

Know your way around waist circumference

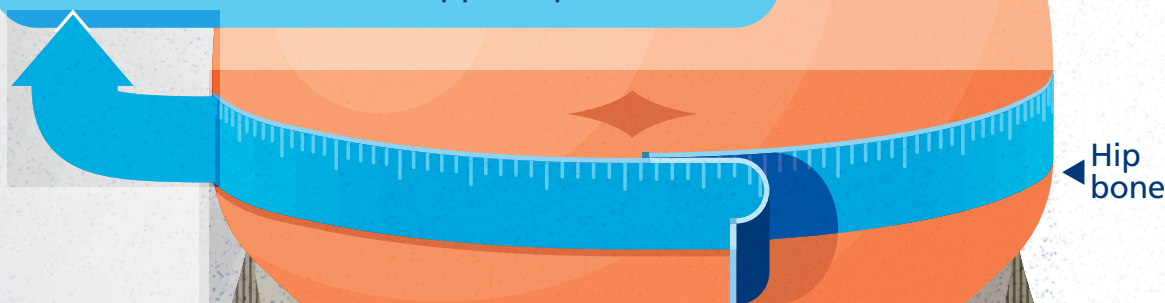
How to use waist circumference to evaluate your patients' risk for obesity-related conditions

Along with body mass index (BMI), waist circumference is an important measure for evaluating obesity-related health risks.¹

Beyond a surplus in total body fat, excess abdominal fat (indicated by a large waist circumference) serves as an independent marker of greater disease risk.¹

Measuring waist circumference in 3 simple steps¹

1 Place the tape measure horizontally around the patient's bare middle, at the level of the upper hip bones



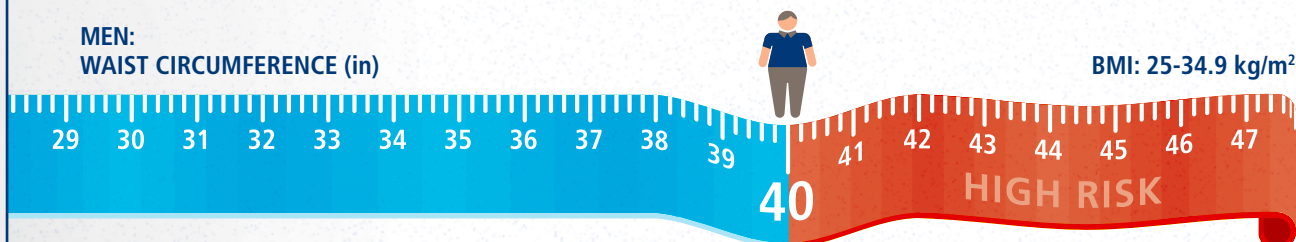
2 Keep the tape snug around the patient's waist without compressing the skin

3 Measure after the patient exhales

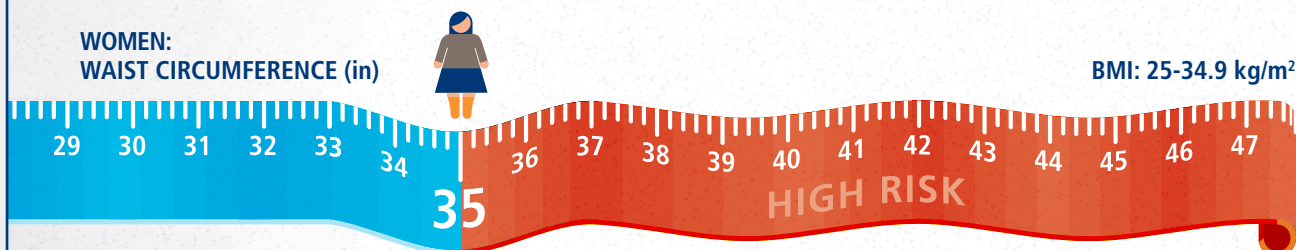
Weighing the risks¹

Your patients with a large waist circumference may be at high risk for multiple cardiometabolic conditions.

MEN:
WAIST CIRCUMFERENCE (in)



WOMEN:
WAIST CIRCUMFERENCE (in)



Effect of clinically meaningful weight loss



WEIGHT LOSS OF
5%-10%

is clinically meaningful and has been shown to impact cardiometabolic risk factors, such as hypertension and dyslipidemia.^{2,3}

Measure the BMI and waist circumference of your patients with overweight or obesity to assess the risk of obesity-related conditions.¹

Risk levels for disease are relative to the risk at normal body weight.¹

References: 1. National Heart, Lung, and Blood Institute; National Institutes of Health; US Department of Health and Human Services. *The Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obesity in Adults*. Bethesda, MD: National Institutes of Health; 2000. NIH publication 00-4084. 2. Wing RR, Lang W, Wadden TA, et al. Benefits of modest weight loss in improving cardiovascular risk factors in overweight and obese individuals with type 2 diabetes. *Diabetes Care*. 2011;34(7):1481-1486. 3. Dengo AL, Dennis EA, Orr JS, et al. Arterial destiffening with weight loss in overweight and obese middle-aged and older adults. *Hypertension*. 2010;55(4):855-861.

Novo Nordisk is a registered trademark of Novo Nordisk A/S.

© 2016 Novo Nordisk Printed in the U.S.A. USA16SAM01156 May 2016

