



Eating health with a balanced diet will cause less weight gain. A balance between fruit, veggies, dairy, and meat can help maintain a healthy body weight.

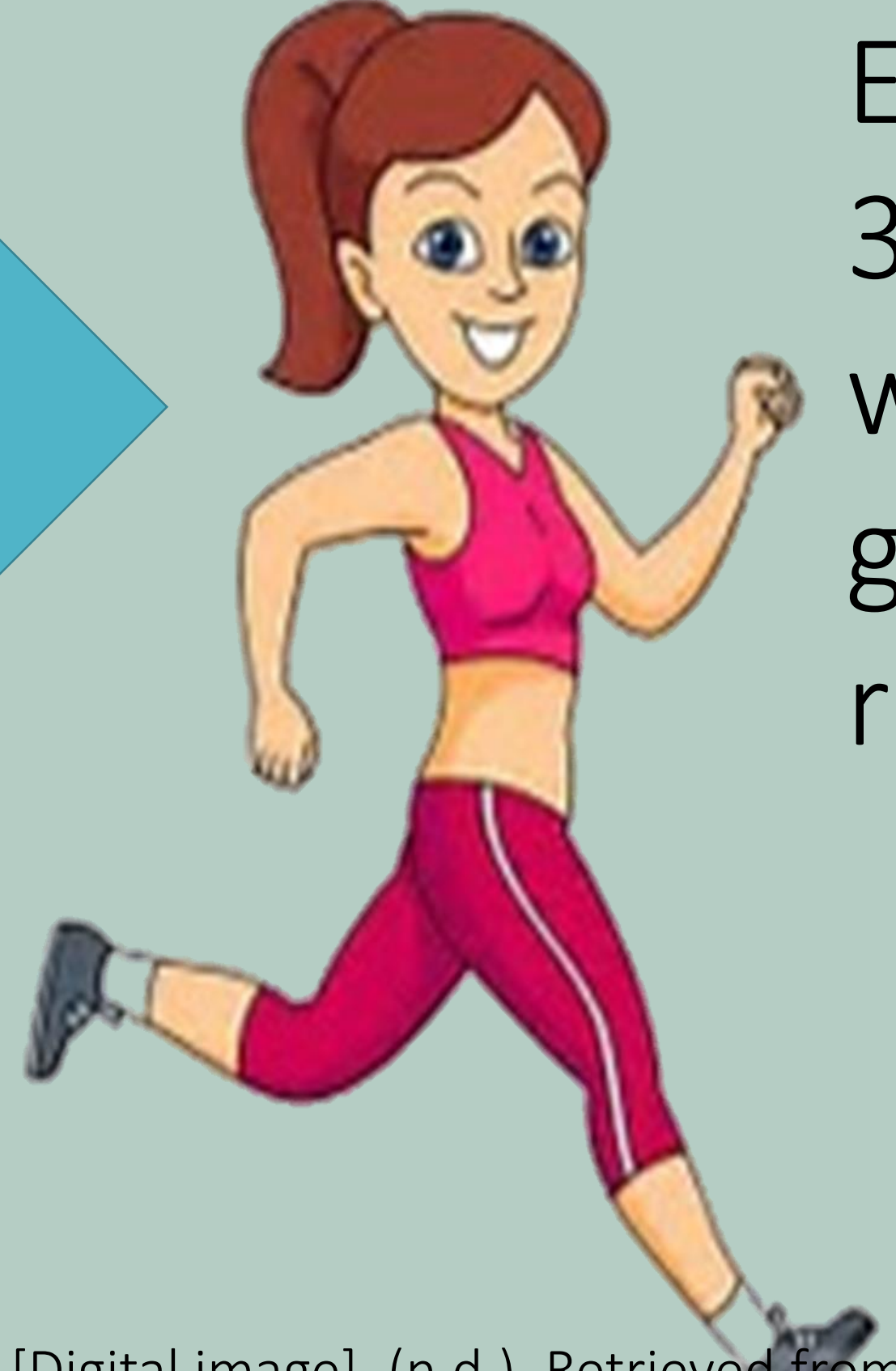
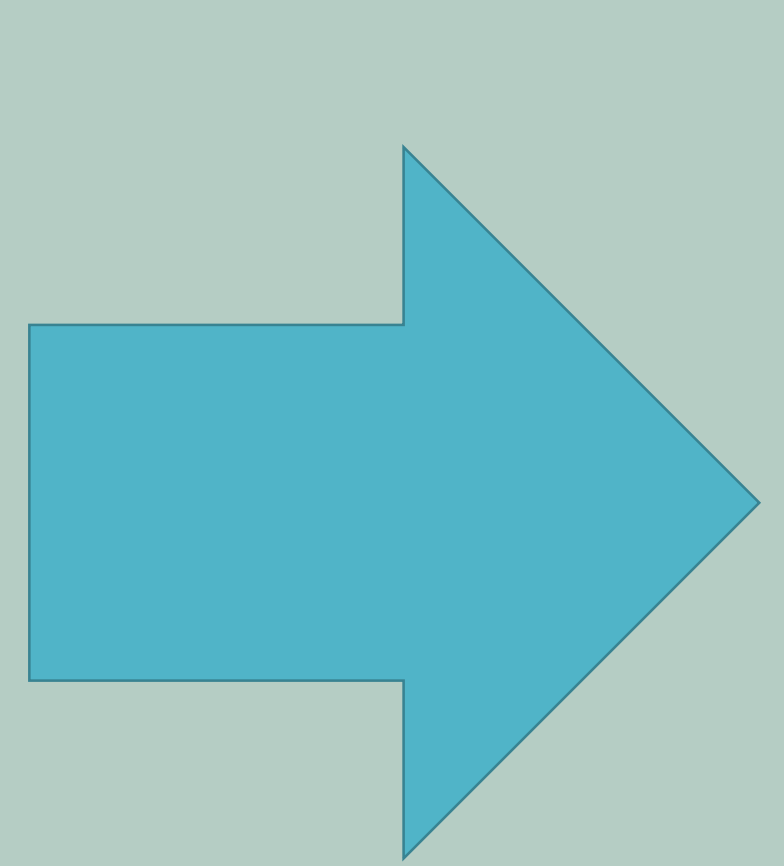
The Massive Truth: Obesity in Children and Adolescent

- Obesity can cause:
- Breathing problems
 - Type II diabetes
 - High blood pressure
 - Risk factors for cardiovascular disease



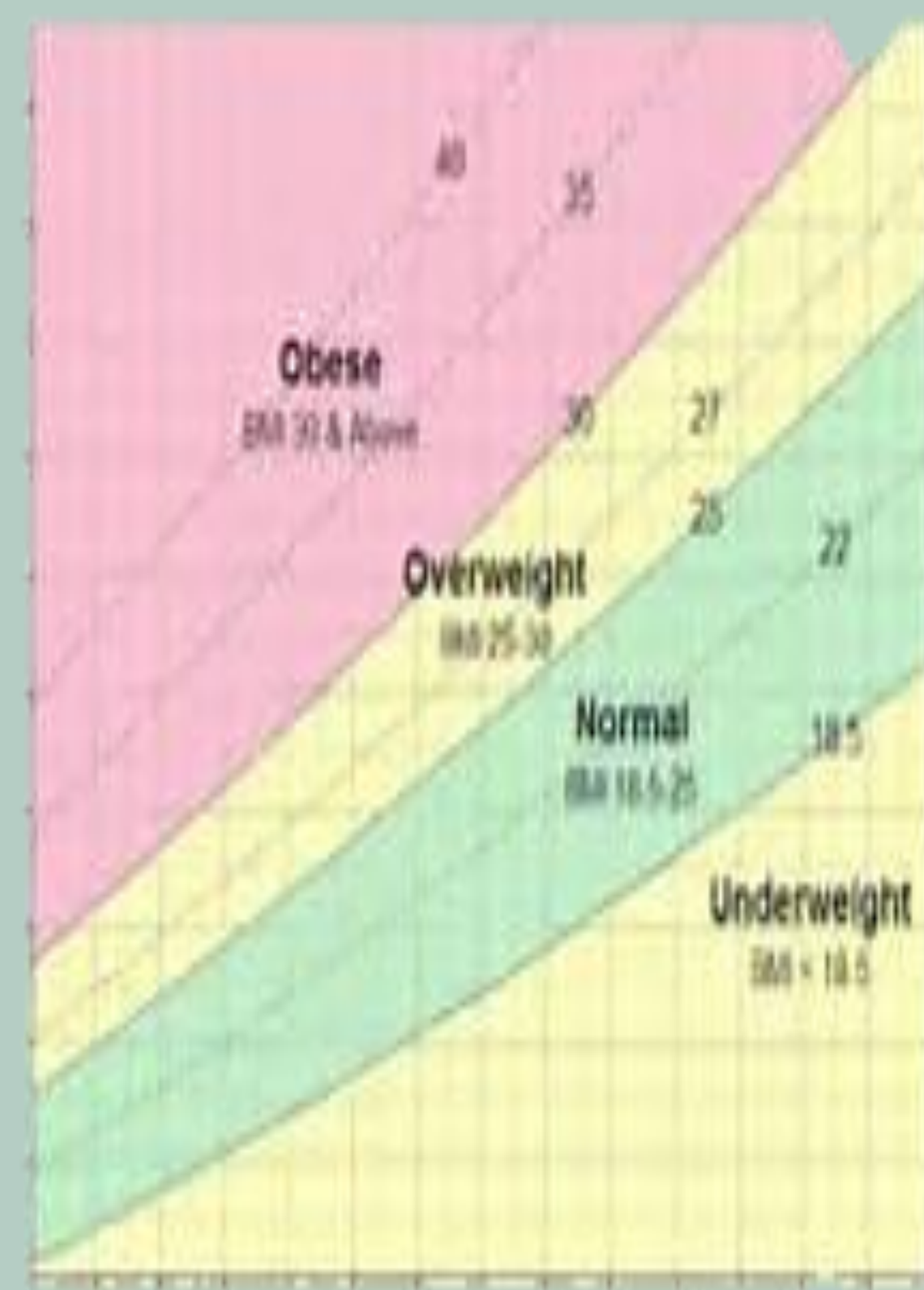
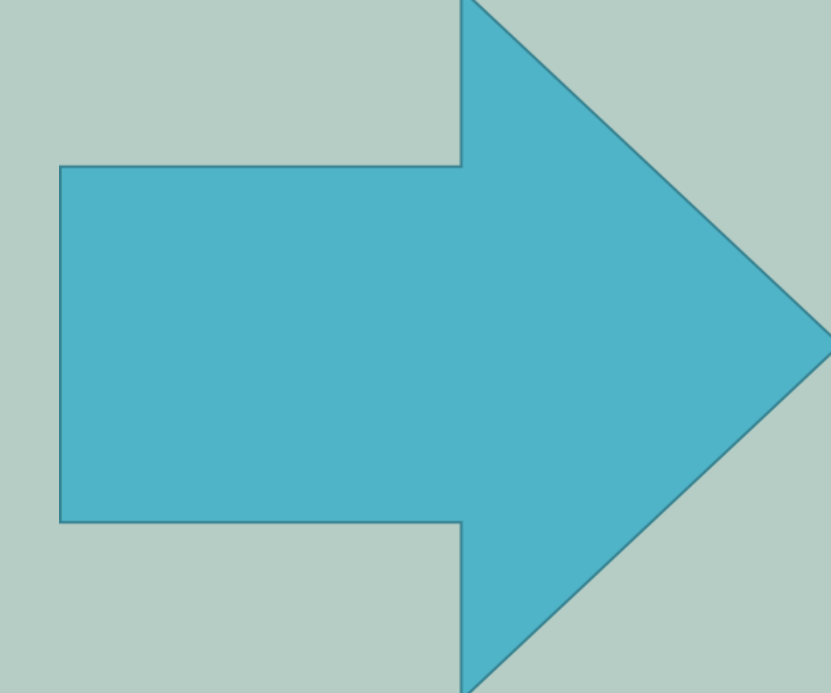
[Digital image]. (n.d.). Retrieved from 2017, December 5) https://www.reddit.com/r/WTF/comments/21i19k/xray_of_a_normal_person_vs_obese_person/

References:
 Guiles, A. (2017, June 19). Are There Weight Limits for MRI, CT, or X-Ray Scans? Retrieved November 24, 2017, from <https://www.bestpricemri.com/2017/06/19/are-there-weight-limits-for-mri-ct-or-x-ray-scans/>
 Mandal, M. D. (2017, October 30). What is Body Mass Index (BMI)? Retrieved November 24, 2017, from [https://www.news-medical.net/health/What-is-Body-Mass-Index-\(BMI\).aspx](https://www.news-medical.net/health/What-is-Body-Mass-Index-(BMI).aspx)
 Obesity in Children. (2017, November 15). Retrieved November 24, 2017, from <https://emedicine.medscape.com/article/985333-overview>



Exercising at least 30 minutes a day will lower weight gain and health risks.

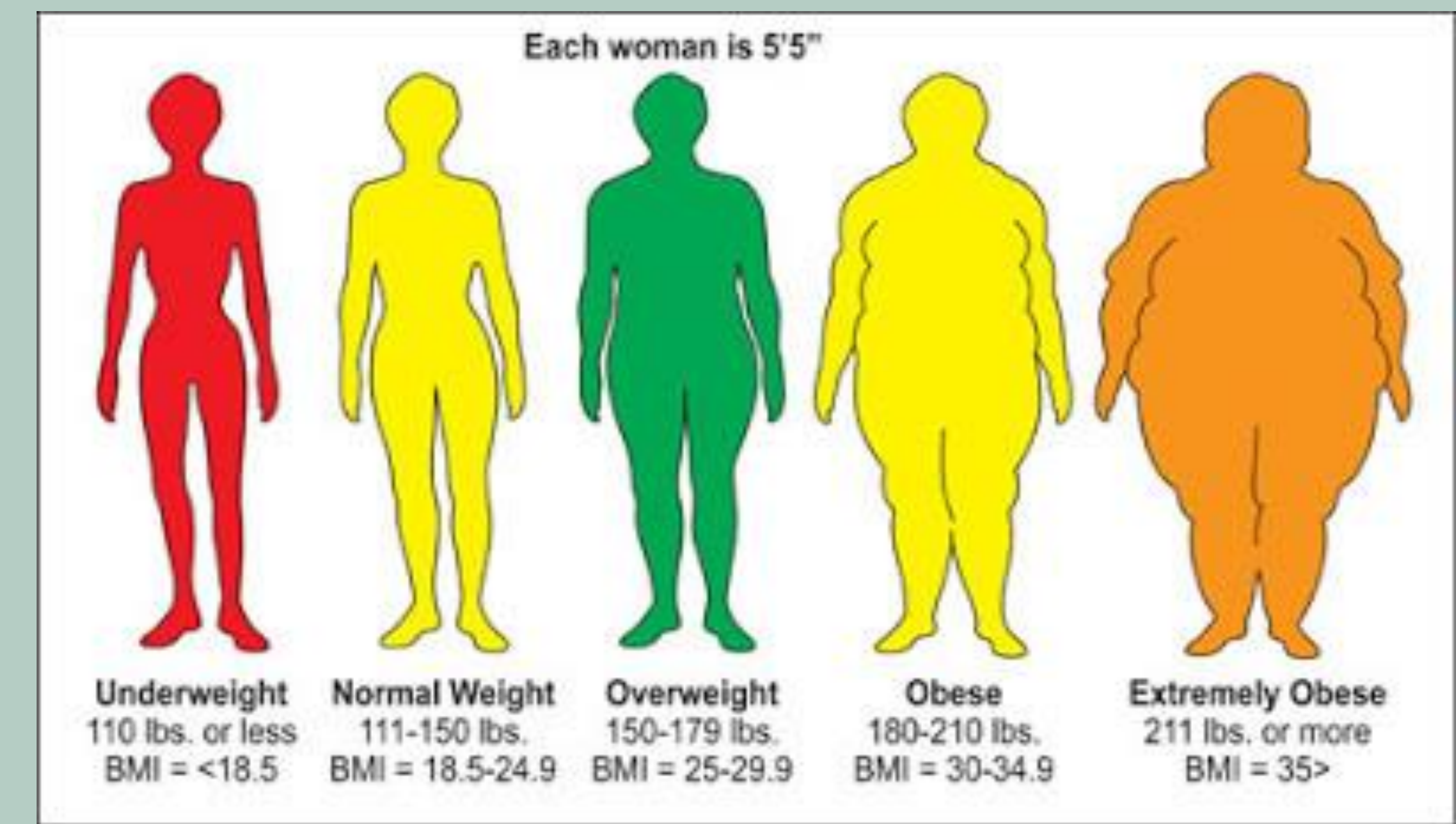
[Digital image]. (n.d.). Retrieved from 2017, December 5) https://classroomclipart.com/clipart-view/Clipart/Fitness_and_Exercise/girl-wearing-jogging-clothes-running-fast-clipart-595_jpg.htm



[Digital image]. (n.d.). Retrieved from 2017, December 5) <https://www.vertex42.com/ExcelTemplates/bmi-chart.html>

When visiting a doctor, the height of a person and weight are considered in the BMI index.

Body Mass Index Chart:
 18.5: Underweight
 18.5-24.9: Healthiest Range
 25-29.9: Overweight
 30 or higher: Obese



[Digital image]. (n.d.). Retrieved from 2017, December 5) <https://candycoatedreality.com/2013/04/11/my-truth/woman-obesity-chart>

What is obesity?
 A disorder involving excessive body fat that increases the risk of health problems.

A body coil in MRI can be used if a patient is obese to compress the fat for a better image.



[Digital image]. (n.d.). Retrieved from 2017, December 5) <https://www.healthcare.siemens.com/magnetic-resonance-imaging/options-and-upgrades/coils/body-13>

An obese child will be exposed to more radiation because more photons are needing to be penetrated through the body causing more radiation to be used.



[Digital image]. (n.d.). Retrieved from 2017, December 5) <http://pxray.com/x-ray-table-pads/reinforced-vinyl-x-ray-table-pads.html>

A patient cannot exceed the amount of weight an x-ray table can handle. This can damage the cassette, the motor, or the table itself. If damaged, it will put the table out of commission and slow down productive time.