

Resources

1. Felson DT, Zhang Y, Anthony JM, Naimark A, Anderson JJ. Weight loss reduces the risk for symptomatic knee osteoarthritis in women. the framingham study. *Annals of internal medicine*. 1992;116(7):535. <http://www.ncbi.nlm.nih.gov/pubmed/1543306>.

Researchers evaluate the effect of weight loss in preventing symptomatic knee osteoarthritis in women.

2. Richard F. Hamman, Rena R. Wing, Sharon L. Edelstein, et al. Effect of weight loss with lifestyle intervention on risk of diabetes. *Diabetes Care*. 2006;29(9):2102-2107. <http://care.diabetesjournals.org/content/29/9/2102.abstract>. doi: 10.2337/dc06-0560.

A study on the potential effects of weight loss on diabetes status and risk for development.

3. Whelton PK, Appel LJ, Espeland MA, et al. Sodium reduction and weight loss in the treatment of hypertension in older persons: A randomized controlled trial of nonpharmacologic interventions in the elderly (TONE). *JAMA*. 1998;279(11):839-846. <http://dx.doi.org/10.1001/jama.279.11.839>. doi: 10.1001/jama.279.11.839.

To create sufficient evidence to determine whether weight loss can be labeled as an effective treatment method of hypertensive patients, researchers created a randomized controlled trial.

4. Victor J. Stevens, Eva Obarzanek, Nancy R. Cook, et al. Long-term weight loss and changes in blood pressure: Results of the trials of hypertension prevention, phase II. *Annals of Internal Medicine*. 2001;134(1):1. <http://www.annals.org/content/134/1/1.abstract>.

In this study, researchers assess the results of the Trials of Hypertensive Prevention II. Specifically, they analyze the long-term effects of weight loss on hypertension.

5. Poirier P, Giles TD, Bray GA, et al. Obesity and cardiovascular disease: Pathophysiology, evaluation, and effect of weight loss. *Arteriosclerosis, Thrombosis, and Vascular Biology*. 2006;26(5):968-976. <http://atvb.ahajournals.org/cgi/content/abstract/26/5/968>. doi: 10.1161/01.ATV.0000216787.85457.f3.

The American Heart Association summarizes the relationship between obesity and a variety of concomitant diseases.

6. Eliassen AH, Colditz GA, Rosner B, Willett WC, Hankinson SE. Adult Weight Change and Risk of Postmenopausal Breast Cancer. *JAMA*. 2006;296(2):193-201. doi:10.1001/jama.296.2.193

Researchers look into the relationship between adult weight loss and breast cancer risk among postmenopausal women.