

## Family History Lifestyle Introduction to Eligibility Webpage

The Family History Lifestyle (FHL) Study is a diet and exercise programme designed to support weight loss in women who have an increased risk of breast cancer and are above an ideal weight (BMI of 25 or more)

Before you check your eligibility, we would like to remind you of the potential benefits and possible issues of joining the study

### **Why Weight Matters**

- Being overweight increases the risk of heart disease, stroke, type 2 diabetes, dementia and more than 12 different cancers, including breast cancer, bowel cancer and cancers of the oesophagus (gullet), thyroid gland, kidney, womb, ovaries, gall bladder, pancreas, malignant melanoma and cancers of the blood and immune systems, such as leukaemia, multiple myeloma, and Non-Hodgkin lymphoma.
- People who are overweight are more likely to suffer from arthritis, indigestion, gallstones, stress, anxiety, depression, infertility and sleep problems.
- Being very overweight (3 stone/19 kg above your healthy weight) is as harmful to health as smoking and can reduce life expectancy by 7 years. If you're very overweight and also smoke it can shorten your lifespan by 14 years.
- Being overweight limits the number of years we are in good health. In the UK women live, on average, to the age of 83, but their good health only lasts until their mid-60s, while men live to 79, with good health only until the age of 64 often due to weight related illness. Being 3 stone/19 kg above your healthy weight means you have 10 years less of a healthy life than people who are a normal weight

### **What are the potential benefits and possible issues of joining the study?**

#### **Potential benefits:**

**Weight loss:** No diet works for everyone and this diet is no exception. The success of any diet is mainly due to whether people can follow it and keep it up over time.

If you follow the 2 Day Diet for three months you could potentially achieve the benefits listed in the table below:

#### **What can be achieved in the first three months of the 2 Day Diet**

	<b><u>Average</u></b>	<b><u>Maximum</u></b>
Weight loss	-13lb (-6.4 kg)	-32lb (-14.5 kg)
Loss of body fat	-10lb (-4.5 kg)	-24lb (-11 kg)
Reduction in waist measurement	6cm (-1½ in)	-19cm (-7 in)
Change in clothes size	Dropped 1 clothes size	Dropped 2 clothes sizes
Change in cholesterol	-6%	-34%
Change in blood pressure	-11%	-40%

**Increased fitness:** aerobic exercise (e.g. brisk walking, cycling, dancing or aerobics) can improve cardiovascular (heart and lungs) fitness, while resistance and weight bearing activity can improve muscular strength and maintain bone health.

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**Health:** A combination of diet, activity and lifestyle changes can help improve overall health, reducing the risk of breast cancer by 30%, diabetes by 60%, heart disease and stroke by 30% as well as reduced risk of other cancers and dementia and increased well-being (e.g. improved mood and sleep pattern).

### **Possible issues to consider:**

**Disappointment:** It can be difficult to follow a diet and exercise plan. If you are unable to follow the programme you may be disappointed if you do not achieve your weight loss or lifestyle goals.

**Preparation:** You may initially find that the diet requires extra time to plan and prepare meals; this is usually only until you have become familiar with the diet.

**Time Commitment:** The additional time commitment of trying to adhere to a healthy diet and physical activity plan.