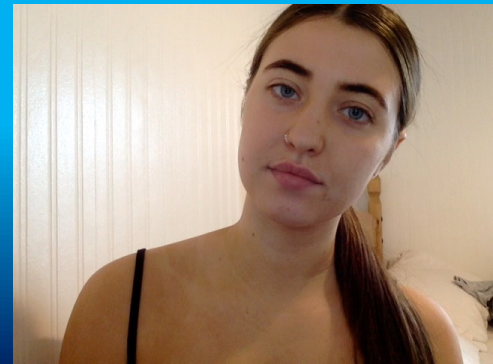
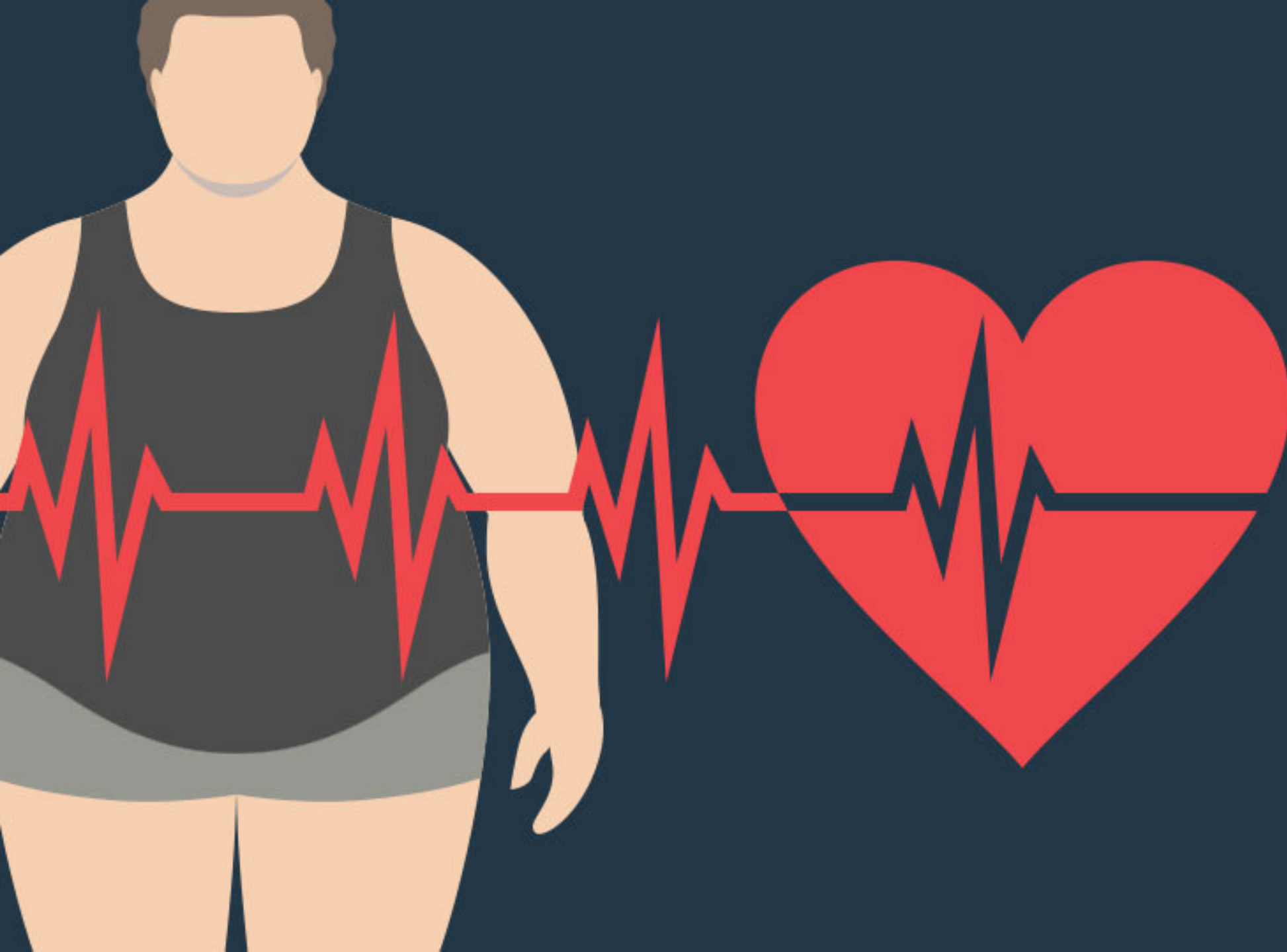


Obesity and how we can tackle this global issue

By Teleri Lamb

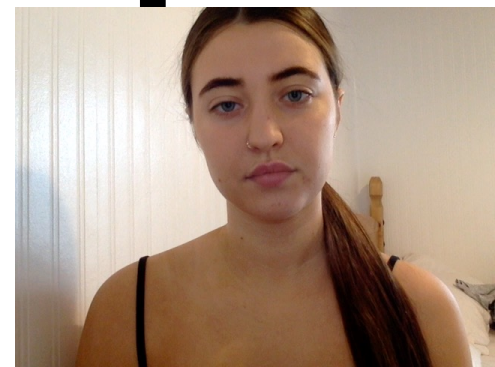


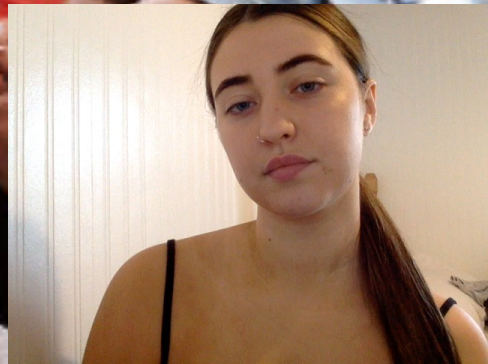


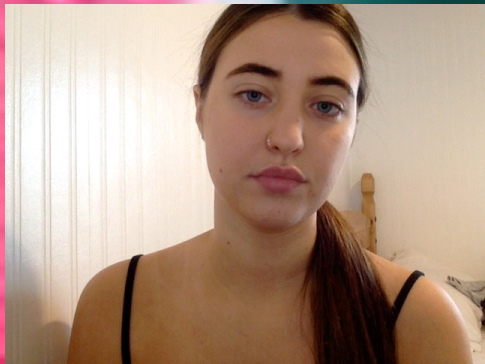
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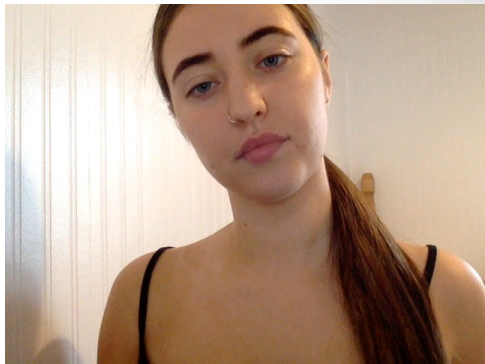
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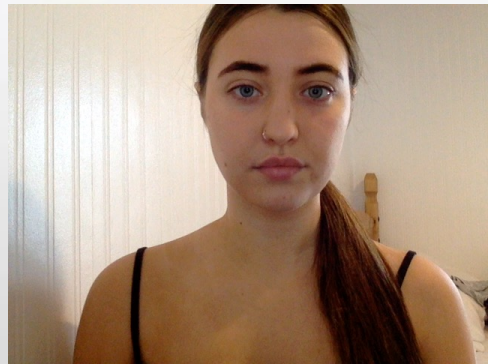
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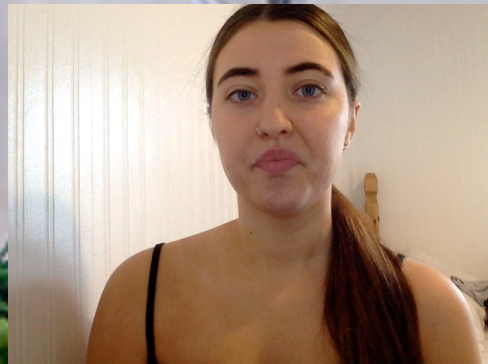


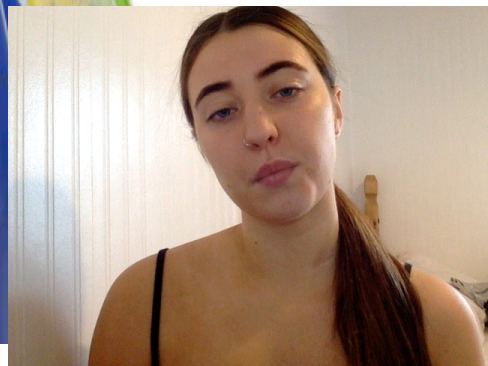


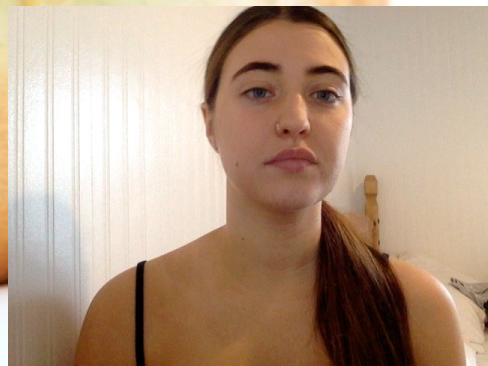






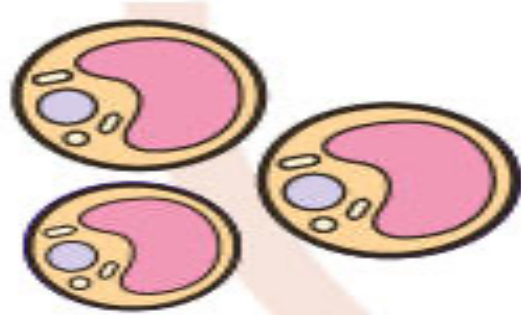




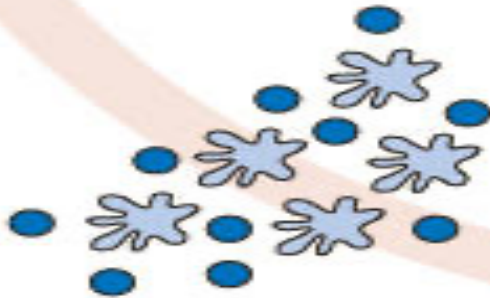


How can overweight and obesity cause cancer?

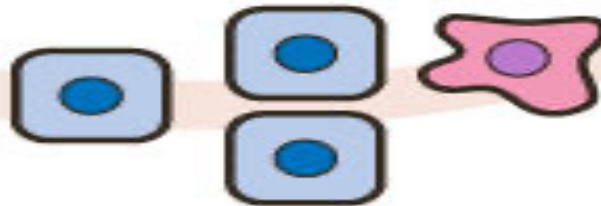
- 1 Fat cells increase inflammation and make extra hormones and growth factors



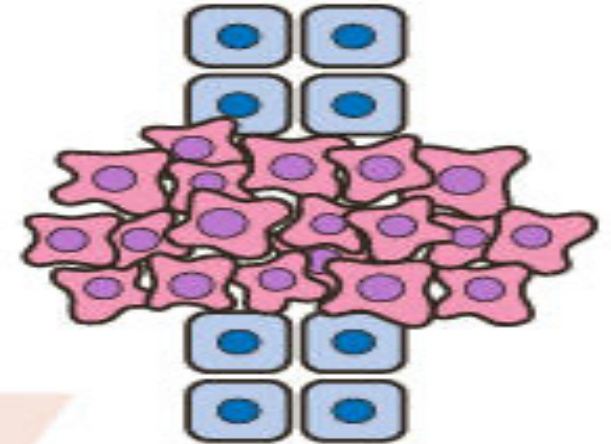
- 2 Hormones, growth factors and inflammation cause cells in our body to divide more often



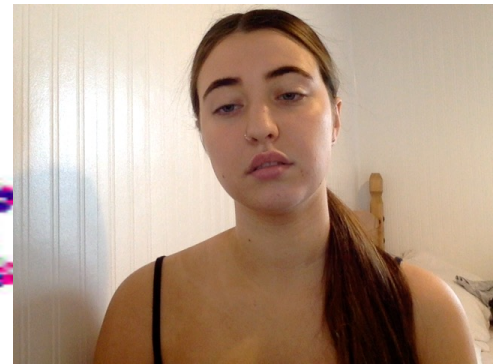
- 3 This increases the chance of cancer cells being made



- 4 ...which can then continue to divide and cause a tumor

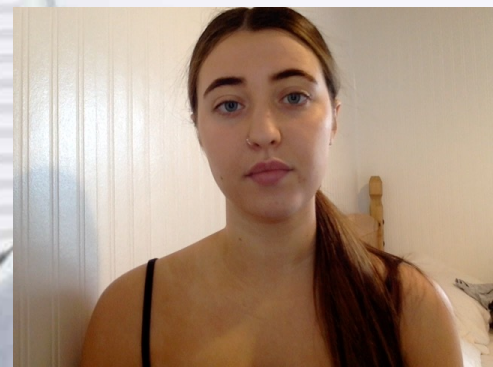


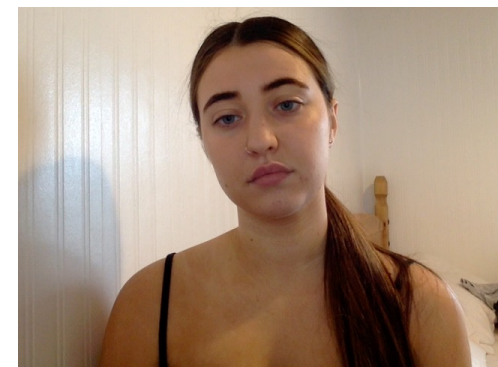
cruk.org
Together we will beat cancer



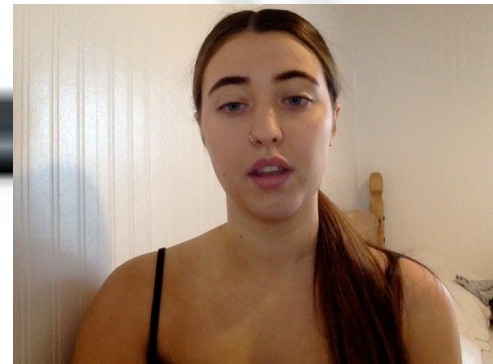


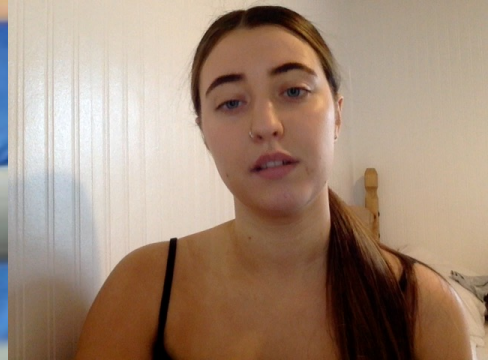






HOW TO PREVENT OBESITY





BAD HABITS

and unhealthy lifestyle

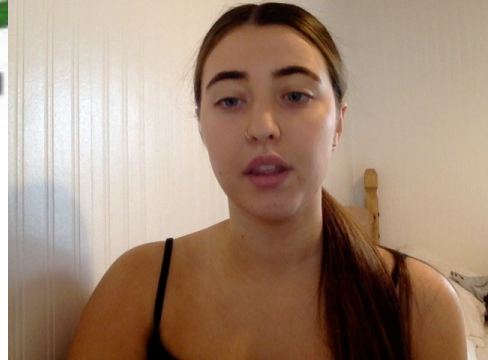
SWEETS



JUNK FOOD



REST AT HOME

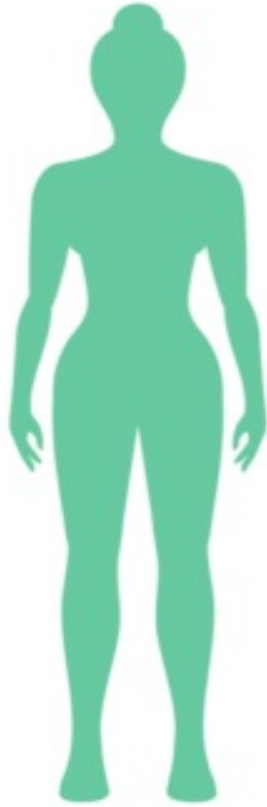


BODY MASS INDEX



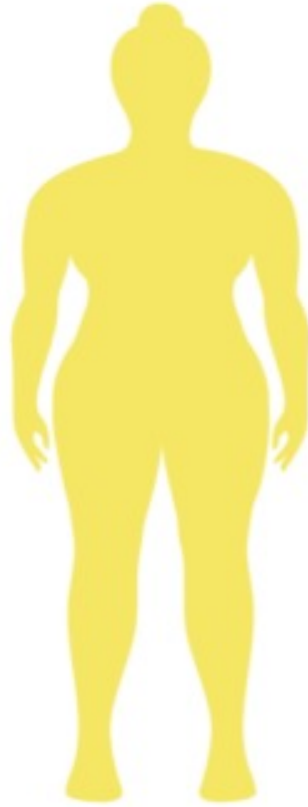
UNDERWEIGHT

< 18.5



NORMAL

18.5 - 24.5



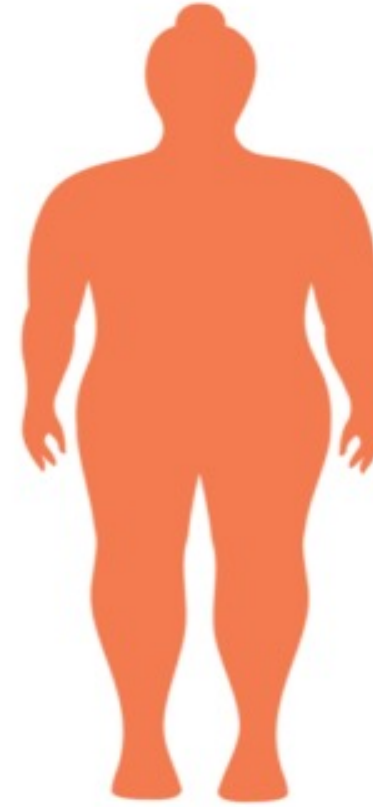
OVERWEIGHT

25 - 30



SEVERE OBESITY

35 - 39.5



MORBID OBESITY

40 - 44.5

