

## FOR RELEASE

Contact: Jennifer Fox  
Communications Specialist  
[jfox@nueterra.com](mailto:jfox@nueterra.com)  
(913) 387-0615

## Importance of Maintaining a Healthy Weight

**MANHATTAN, KS (December 2011)** – Holiday parties and cookies in the break room are just a few of the opportunities to overindulge during the holiday season. Amidst the hustle and bustle, weight maintenance is probably the last thing on your mind, but Manhattan Surgical Hospital would like to remind you why keeping a healthy weight is something to work toward year-round.

By maintaining a healthy weight, individuals can help prevent numerous diseases and conditions and can control the acceleration of existing health problems. Being overweight increases the risk of heart disease, high blood pressure, type 2 diabetes, gallstones and gallbladder disease, breathing problems, certain cancers, high cholesterol, joint problems, osteoarthritis, and back pain. Other problems caused by carrying excess weight include: cardiovascular disease, stroke, polycystic ovarian syndrome, gout, stress incontinence, sleep apnea, and early death.

Evaluating your weight is easy. Plug in your statistics to a Body Mass Indicator (BMI) calculator online or use a tape measure to determine the circumference of your waist. A BMI calculator can be found online at [www.bmi-calculator.net](http://www.bmi-calculator.net). Another online option is a body fat calculator, [www.bmi-calculator.net/body-fat-calculator](http://www.bmi-calculator.net/body-fat-calculator).

### **BMI calculations**

Underweight – Less than 18.5  
Normal weight – 18.5-24.9  
Overweight – 25-29.9  
Obese – 30+

### **Healthy Range for Waist Circumference**

Less Than or Equal to 30 inches – women  
Less Than or Equal to 40 inches - men

Talk to a primary care physician if you have questions or need assistance in creating a healthier lifestyle.

Manhattan Surgical Hospital is a joint venture partnership between area physicians and Nueterra Healthcare, a health care management company based in Leawood, Kansas. The facility treats more than 9,200 patients annually and offers six operating rooms, three endoscopy suites, five treatment rooms, and 13 inpatient rooms. Manhattan Surgical Hospital performs procedures for ear, nose, and throat, gastroenterology, general surgery, gynecology, orthopedic surgery, pain management, plastic surgery, podiatric surgery, and urology.

More information on Manhattan Surgical Hospital is available at [www.manhattansurgical.com](http://www.manhattansurgical.com).

More information on Nueterra Healthcare is available at [www.nueterrahealthcare.com](http://www.nueterrahealthcare.com) or by contacting Jennifer Fox, communications specialist, at [jfox@nueterra.com](mailto:jfox@nueterra.com) or (913) 387-0615.