

# HEALTHSTYLES

## Preventive Medicine News

Ethan Lazarus, MD

JANUARY 2004

James Berry, MD

Clinical Nutrition Center • 7555 E. Hampden Ave, Suite 301, Denver CO 80231 • (303) 750-9454

## CNC welcomes Dr Lazarus!

Clinical Nutrition Center is pleased to announce the addition of Ethan Lazarus, MD, to the CNC professional staff. Dr. Lazarus is a Board Certified Family Physician, with a special interest in weight management (bariatrics), diabetes, high cholesterol, high blood pressure, metabolic syndrome, and other weight-related disease processes. He will be assuming the position of medical director of CNC. Dr. Berry will remain as a consultant to the practice. A long-time friend and colleague of Dr. Berry, Dr. Lazarus will continue to provide you the same high level of care and service to which you have become accustomed. In addition, he brings all his experience as a family physician.

A Colorado native, Dr. Lazarus received his medical degree from the University of Colorado Health Sciences Center, and then completed his training at John Peter Smith Hospital in Fort Worth, Texas. He is board-certified in Family Practice, and has been in a full service primary care practice in Littleton for the past 5 years. He is an active member of the American Medical Association, Colorado Medical Society, Arapahoe Medical Society, American Academy of Family Physicians, the Colorado Academy of Family Physicians, and the American Society of Bariatric Physicians.

Away from the office, Dr. Lazarus enjoys spending time with his family, the Colorado outdoors, and music. We are excited to have him onboard, and know that you will share our enthusiasm when you meet him!

## Clinical Nutrition Center Treats Diabetes & More!

Did you know that the Nutritionists or Registered Dietitians on our staff can educate you or your loved one about specialty diets? We have expertise in the management of Type I or Type II Diabetes, high cholesterol, high blood pressure, Crohn's disease, colitis, pre- or post-pregnancy nutrition, anemia, malabsorption problems, food allergies, sports nutrition, weight gain or loss, and eating disorders? If you have a medical condition that can be helped by dietary change, we can help.

All the Nutritionists offer a free, 20 minute, telephone or in office consultation to answer questions you may have regarding CNC eating plans for weight loss, or other services. Call the front desk (303-750-9454) for additional information or to schedule a consultation.

## THE BRIGHT SIDE: Children Respond Better to Treatment Than Adults

Studies in overweight children under 14 years of age show that a full ten years after treatment, more than one third of kids treated have reduced their weight by 20% or more!

All of the successful pediatric programs focus on treating the whole family, including the child or patient, his/her siblings and the parents. Successful programs provide the child and his or her family with high quality educational materials regarding nutrition, lifestyle, and behavior modification.

Then experienced professionals provide counseling to ensure that the entire family embraces the changes in menu, cooking and grocery shopping. The whole family participates in the decrease in sedentary behaviors and increase in family recreational activities (like walking or playing ball), and the development of behavior modification strategies to help everyone stay on track.

There were two especially important observations from these studies:

**1** Decreasing sedentary behaviors (like time spent watching TV and time spent at the computer) can be as effective as adding a physical activity for children!

**2** The best way to accomplish these goals is to incorporate lifestyle changes into existing daily schedules, not by adding specific exercise time. For example, riding a bicycle or walking to school, taking the stairs, and playing outside can be important calorie burners for children.

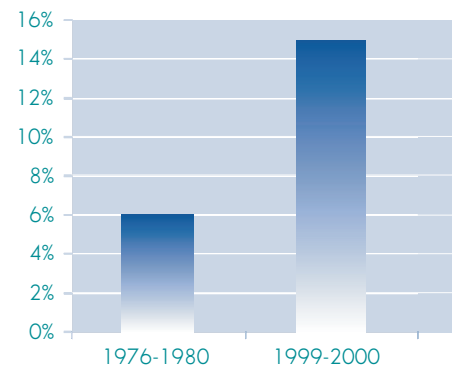
## CHILDHOOD OBESITY OVERTAKES SMOKING AND TEEN PREGNANCY AS SERIOUS HEALTH PROBLEM FOR YOUNG AMERICANS

Just as we are beginning to see declines in the rates of teen pregnancy, teen smoking and infant mortality, the number of obese children between the ages of six and 18 has doubled over the past 20 years.

Until 1980, only 6% of children ages six to 18 were overweight. Between 1999 and 2000, this more than doubled to 15%! Obesity is especially problematic in African Americans and Latinos. In 2000, 24% of African American girls and 29% of Mexican American boys were overweight. Caucasians are not far behind with 15% of boys and 18% of girls overweight. Even Asian American children are beginning to show up in the overweight statistics. There is a strong probability that these overweight youngsters will go on to become obese to severely-obese adults with major health problems.

Overweight children are of concern because they develop diseases previously seen only in adults, like diabetes and heart disease. These children are at high risk

Overweight Children 6-18 Years of Age



for heart attack and stroke just like their adult counterparts. Angioplasty to clear cholesterol-blocked arteries is now performed in older teens and adults in their 20's! Twenty years ago, most angioplasty procedures were performed on adults over forty years of age. (*Family Practice News 9/2003*)

### Adults can also apply these principles to their own weight loss programs for better long-term success.

- ▶ Ride a bicycle or walk to work; avoid elevators in favor of stairs.
- ▶ Park your car farther away from stores so you have to walk a little more.
- ▶ Go for a walk over your lunch break. It may be easier to do consistently than going to the gym before or after a long work day.

- ▶ Consider walking an extra lap or two around the mall (without stopping to shop) while you are there. The minutes you spend can add hours or even months and years to your life!

(*New research reported at the Academy of Eating Disorders Meeting, Denver, CO, September 2003.*)

# TRIPLE THERAPY FOR ADULT OBESITY: Medications, Diet, Exercise

A recent study directed by Dr Samuel Klein, Professor of Medicine and Nutritional Science at Washington University in St. Louis, reports that long term weight loss results are better when all *three* therapies (medication, diet and exercise) are employed. The researchers observed that:

Although consistent exercise is helpful for losing weight, it is absolutely necessary for long term weight maintenance. Moreover, exercise will not, by itself, result in weight loss. A consistent daily decrease in food or caloric intake is necessary for weight loss. Decreased food intake (calories) over long periods of time may be difficult for many people without the assistance of appetite suppressants (e.g., phentermine, sibutramine (Meridia) and Tenuate) which decrease hunger and/or increase satiety after meals. Calorie "intake" can also be modified with the use of Orlistat (Xenical) which decreases the percentage of ingested fat actually absorbed by the intestine.

Has your weight loss effort included all three? If not, you may want to reconsider your approach. Like in the above study, you may also get better results with a three pronged plan of attack.

## Fad Diets Compared

Dr. Klein was also a primary investigator in a small one year study where each of the 63 participants was assigned to either an Atkins diet group (low carbohydrate, high

protein and fat) or to a low calorie, low fat diet group. This was a low-tech intervention. The study participants were given Atkins books to read or a more conventional weight loss printed diet such as recommended by the American Heart Association. At the end of three months, the Atkins group had lost 14.5 pounds compared to 4.8 pounds for the low calorie, low fat diet group. This difference in weight lost continued past the six month-halfway point as well.

After one year, the average "good" HDL cholesterol from members of the Atkins group rose 18%, but only 3% in the low cal/low fat group. Triglycerides in the Atkins group fell 28% and only 1% in the low cal/low fat group. Unfortunately the study was poorly controlled: participants did not keep food diaries or discuss what they were doing with a Nutritionist or Dietitian, they simply weighed in weekly.

However, Dr. Klein and his associates *do not* recommend embracing an Atkins-style diet due to the well known, long term harmful effects of high fat on the human cardiac system and cancer risk. The experts concluded that we need to re-think what type of diets will best help the overweight individual. Reducing carbohydrate intake helps, especially when paired with exercise.

*Also reported at the Academy of Eating Disorders Meetings in Denver (September, 2003),*

## HEALTH & FITNESS Tips & Trivia

### SEE-FOOD RESISTANCE TRAINING

Seeing or smelling something that reminds you of a favorite food (like cinnamon buns) may make you salivate, but you can train yourself not to indulge, a study in Science reports. Break the food stimulus cycle by consciously doing something else in response to the smell. After doing the alternate activity a few times, cravings for most people decrease noticeably. Try painting your nails, going for a walk or calling a friend.

### RUNNING FOR YOUR MONEY

In a survey of 366 small business owners, runners had better sales figures than their desk potato coworkers. Dr. Michael Goldsby, the study author, suggests that the person willing to embrace hard physical work also tends to get ahead in the office. How about "killing two birds with one stone"? Why not go for the goal of health and fitness in 2004 and move up the corporate ladder at the same time!

### WILL FITNESS EQUIPMENT FIT?

Are you wondering if a treadmill (or other exercise equipment) will really fit in your spare bedroom? Precor (www.precor.com) offers a free online planner that lets you drag and drop fitness equipment and furniture into a variety of room layouts so you can be sure your choice will fit.

### WEIGHTY WEEKENDS

A recent study reported in Obesity Research found that most Americans eat 120 to 200 more calories per day on Fridays, Saturdays and Sundays, mostly from fat and alcohol. With only this small change in eating, each American indulging on the weekend will gain 6 pounds a year! (Sedentary people may gain even more.)

### LOWER CHOLESTEROL

Try a whole grain breakfast to lower cholesterol. The Journal of the American Medical Association reports that a diet rich in whole oats, barley, soy and almonds can cut cholesterol by almost 30%. These results are as good as some people get with prescription medications!

## A Message From Dr. Berry

After 36 years of practice, I have decided to put away my stethoscope and write my last prescription. Although I will no longer be treating patients, I will continue in an advisory role for several more years. It has been my privilege and honor to care for nearly ten thousand patients since we founded Clinical Nutrition Center 27 years ago. My decision is both difficult and easy. It is difficult to walk away from the challenge of caring for so many patients who have become friends, who made every day stimulating and rewarding. But it is also easy knowing that you will be cared for by my good friend Dr. Ethan Lazarus, who has taken the reins as our new Medical Director. The CNC staff of medical assistants, Nutritionists, psychotherapist and exercise therapist will continue to serve you as always.

Your medical records will remain at the Clinical Nutrition Center office unless we receive written authorization from you to provide them to another physician.

**Dr. Lazarus!**  
**CNC Welcomes**  
**NEWS FLASH:**

Ethan Lazarus, MD, James Berry, MD  
7555 East Hampden Avenue, Suite 301  
Denver, Colorado 80231  
(303) 750-9454

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