2. Dyslipidemia
3. Type-2 diabetes
4. Coronary heart disease
5. Gallbladder disease
6. Stroke
7. Sleep apnea
8. Osteoarthritis
9. Various cancers

### The BMI Factor

**Calculated from your weight and height, BMI provides a general gauge of body fatness. Your BMI number can fall into one of four adult categories:**

- Below 18.5 = Underweight
- 18.5 - 24.9+ = Normal
- 25.0 - 29.9 = Overweight
- 30.0 and above = Obese

### What can you do to stay out of the BMI danger zone?

Know your BMI and get down to your ideal weight are good first steps.

“In adult life, it may be easier to avoid substantial weight gain than to lose that weight once it has been gained,” writes researcher Dr. Gary Whitlock, Clinical Trial Service Unit/ University of Oxford, UK, along with fellow colleagues.

“By avoiding a further increase from 28 kg/m<sup>2</sup> to 32 kg/m<sup>2</sup>, a typical person in early middle age would gain about 2 years of life expectancy. Alternatively, by avoiding an increase from 24 kg/m<sup>2</sup> to 32 kg/m<sup>2</sup> (i.e., to a third above the apparent optimum), a young adult would on average gain about 3 extra years of life.”

Here’s the point. There’s danger hiding behind that expanding waistline: highly active, toxic abdominal fat that is guaranteed to heighten your disease risk. Check your waist girth with a tape measure, starting at the top of the hipbone. Measure at your greatest waist area, keeping the tape measure even, not pulling too tightly. A total of over 40 inches for men or over 35 inches for women means it’s high time to get serious about taking control of your health and future.

**Are BMI categorizations sufficient?** Cenegenics—the recognized global authority in age management medicine—says age, gender and body fat measurement tell far more about your individual health picture.

Cenegenics uses sophisticated, dual-energy x-ray absorptiometry, or DEXA scanning, to accurately assess true body composition (i.e. body fat), which BMI is attempting to estimate, albeit in a comparatively crude manner.



Standing on the leading edge of 21st century medicine, Cenegenics guides you into a new definition of healthy aging, keeping you fit, strong, mentally sharp and physically/sexually energetic.

The science behind our medical specialty, age management medicine, helps us improve your health span by identifying and meeting criteria that places you in the lowest possible risk category for disease, including heart disease, metabolic syndrome, stroke and Alzheimer’s.

Your health journey begins with an intensive Executive Health Evaluation, which helps us establish your metabolic and physiologic baseline. From there, we use solid science and established protocols to customize a program that targets your specific health needs as well as your short- and long-term health goals.

And you are guaranteed our Cenegenics five-star service and one-on-one attention from your personal medical team—physician trained/certified in age management medicine, nutritionist and exercise physiologist—as well as our patient services team.

**Get serious about your health.  
Call Cenegenics today at 866.953.1510.  
Discussions are always confidential and without obligation.**