

## Mayo Clinic Minute

### Why excess belly fat is a health risk for women

| Video  | Audio   |
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|  | It's common for women to put on weight as they age, especially around the midsection. That dreaded so-called "belly fat" can come with some serious health risks ...                                    |
| <b>Ekta Kapoor, M.B.B.S.</b><br><b>General Internal Medicine</b><br><b>Mayo Clinic</b> | "... high blood pressure, diabetes and ultimately heart disease. We're learning that it also increases the risk of certain cancers like breast cancer, colon cancer. So, yeah, it's a very risky deal." |
|  | Dr. Ekta Kapoor says even women who have a normal body mass index, or BMI, can be at risk, which is why BMI alone doesn't tell the whole story.   |
|  | "So good measurements of belly fat could be measuring waist circumference or waist-hip ratio."  |
|  | So how can you lose excess fat and keep it from coming back? Dr. Kapoor says the key is to eat fewer calories and build muscle mass, which we lose as we age.   |
|  | "If you have lower muscle mass, we just burn fewer calories. And what happens when you burn fewer calories? You gain weight."   |
|  | Besides strength training exercises to help build and maintain muscle, it's important to eat a heart-healthy diet.  |
|  | For the Mayo Clinic News Network, I'm Susan Buckles.  |