



GE HealthCare

Shaping a healthier future

Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health.

With increased BMI, there is increased risk for:

- Cardiovascular diseases
- Diabetes
- Musculoskeletal disorders
- Some cancers (including breast, prostate, liver, colon and other cancers)¹



U.S. adults by 2030

1 in 2 will be obese

1 in 4 will be severely obese

Projected prevalence of adult obesity and severe obesity in the U.S., according to a study published in the New England Journal of Medicine²

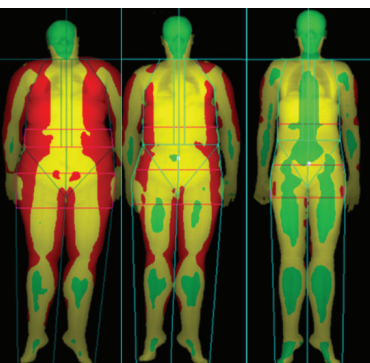
A DXA scan can help you understand your body composition and if you may be at greater risk for metabolic disease or osteoporosis.



Talk with your physician

If you are seeking a healthier weight, first discuss exercise and nutrition goals with your physician, then ask how DXA body composition scans can help you monitor and see the results of your efforts.

DXA body composition scanning can help:



- Measure visceral fat to better understand risk of disease
- Monitor fat loss rather than just weight loss
- Monitor changes in muscle mass
- Assist in setting goals and tracking over time
- Assist with motivation through metrics and tracking

Get started today

Ask your physician for more information or to set up an appointment.

1. World Health Organization website. [who.int/news-room/fact-sheets/detail/obesity-and-overweight](https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight).
2. Ward Z, et al. Projected U.S. State-Level Prevalence of Adult Obesity and Severe Obesity, New England Journal of Medicine, 12/19/19.

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