



Surgical Weight Loss Centre

Simple facts on the complex illness of obesity and weight loss

Obesity is now the leading cause of preventable death in Canada and the United States. Over 60% of Canadians are categorized as being overweight or obese.

Obesity is a serious medical problem facing Canadians. It is a growing national epidemic that is affecting an estimated 5.5 million Canadians. From 1979 to 2004, the percentage of obese people in Canada increased from 13.8 percent to 23.1 percent. That number is expected to climb over the next few years.

Because obesity causes serious medical conditions such as diabetes and hypertension, it puts a tremendous strain on the medical system. A study published in the Canadian Medical Association Journal conservatively estimates that the cost of obesity exceeds \$1.8 billion, or 2.4 per cent of annual health care expenditures. According to the World Health Organization, the impact of obesity threatens to overwhelm the health care system.

Treatment

It's well known that losing weight—and keeping it off—produces significant health benefits. Guidelines published in the Canadian Medical Association Journal states that even a modest weight loss of five to ten percent of body weight could improve health.

Conventional weight loss methods however have a high failure rate with obese individuals. Studies indicate that low calorie diets, weight-loss programs, medications and non-surgical weight-loss options rarely keep weight off long-term. In fact, people often end up regaining their original weight, or even more. For this reason, the Centres for Disease Control and Prevention agree that bariatric surgery is the most effective option for weight loss for morbidly obese people.

For more information on Surgical Weight Loss Centre and the programs and services offered, call (local) 905-278-8000 (toll-free) 1-888-278-7952, email info@SWLC.ca, or visit www.SWLC.ca.

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