



# You Don't Have to Be The Biggest Loser

The health benefits stack up with small losses

For overweight patients without diabetes

**Losing 5-12 pounds** can reduce the risk of developing type 2 diabetes by 30%-60%.

For overweight patients without diabetes

**Losing 7-18 pounds** can improve triglycerides, "good" HDL cholesterol, and "bad" LDL cholesterol.

For overweight patients without diabetes:

**Losing 5% of your body weight** can reduce blood pressure and cut down on the need for blood pressure medications

For overweight patients with diabetes:

**Losing 2%-5% of your body weight** reduces fasting glucose and HgA1c.

For overweight patients with diabetes:

**Losing 5%-10% of your body weight** results in bigger reductions in HgA1c and decreases the need for diabetes medications.

For overweight patients with diabetes:

**Losing 5%-8% of your body weight** increases "good" HDL cholesterol and decreases triglycerides.