

LIFE STYLE MANAGEMENT

Weight-loss should NOT be the initial goal for many of us trying to take control of our life. At first many people are surprised to hear this; especially, with shows like “The Biggest Loser,” weight-loss wonder supplements like hydroxycut, and even the mythical acaiberry beverages. But when you really look at yourself in the mirror and consider your track record you know that just MAINTAINING your current weight is a much more realistic and achievable goal. So let’s start there, and get some real-life management understanding of Obesity and Weight Loss.

Obesity is a medical term used to describe body weight that is greater than what is healthy for you. If you are obese you have a much higher amount of body fat than is healthy and, as you know, desirable. Adults with a body mass index (take your weight in kilograms and divide it by your height in meters squared) between 25 to 30 are overweight. Adults with a BMI greater than or equal to 30 are obese.



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So what is the real cause of obesity? Lack of Self Control? Genetics? Sitting on the couch and watching too much TV? Well, you guessed it: all of the above. In fact, when considering genetic factors, children of obese parents are 10 times more likely to be obese than children with parents of normal weight and if you factor in behavioral patterns and the examples of parents the number soars even higher. But while genetics may give propensities the medical truth is plain and simple: **taking in more calories than you burn leads to being overweight, and eventually to obesity.** The body is an incredibly efficient machine and just like a raccoon stores the shiny objects it collects, the body stores unused calories as fat. So the fact of the “matter” is: eating more food than your body can use, drinking too much alcohol, and not getting enough exercise leads to obesity.

What is important to understand is that your physician is trained to help you manage your weight and your lifestyle. In addition, your physician is trained to recognize causes of obesity that may not be a result of lifestyle, but of underlying



hormonal or chemical imbalances. For instance, an underactive thyroid “hypothyroidism,” may lead to a 5-10 pound weight gain in a short amount of time. Additionally, some antidepressants and antipsychotic medicines may contribute to weight gain and obesity. Studies have shown over and over again that people with lower incomes, former smokers, people with chronic mental illness, people with sedentary lifestyles, and those with disabilities are at increased risk for becoming obese.

So how can the medical community help you? First off, seeing your physician will not only allow him to perform a physical exam, understand your medical history, eating habits, and exercise routine, but he

or she can take measurements of your body fat, perform blood tests for thyroid or endocrine problems, and begin a partnership for lifestyle management that will lead to sustained healthy weight loss and eventually the body that desire.

I'm sure that you have thought about losing weight or getting in better shape. I'm sure that you've seen commercials on TV for weight-loss supplements, exercise machines, or even gym memberships. Perhaps you're even asking yourself, why should my physician be involved? Well, it's not because we're in the weight-loss business, it's because we care. We chose to be physicians because the core of who we are cares about you, cares about your health, and we want you be happy. We know that we have the skill set and the tools available to help you set realistic and appropriate life management goals.

So lets get started. Regular exercise and a healthy diet are crucial when it comes to controlling your weight, taking control of your life, and changing your lifestyle.



Though many programs are advertised to help you lose weight and even some now purport the preposterous notion of you keeping it off permanently by taking HCG, or restricting what you eat to a half-cup of oatmeal, the **ONLY PROVEN METHOD** to give you safe long-term weight management **IS TO BURN MORE CALORIES THAN YOU CONSUME**. It has been said many times before and we adhere to the saying, "exercising and eating right must become an everyday habit for you just like bathing and brushing your teeth." Isn't it ridiculous that we will shower, shave, brush our teeth, use hair spray, apply make-up, finally to go out and destroy our bodies from the inside out by eating hamburgers, fries, milkshakes, soda, and brownies. We take so much effort and yet at the same time make such little effort to look and feel our best. So let us recommend some treatment options that we would like to discuss with you in our office and help you incorporate into your new lifestyle.

Diet: most people can lose a healthy amount of weight by eating healthier and exercising more. Even modest weight

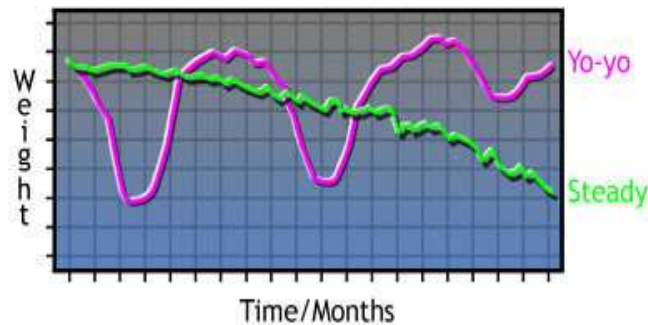
loss can improve your heart and lung function. It's sticking to a weight

reduction program that is hard. You will need support from family, friends and us. The main goal with your diet is to learn healthy foods to eat, how



to incorporate them daily into your lifestyle, and begin learning how to read nutrition labels and the ingredients the foods you eat. It is critical that you meet with your physician to set safe daily calorie counts to help you maintain or lose weight while staying healthy. **IF YOU DROP THE POUNDS SLOWLY AND STEADILY, YOU WILL KEEP THEM OFF.** People who go on very low calorie diets, those less than 1,100 calories a day are not being safe. These diets can lead to: Fatigue, Hair loss, Feeling cold most of the time, Dizziness, Gallbladder stones, Changes in menstrual periods, Dangerous heart rhythms, and just like you guess relapse into obesity.

Slow and steady weight loss is the only way to avoid "yo-yo" dieting, where you lose a lot of weight quickly only to regain it back



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Other simple things can help you lose weight and working with a physician to manage your lifestyle will provide accountability. Things you should implement right away include:

1. Eating only at the table. Do not snack in front of the TV, in bed, while driving, or when standing in front of the open refrigerator.
2. Learn about appropriate portion sizes.
3. Grab the apple, not the snickers.
4. Go on a walk, take deep breaths, do yoga or call and talk to a friend rather than eating to manage your stress.
5. For crying out loud go see your physician for depression rather and eating to deal with it.
6. Find a friend to help you keep your goals.

Exercise: All adults age 18 and over should get a minimum of 2 ½ hours of aerobic exercise each week. This is best accomplished by





Exercise is an important part of preventive health care



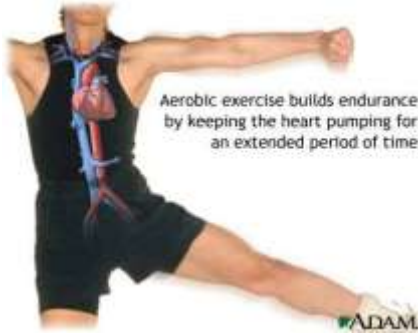
Exercising 10 minutes at a time, 3 times a day, 5 days a week, can help lower blood pressure



Flexibility exercises help stretch muscles, protect against injury and allow the maximum range of motion for joints



Resistance training builds strength of muscles, bones, and surrounding soft tissue; burns calories; and may lower cholesterol



Aerobic exercise builds endurance by keeping the heart pumping for an extended period of time

spreading it out over the week and exercising for at least 10 minutes at a time. Walking is great. Always remember that walking a mile a day for 30 minutes BURNS 1 POUND OF FAT, as long as you don't eat more than usual. Do you see how this is coming together? You could possibly set the goal of not eating more than you should, choosing healthy foods, and walking 30 minutes a day. Before you know it, you're burning off those pounds. Now start using the following ways to manage your lifestyle:

1. Walk. Don't drive unless you have to. Park in the last stall and walk. You'll burn calories and save money!
2. Climb the stairs. Do not use the elevator or escalator.
3. Remember that eating better, exercising regularly, and managing your lifestyle will:

DECREASE ANXIETY.
 DECREASE DEPRESSION.
 REDUCE STRESS.
 DROP your HEART ATTACK and STROKE risk.
 DECREASE your BLOOD PRESSURE and CHOLESTEROL
 STRENGTHEN your BONES.



Regular exercise has a positive effect on the general health of people with diseases or chronic conditions, and can lessen the severity of emotional disorders by giving the person a sense of greater control



Well, for many of us we have tried all of these things and find our motivation lacking, have seen failure after failure, and wish there was something more we could do. If you are feeling this way see your doctor! There are several medical options we have to really help you loose weight.

First, medicines. We have numerous prescriptions medicines that can help you. If you are battling the stigmatism that turning to medical help to lose weight shows your weak, or that your taking the easy way out, you are ABSOLUTLEY WRONG. We can help you, and with healthcare in America the way it is now, you either come in

and let us help you manage your lifestyle, lose weight, and enjoy your life now, or you can come in to see us later with diabetes, high blood pressure, cardiovascular disease, heart attacks, obstructive sleep apnea, breast or colon cancer, depression, osteoarthritis and strokes. Xenical, Lonamin, Adipex-P, Fastin, and Meridia are just a few of the medical options we have to help you manage your life, loose weight, and be happy. Finally, there is also surgery. We save this option for the rare few that come into the physicians' office and with our help, diet, and exercise have been consistently unable to lose weight. Surgery has many myths. It is not a magic bullet for weight loss, one doesn't exist. Those pursuing weight loss surgery need to show a firm unwavering commitment to lose weight. Surgery will prevent you from eating too much, but you still have to do most of the work through diet and exercise. There are two methods of surgery that are used for weight-loss. Gastric bypass surgery helps you lose weight by changing the absorption of your food throughout your intestinal tract. After this surgery you will only be able to eat small amounts and your body will not absorb all the nutrients in the foods either. Laparoscopic gastric banding puts a band around your upper stomach giving you a little pocket for food and restricts you to eating only small amounts and causes you to feel full after eating just a little. These surgeries have risks, complications, and contraindications so the best route to take is to come in now and talk with your physician.



Finally, don't lose sight of your goals. We all want to be happy. We all want to be



healthy. We all want control over our life. Even small changes, just 10 lbs can lower your blood pressure, decrease your risk for diabetes, and help reduce your future chance of osteoarthritis. Change your life now. Do it now. Come in get the help and the plan you need to manage your lifestyle now.

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