

August, 2007

HEADLINES

Dietary counseling works best when repeated

According to the July 3rd edition of *Annals of Internal Medicine*, without ongoing counseling, any pounds initially lost will more likely pile back on after 5 years. To arrive at these findings, researchers analyzed 46 trials that included 6386 people involved in a weight loss program.

At CNC, we have always emphasized the importance of accountability both in weight loss and weight loss maintenance. This study clearly reflects our 35 years of experience. If you are struggling with weight loss maintenance, or even if you have regained weight, take this opportunity to get back on track! We are always

happy to help you to meet your goals.

Friends might make other friends obese?

In a recent study published June 26th in the *New England Journal of Medicine*, researchers concluded that the spread of obesity in social networks appears to be a factor in the obesity epidemic. They noted in their findings the need to approach obesity not only as a clinical problem, but as a public health problem, and that the concept of social networks should be taken into consideration in crafting public health interventions.

Exercising, Dieting, and Bone Loss

Patients who try to lose weight without exercising are not only unlikely to succeed, but may also increase their risk of bone fractures. Researchers at the CDC surveyed 2124 adults who

Contents:

Dietary counseling works best when repeated1

Friends might make other friends obese1

Exercising, Dieting, and Bone Loss1

It's okay to be hungry2

2007 Can Still be your Best Year Yet!2

Tips from the CNC professional staff:3

Working out: 10 extra health perks4

Obesity rates rise: Why? . .5

were attempting weight loss, and found that only about 1/3 of participants had successfully lost weight and kept it off. What set the successful people apart? Successful participants were more likely to engage in physical activity for at least 30 minutes per day, or to add physical activity to their daily routine. *Successful losers also were significantly less likely to report using over-the-counter diet products.*

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In a complementary study, it was found that exercise during weight loss protects dieters from bone loss.

It's okay to be hungry!

As children we were taught certain rules about eating. Clean your plate –don't waste food. Be polite – don't offend someone who offers food to you. We probably all have long lists of "dos" and "don'ts" when it come to eating. As adults, we need to break those old patterns and learn to incorporate new rules for eating in order to live within our calorie "budget."

One of the most important new rules to establish is that of eating only when we are hungry. Initially, this takes a lot of insight and behavior modification. Once we learn to discern true, physical hunger, we can practice ways to decline food offers and make this

Are you enjoying this e-Healthstyles Newsletter?

Have you had a good experience with CNC?

Please remember that CNC is a largely word-of-mouth practice. If you have had a good experience with us, please refer friends and family. In addition to helping them with this difficult problem, for each new patient that lists you as a referral source, we are happy to offer a \$50 gift certificate as our way of saying "Thank You!"

Also, if you know anybody who might enjoy reading healthstyles, please feel free to forward this information, and our web site address to them. Brochures are available from the front desk.

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more of an automatic behavior. We won't be successful all the time, but it is a good goal to try to reach.

If we view physical hunger from the body's perspective, it knows that if it is low on fuel it can utilize stored body fat, stored glycogen (glucose), and even protein to give us continuous fuel if our blood sugar is low. In order to lose weight, we must go without eating for periods of time during the day and night so that we can break down some

of our stored calories (body fat).

Most of us don't like to walk around feeling starved, weak, faint, mentally confused, or having a growling stomach. It is not a good idea to wait until we have these symptoms before we eat, however, mild hunger can be viewed as a "good" thing in that we are giving our bodies a chance to break down fat and lose weight. It is okay to be hungry – not starved – and we can usually control some mild hunger symptoms by drinking a

glass of water, staying busy, or just waiting for about 15-30 minutes until our body breaks down some of our stored calories.

Instead of viewing our hunger as a “bad” thing or something we need to act upon immediately, we can learn to view it as a way of feeling in control of our appetites. Going without food when we are hungry also gives us the chance to offset the over-eating that we all occasionally do. Part of “normal” eating is under-eating at times and wishing we had more food; and at other times when we have over-eaten, wishing we had stopped eating sooner.

Work on your new behavior each day – it will become easier – it will also be a great tool for keeping you at your goal weight!

Tanja Bugas, MS, RD

How To Keep Weight Off

Tips from the CNC professional staff:

Set Realistic Goals: Different times of lives require different goals.

List Ways You Are Going To Take CARE OF YOU!!! Stress is a major cause of overeating and over drinking. Get sleep!

Do Not Skip Meals: It is hard to stay in control when hungry.

Drink Water: Dehydration can lead to feeling hungry and tired.

Portion Control: Two-Bite Rule: First two bites taste the BEST.

Pre-Plan: Stock plenty of vegetables, fruit, fat-free dairy foods, and high fiber foods with 3 grams or more of fiber per serving.

2007 Can Still be Your Best Year Yet!

Dr Lazarus has been invited to participate as a guest speaker at a special event focusing on YOU: your body, your appearance, your health. Dr. Lazarus will present on what medically supervised weight loss is and how it works. Other speakers will include:

1. **Michelle Wendrych: Owner, Fitness Together.** Michelle will

talk about the 5 Biggest Mistakes people make in starting a fitness program. You will learn how to avoid these mistakes and see results.

2. **Dr. Eric Shuemake: Doctor of Chiropractic, Saddle Rock Family Chiropractic.** Have you noticed that there are more “wellness” books now than ever and we have more obesity, fatigue and depression than ever? Learn how to get off the medical merry go round

and create REAL wellness in your family.

3. Julie Holbrook: Certified Nutrition Counselor and Hypnotherapist - The Hungry Heart...A Caring Approach to Out of Control Eating. At this event, you will be able to determine if you or someone you know is

an Emotional Eater and why we have this behavior (it is NOT a lack of will power) and how it is very "fixable". You will learn about Hypnotherapy to make lifelong changes and how "Getting Back To Basics" is Key to your healing.

There is no charge to attend; however, the

organizer of the program will request a \$10 tax-deductible donation to Dress for Success-Denver (www.dressforsuccess.org/denver) at the event.

To reserve a spot, and for the chance to win lots of free prizes, visit <http://www.DenverChallenge2007.com>.

Date: September 5th

Time: 7:00 PM

Place: Saddle Rock South Clubhouse, 6820 S. Liverpool, Aurora, CO 80016

Testimonials

Has your experience at CNC been so good that you want to share it with others?

If the answer is "Yes!" please consider submitting your experiences for inclusion on our web site.

We recently added a <Testimonials> tab to the web site. Click this tab, and read other peoples' success stories. And feel free to share yours!

Working Out: 10 extra health perks

Have you read the latest issue of *Consumer Reports* (September, 2007). Flip to page 51 - it outlines some excellent health perks you can expect from working out. Here they are in a nutshell. *Exercise:*

- 1) Keeps you young
- 2) Reduces Infections
- 3) Prevents heart attacks
- 4) Eases asthma
- 5) Controls blood sugar
- 6) Protects against cancer
- 7) Combats Stress
- 8) Relieves Hot Flashes
- 9) Protects men's health
- 10) Prolongs life

Ethan Lazarus, MD
Keeping It Off!

e-HealthStyles 8-07

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Instructions for submissions are located within that same section.

CNC also will give you a gift certificate for \$20 for your time and energy in putting a testimonial together for us.

Thank you!

Obesity Rates Rise: Why?

Despite all the news, all the books, all the commercialized diets, and all the publicity, obesity rates climbed in every state last year, according to *the Trust for America's Health*, a research group that focuses on disease prevention.

Mississippi became the first state to have over 30% of its adults considered obese, with West Virginia and Alabama just slightly behind. Colorado remains the leanest state with the obesity rate at 17.6%.

Even with over 66% of America overweight or obese, even with the clear threat to our health, 80%

of doctors still do not discuss weight problems with their patients. This highlights the disconnect between the health system and our health when it comes to weight-related problems. Even though obesity is now the #1 threat to our public health, leading to diabetes, heart disease, and premature death, physicians in the country are still ill-equipped to provide treatment.

"It's one of those issues where everyone believes this is an epidemic, but it's not getting the level of political and policymaker attention that it ought to," said Jeffrey Levi, the Trust's executive director.

"Every candidate for president talks about health care reform and controlling health care costs. If we don't hone in on this issue, none of their propositions are going to be affordable."

With all of the research on nutrition and exercise, last year the food pyramid was updated to include an emphasis on healthy foods and activity. The new

pyramid is often summarized as follows: "Eat less, exercise more!" If it was this simple, don't you think obesity rates would be falling, not rising?

The commercialized diet industry continues to capitalize on this epidemic. At a recent trip to Park Meadows Mall, I noticed several stands selling Green Tea products, promoting weight loss. People were lined up at each stand paying incredible amounts of money for green tea, with the promise of weight loss. *If it was that simple, obesity rates would be falling, not rising!* Every time I turn on the television, I am assaulted by ads for new products promising "Eat whatever you want and lose weight. We guarantee it!" *If it was that simple, obesity rates would be falling, not rising!* Every time I go to the book store, I see new diet books on the New York Times Bestseller List. *How many more diet books are you going to read, before you realize that reading diet*

books does not result in weight loss?

I believe that the obesity epidemic facing this country is not the result of changing genetics, changing recommendations, or simply of food choices. I believe that it is a result of our American culture: our lifestyles centered on convenience, our priorities which place financial success and hard work above health and wellness, and the failure of our health system to recognize obesity as a treatable medical condition, instead attributing obesity problems to personal choice.

Every day at CNC I treat people who tell me the same thing: “I need to see results fast or I lose motivation.” These same people have often already lost the same 50 pounds 10 or 20 times, just to regain it in between.

The problem is that many people still believe

that the only way to lose weight is to go on a diet. But the problem with diets is that they are **short term**. Thus, people are losing weight while on the diet, gaining weight while off the diet.

These people have failed the most important premise of successful weight maintenance: **If you are going to maintain a lower weight, you must make lifestyle changes.** That’s it. Plain and simple. If you are working so hard that you don’t have time to eat properly and stay physically active, then consider why are you working so hard. Is it worth all the time and hard work so that you can develop diabetes and heart disease at a young age, but drive a nicer car and live in a bigger house, that you don’t ever get to see anyway? I don’t think so.

If you are to be successful, you must explore what in your life is resulting in your poor nutritional choices and

lack of activity. Only by making significant changes in these lifestyles will successful weight maintenance be possible. Some example excuses that I hear and possible solutions:

Problem: “I work so hard that I don’t have time to take care of myself.”

Solution: Work less. Change jobs or priorities. Are you in the right career for yourself at this time in your life?

Problem: “I hate exercise.”

Solution: Find an activity you like. There are hundreds of fun ways to stay active.

Problem: “I hate to cook.”

Solution: Learn to cook simpler, better meals. Take cooking classes. Learn ways to make cooking fun.

Problem: “I’m a perfectionist. I’ll do

everything you tell me to do, but if I make a mistake, I have failed.”

Solution: Learn to be satisfied with less than perfection in your meal planning. Nobody can stay on a “black and white” diet forever. You can get a “B” in your meal planning and do fine. Dichotomous or “Black and White” thinking invariably leads to a mistake, which leads to failure. Learn that like most things in life, there are shades of gray between black and white.

Problem: “Every time I go off the diet, I regain weight.”

Solution: Don’t go “off the diet.” Stick with healthy meal planning. Continue with long-term accountability to your dietitian.

Problem: “My spouse sabotages my efforts at weight loss.”

Solution: Explain to your significant other that

this is necessary for health reasons. Engage in couples counseling. If your significant other doesn’t value your health and wellness, why not? Sabotaging your weight loss efforts is sabotaging your health.

Problem: “I eat when I’m stressed or depressed”

Solution: Deal with the stress or depression first, the emotional overeating second. Obtain counseling. Speak with your doctor about medical treatment. Find emotional avenues other than food. These can include: activity, music, walking, taking a class, reading, spirituality, hypnosis, massage, yoga.

Problem: “We eat out all the time.”

Solution: Eat out less. Pre-plan where you are going to dinner and what you will order. Discuss menu options with your dietitian before going. If you are eating out, ask for a “doggy bag” before your

meal comes. Leave the right portion on your plate, take the rest with you.

At CNC, we have always worked hard on arming our patients with the tools needed for successful weight maintenance. However, we also believe that the successful treatment of obesity is a life-long goal, not a short-term diet. Take advantage of us being here! Many of our patients find that the best way to avoid weight gain is to be accountable.

I recently visited with a patient who told me she had been contemplating calling us for a long time, but kept thinking she could get a handle on her obesity problem on her own. One day, while driving home, she saw a bumper sticker on a car that stated:

“If you could do it yourself, you would have done it already.”

She picked up the phone, and admitted to herself finally that she wasn't going to conquer the problem without help.

Make 2007 your best year yet. Explore what is going on in your lifestyle that makes your health a lower priority. Commit to placing the highest value on your health, and you will be successful managing your weight.

Don't wait for catastrophe to strike. All too often, people don't make this change in priorities until it is too late. A diagnosis of cancer, heart attack, diabetes. The loss of a foot. Getting stuck on multiple medications for cholesterol and blood pressure, then getting denied life insurance or health insurance. Sacrificing good relationships because of stressors on the job.

For many, these problems seem far-fetched. But they are the problems I see every day at CNC. Every day I make new diagnoses of diabetes, heart disease, hypertension, and high cholesterol in people who think they are in perfect health. These problems can occur very gradually, with few or no symptoms. I have had patients as young as 24 years old nearly killed by their first heart attack, 26 years old on insulin for obesity-induced diabetes, 42 years old losing a foot to the effects of diabetes. For many I have treated, it took a brush with death to realize that if they didn't treat their obesity problem, they would not survive. I've seen too many people lose a limb to diabetes, end up on dialysis, develop a more aggressive breast cancer, have a heart attack, etc. I've also seen young women unable to get pregnant because of their weight who go down the incredibly emotional,

difficult, and expensive path of in-vitro fertilization (IVF).

However, the flip side is true too. My years as medical director at CNC have been incredibly rewarding professionally. When people make the decision to prioritize their health, amazing things are possible. I've helped countless diabetics come off insulin. Many of our patients have successfully gotten pregnant by losing weight, and have avoided infertility drugs and treatments. Many patients come off of medications for diabetes, cholesterol, blood pressure, and even depression.

You are in control of your life. Make the changes this year to be successful in health and wellness.

Ethan Lazarus, MD