



THE AUSTRALASIAN ACADEMY OF  
**ANTI-AGEING MEDICINE**

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PRESS RELEASE FOR IMMEDIATE RELEASE

## SMOKING AND OBESITY CARRY SAME RISKS

International researchers have found that obesity can be as bad for your health as smoking.

A team led by Oxford University epidemiologist, Dr Gary Whitlock studied more than one million people around the world.

They found that even those people who are moderately obese can expect their lives to be shortened by three years.

And severe obesity - defined by a body mass index of 40 to 50 or 100-plus extra pounds over average healthy weight - can reduce life expectancy by approximately 10 years.

The majority of the obesity-related risk is contributed to increased heart disease, stroke and to a less extent, cancer.

"Obesity causes heart disease and stroke by pushing up blood pressure, mucking up blood cholesterol and triggering diabetes," study co-author Gary Whitlock explains.

The researchers suggest that being severely obese carries as much risk as a lifetime of smoking.

Chairman of the AustralAsian Academy of Anti-Ageing Medicine, Bill Anton said dietary habits have changed radically in the last decade and we Westerners are paying the dearest price.

Our dietary choices contribute significantly to the ageing process, especially since our ability to process nutrients changes as we get older.

Doctors and health practitioners are rapidly recognising the role of nutrition in maintaining optimal health.

The upcoming A5M 2009 Conference in Melbourne will feature world-renowned speakers in Anti-Ageing Medicine including Dr Robert Goldman, Chairman of the American Academy of Anti-Aging Medicine and the World Academy of Anti-Aging Medicine.

Dr Goldman will speak about keeping your body functioning at optimum level throughout your life. His lecture will discuss the links between anti-ageing medicine, sports medicine, Olympic sports, general fitness and top anti-ageing therapeutics.

For more information on the A5M Conference 2009 go to [www.A5M.net](http://www.A5M.net) or phone

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