

# HEALTHSTYLES

## Preventive Medicine News

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### CNC Meets Cyperspace



Have you seen the new CNC web site? If not, please visit [www.ClinicalNutritionCenter.com](http://www.ClinicalNutritionCenter.com).

On the site, you'll find: general practice information, information on our professional staff, the latest weight-related news from the medical journals, and a whole lot more. The site is updated regularly, so check back often!

### How About a \$50 Gift Certificate?

Do you have family members, friends, acquaintances, or even work associates who might benefit from our programs? Most of the new patients who find out about CNC found out through word of mouth. To recognize this, and to thank you for spreading the word, CNC is happy to provide you with a \$50 gift certificate for *each person* you refer to us! This can be used towards: office visits, protein supplements, medications, books, supplies, or even for a massage!

## The Metabolic Syndrome

Have you had trouble keeping weight off, or trouble losing weight altogether? For people with Metabolic Syndrome, this is a common problem.

The Metabolic Syndrome, also known as insulin resistance syndrome or syndrome X, is a combination of heart disease risk factors in the same person. Both genetics and our American way of life contribute to the development of insulin resistance. As the body becomes more resistant to insulin, the pancreas responds by generating higher levels of insulin. Insulin acts as a storage hormone. Thus, a vicious cycle ensues: as a person is sedentary and gains weight, the body develops insulin resistance. The elevated levels of insulin make it harder and harder to lose weight. Eventually, the development of diabetes is likely to occur, and in addition, the risk of heart disease is dramatically elevated.

So what can we do about this problem that is estimated to affect 47 million Americans (23.7% of the population)? First, it is important to make the diagnosis. For more information on diagnosing metabolic syndrome, visit our web site at [www.ClinicalNutritionCenter.com](http://www.ClinicalNutritionCenter.com) and read over the metabolic syndrome handout. Or, set up a visit with Dr. Lazarus to discuss evaluation and treatment options. Second, if indeed insulin resistance is a problem, it is critical to address the insulin resistance as part of your overall weight loss and weight control program! Blood pressure and cholesterol need to be controlled. It is imperative to stop smoking! Weight loss and daily exercise can re-sensitize the body's insulin response by as much as 50%. Finally, for some patients, prescription medication can be very helpful as an insulin sensitizer, and can help facilitate weight loss and weight control. A recent analysis suggests that **>80% of cardiovascular events in people with the metabolic syndrome could be prevented by optimal control of blood pressure and cholesterol.**

(Wong et al, *American Journal of Cardiology* 2003;91:1421-26)

## 10 Ways To Lose Holiday Pounds

- 1. Go HalFSIZE.** Cut portions in half wherever possible. This especially applies to high fat/high calorie items and foods high in refined carbohydrates. Make sure you eat adequate protein, however.
- 2. Never Diet on Sunday.** Allow yourself a planned treat one day a week to make sticking with your plan the other days more palatable.
- 3. Make Mini-Changes.** Start exercising 2 or 3 days a week (versus daily) for 20 minutes to start. If 20 minutes seems too much at one time, walk twice a day for 10 minutes each and gradually work up to 20 minutes. Then slowly work up to 30 minutes. When you can walk 30 minutes at one time comfortably 3 days a week, you are ready to add another day (or continue walking three days a week and extend the time to 45-60 minutes).
- 4. Pig Out Selectively.** If you feel you need a larger portion of food to feel satisfied, choose foods that are less calorie-dense, like raw or cooked vegetables and fresh, high-fiber fruits such as melons, strawberries, apples, pears or blueberries.
- 5. Walk Out on Your Weight.** Get a pedometer and use it to count daily steps taken. See if you can increase the number you take by 50 or more steps each day. Mark your progress on a chart so you can pat yourself on the back for your effort.
- 6. Steak Out Protein.** Eat adequate protein to meet your body's muscle needs plus a little (check with your Nutritionist if you are not sure about the amount needed). Most people find that eating between 95 and 130 grams of protein daily aids weight loss, especially when you also reduce the portions of simple sugars and starches. A little fat helps you feel full, but make it in the form of a teaspoon or two of olive oil for cooking or a little salad dressing.
- 7. Hit the Bars.** Too busy to eat right sometimes? Keep a few protein bars or drinks handy just in case. Look for a minimum of 15 grams of protein per bar and a maximum of 180 calories (the bars CNC carries easily fit this description). Due to the low calorie content, these should be considered snacks, not a complete meal. If you need to make a meal out of protein bars or shakes, you may want two.
- 8. Eat Like Wilma Flintstone.** Our cavemen ancestors may have lacked technology, but they were ahead of us in terms of a healthy diet. Base your menu on basic foods that are processed as little as possible: roasted or broiled meat, fish and poultry, boiled eggs, raw or steamed green vegetables, root vegetables, whole grains, raw fruits, and low-fat or skim milk instead of ice cream or smoothies. Avoid white flours, fried foods and sugars.
- 9. Write It Off.** Keep a daily food diary. The average woman needs to eat about 1500 calories a day or less to lose a half pound per week, assuming a somewhat sedentary lifestyle (the average man needs about 2000). The best way to track food intake is to write down everything you put in your mouth. This includes beverages, breath mints and chewing gum! How else will you remember what you ate last Tuesday? The purpose of the diary is to gain knowledge about your lifestyle and eating habits. Make sure that you do not pass judgment on your diary! Use the diary as an important learning tool for revising your eating habits and lifestyle.
- 10. Get a Trainer for Your Diet.** Resist the temptation to go with the latest "Best Seller" Diet. Weekly consultations with a CNC Registered Dietitian can insure that you get the nutrition your body needs and also allow you to achieve personal goals, whether they are related to weight control, an eating disorder, pre-natal nutrition or management of a medical condition like diabetes or high cholesterol.

## MEDGEM—Metabolic Rate Testing

Have you had trouble maintaining weight loss? Many people have trouble maintaining weight loss because of a slow metabolism, or resting metabolic rate (RMR). The RMR is the number of calories your body normally burns while resting on a daily basis. Every person's RMR is unique and influenced by several factors. By determining your individual metabolic rate, we can better design a plan to maintain weight loss.

It is easy to calculate your metabolic rate and design an eating plan to provide you the appropriate number of calories for weight maintenance. We can also test for medical conditions that contribute to slow metabolism and make recommendations on the best treatments. If you are interested, call our office and schedule an appointment to have your metabolic rate tested with the MedGem.

## NEW PRODUCTS AT CNC

We have several new products available this year. We recently began stocking Shapewise Chews, and are getting a lot of very positive feedback! They are available in two flavors, chocolate and lemon. The chews are made of Conjugated Linoleic Acid, or CLA. CLA is being studied for its beneficial effects with regards to reducing the risk for cancer, heart disease, and diabetes. In addition to the potential health benefits, the chews are helping assist with compliance by satisfying cravings and giving dieters something to chew on in between meals. Also, try our new flavors of drinks and bars, and fiber-fortified protein drinks.

## FOOD JOURNAL SOFTWARE

Have you been frustrated keeping a paper-based food journal? For our computer-savvy patients, we now offer a software package to help make journaling more enjoyable. This package has a vast database of foods and can track your eating patterns. Further, it can help in devising a weight maintenance plan by utilizing your metabolic rate, exercise expenditure, and total calories consumed. It runs on most PC's and PDA's and can generate detailed reports of your progress. For more information, please contact our office.

## HEALTHSTYLES e-News Letter

CNC is excited to announce our new HealthStyles E-newsletter. It is intended to provide members with recipes, weight loss and weight maintenance ideas, the latest in nutrition and health news, and other timely tips via e-mail, about once per quarter. If you would like to subscribe, please visit the HealthStyles tab on the web site (there is no charge). In addition, if you have recipes, tips, or any feedback you would like to share with HealthStyles readers, please e-mail them to us at [healthstyles@clinicalnutritioncenter.com](mailto:healthstyles@clinicalnutritioncenter.com).

## VAP Test

CNC is excited to announce the addition of the VAP cholesterol test. This is quickly becoming the new standard in cholesterol measurement and management. Like the routine cholesterol test, the VAP test measures total cholesterol, HDL, LDL and triglycerides. But, the VAP test goes much further, measuring important hereditary risk factors, lipoproteins, and subclasses. Further, by directly measuring the cholesterol subfractions, it is considerably more accurate than the traditional cholesterol test.

We are able to offer this test at a substantial discount off retail. We can use the additional information from the VAP test to identify risk early, so if heart disease runs in your family, we can develop the most appropriate treatment plan so you can avoid a cardiac event.

## Congratulations, Joan!

CNC congratulates the Knoll family on the birth of Chase Michael Knoll. He was born on July 11th, 2004. Although he initially weighed in at 7 pounds and was 19 inches tall, his pediatrician states he's now "off the charts." We are happy to have Joan back at the office, and available to see patients.

## Welcome Back, Tanja

CNC is pleased to announce that Tanja Bugas has returned on a part-time basis. She has spent 18 years with CNC, and has a special interest in vegetarian diets. We are pleased to have Tanja back! Please call the office if you'd like to set up an appointment.

## Family Physician

Did you know that Dr. Lazarus, in addition to his training in Bariatrics, is a fully-certified Family Physician? He is available to treat you for a wide variety of conditions including: blood pressure, diabetes, cholesterol, viral and bacterial illness, annual physical exams, migraine headaches and depression. Call the front office at 303-750-9454 to set up an appointment with Dr. Lazarus regarding your health concerns.

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**NEWS FLASH:**

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