

Maintaining Weight Loss

Health Benefits of *Maintaining* Weight Loss

How frustrating is it to work hard on weight loss, but not be able to achieve your goal? Similarly, one of life's biggest frustrations is regaining lost weight. When these lapses and relapses happen, there is a temptation just to give up.

Instead of giving up, think positive for 2006! Maintaining weight loss is a lifelong endeavor. Most people will experience setbacks now and then. What is important is to have a plan in place to deal with these setbacks. This plan starts with identifying benefits of maintaining a lower weight. What are your motivations? Looks? Confidence? Comfort? Fitting in to your wardrobe? An upcoming trip? Being able to enjoy the Colorado outdoors with your family? How about health benefits?

We now know that for the overweight individual, *even modest weight loss is associated with dramatic health benefits*. For example:

- For each decrease in your Body Mass Index (BMI) of 1 point, (about 5 pounds) there is a 10% decreased risk of developing heart disease.
- A 5% sustained reduction in weight decreases the risk of developing type 2 diabetes by 50%.
- A decrease in BMI of 2 points (10 pounds) reduces the risk of developing osteoarthritis by 50%.
- A 10% weight loss decreases the severity of sleep apnea by 50%.
- Modest weight loss has been associated with a decreased risk of colon, breast, uterus, prostate, gallbladder, and ovarian cancer. In addition, maintaining weight loss improves health outcomes after breast cancer treatment.
- More than 70% of infertility can resolve with weight adjustment.

The National Weight Control Registry (NWCR)

You may already be aware of the NWCR project as it was founded by researchers from the University of Colorado Health Science Center in Denver and their counterparts at Brown University in Providence, RI. The Registry now contains data from more than 5000 Americans who have lost an average of 70 pounds and kept it off for at least 6 years. Their secrets:

NEW YEAR'S CHECKLIST

Boost your odds for losing weight and keeping it off with the following tips

Set a realistic goal that you can maintain without feeling deprived. This may need to be different than one you set 5 or 10 years ago. Remind yourself that there are significant health and self esteem benefits from a 10% weight loss. Once you achieve a 10% loss, then pause and consider your options. For example:

- Take advantage of the momentum you have and lose even more weight.
- Maintain the 10% loss for a short period of time to experience maintenance.
- Maintain the 10% loss as your goal weight. You'll be healthier for doing so.

Select the best weight loss approach for you at this time in your life.

Take some time to reflect on any past weight loss experiences. What have you learned about yourself from these experiences? Use this knowledge to select the type of eating plan best suited for you now.

Make yourself accountable for you're your daily food, beverage and activity choices. Keep a journal of what you do each day. Use a small notebook that you can easily carry with you, or design a spreadsheet on your computer or PDA (*Check out BalanceLog software for using your computer/PDA in combination, now available at CNC*) Be creative. Be clever about your design. Create the kind of journal you know you will keep every day.

Find activities you actually enjoy. Most successful maintainers engage in a variety of activities so they don't get bored or burned out. Start with anything you enjoy that involves moving more. Join a bowling league. Take golf or ballroom dance lessons. Get in better shape for any of these activities in between sessions by going for a walk in your neighborhood, riding a bike or getting a treadmill for your home. Just DO something NOW to move more.

Think ahead. Pre-plan for every day, for special events and emotional moments. As the saying goes, a failure to plan becomes a plan to fail. Planning isn't time consuming – it saves time in the long run. Failing to plan is time consuming. For example, failing to bring a lunch as planned can result in having to make an extra trip to a restaurant to get something to eat, *and might even result in going through the fast food drive-through*. Not only does going out take more time, you also end up feeling frustrated with your food choices. (For more information ask your Dietitian for the new 'Keeping It Off' module on Pre-Planning)

Mickey Berry, MA, LPC

CALORIES OUT: THE BURN

The registry data reveals that 91% of these successful dieters burn an average of 2800 calories every week with exercise and activity. This equates to about 400 calories burned every day. For most people, 400 calories burned equates to walking about 4 miles or taking about 10,000 steps in a day. Many NWCR members did not do all the exercise at one time, but combined two or more sessions in one day. Many also included a variety of activities rather than sticking to just one type. Less than 10% have been able to maintain their weight loss without activity. (*Ask your dietitian for CNC's new 'Keeping It Off' handout on Lifestyle Activity for more ideas how to work activity in to your daily life*)

CALORIES IN: THE FOOD

90% of NWCR members both exercised *and* decreased daily food intake with a variety of methods. When interviewed, registry members emphasized that the plan that worked best for weight loss was the one that they could realistically follow most, if not all, of the time.

PERSONAL ACCOUNTABILITY:

92% of the registrants kept a journal of their progress for at least the first year, and 65% continued record keeping for

two years or more. Most weighed themselves regularly (at least once a week), with most weighing themselves three times a week or more. Generally, registry members stated that journaling was essential. Many also commented that keeping a journal faithfully gave them a sense of accomplishment and a boost in self-confidence.

In addition, most registrants eat breakfast **EVERY DAY**, and most importantly, **AVOID TELEVISION**.

The above habits are a great start. In addition, *CNC is pleased to announce new materials for 2006* to help you with weight maintenance. New topics in our 'Keeping It Off' series include: lifestyle activity, emotional overeating, danger food desensitization, preplanning, positive thinking and assertiveness.

Many patients at CNC erroneously assume that weight loss success signals the "end of the program" and that their "work" is completed. This is simply not true! Obesity is a lifelong condition, like diabetes or hypertension. The goal is to **manage** the disease process, not to cure it. Hypertensives and diabetics can not hope to manage their health problems on their own. Rather, they must monitor the health conditions and see their physician for regular maintenance visits. By doing a good job *managing* the disease, health complications are avoided.

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The same is true for weight management. If you have developed a maintenance plan that is working, CONGRATULATIONS. But if not, **don't give up.** When a hypertensive sees their blood pressure increasing, they see their physician to adjust medications. When a diabetic sees their blood sugars increase, the same is true. Unfortunately, for many patients, when they see their weight going up, they simply don't address it. Perhaps it is out of feelings of guilt or helplessness. Whatever the reason, *a weight regain of 5 pounds is a weight loss emergency.* Reach out and get the care you need. We are here to help you! Let's get to work on it at 5 pounds before it becomes 25 pounds.

Wherever you are in your life-long weight maintenance plan, we are here to help you achieve success, and as a result, maintain your health. If you need help getting back on track, call us at 303-750-9454 and set up a consultation with one of our Registered Dietitians.

Beware The Onslaught of Weight Loss Scams

Most of these schemes prey on our wish for a magical solution that does not require work on our part. Remember, *if it sounds too good to be true, it probably is!* Fraudulent weight-loss claims can be found in almost every communications medium – TV, radio, print, mail, and the internet.

Modern con artists cheat Americans out of an estimated \$40 billion in weight-loss fraud alone. Misplaced belief in weight-loss quackery and fad diets not only costs consumers money, it batters their self esteem and can be psychologically damaging. Repeated attempts to lose weight, followed by the inevitable regain after ceasing the fad diet, sham medication, or meal replacement program, bring a sense of shame, failure, and powerlessness.

So, how can you spot a fraudulent weight-loss product or program? Watch for any of the following:

- Claim or imply a large, fast weight loss, often promised as easy, effortless, guaranteed or permanent.

CNC CAN DO IT!

Does your spouse have a cholesterol problem? Is your mom diabetic? Do you have a pregnant friend who is concerned about eating to keep her baby healthy while also controlling her weight? Do you know someone who lost weight on their own or with another program who is having trouble with maintenance?

Although the professional staff of Clinical Nutrition Center treats many patients for varying degrees of overweight, we are also well qualified to treat many other nutrition-related problems including: cholesterol, diabetes, sports nutrition, weight maintenance, and both pre and post natal nutrition.

CNC has successfully provided professional help for our patients for the past 30 years. Most new patients hear about us primarily through word of mouth. We are happy to continue to offer you a \$50 gift certificate for each new patient you refer to us.

Thank You!

- Imply weight can be lost without restricting calories or exercising.
- Use typical quackery terms such as *miraculous, breakthrough, exclusive, secret, ancient, or from the Orient.*
- Claim to get rid of **cellulite.**
- Rely *primarily* on undocumented case histories, before and after photos, and testimonials. **Most of these endorsers are paid handsomely for their testimony by the promoter.** In fact, according to Consumer Reports (January, 2006) the makers of Xenadrine EFX showed testimonials claiming over 100 pound weight loss, *but did not report that endorsers were provided with a diet plan, personal trainer and payments of up to \$20,000.*
- Profess to be a treatment for a **wide range of ailments** and nutritional deficiencies as well as weight loss.
- Make claims that ingredients will **surround calories**, starch, carbohydrate or fat and remove them from the body.
- Fail to state **risks** or recommend a medical exam.
- Promote **aids and gadgets** such as body wraps, sauna belts, electronic stimulators, passive motion tables, aromatherapy, appetite patches or earrings.
- Sold by self-proclaimed **"health advisors" or "counselors"** who really are not counselors at all – they are highly trained salespeople promoting the company's products.
- Use **high-pressure sales tactics**, one-time only deals or

recruitment for a pyramid sales organization.

- Demand large advance payments or long-term contracts.
- Distribute through hard-sell mail order advertisements, infomercials, spam e-mail or ads.

A *legitimate* weight-loss program should offer *all* of the following:

1. Medical Supervision
2. Individually prescribed dietary programs
3. Weekly sessions with a qualified nutritionist
4. Nutrition education and behavior modification training
5. Individually designed exercise prescriptions
6. Stress management training

CNC offers all of these!

Staff News

Congratulations to Stephanie Muckey on her marriage to Brad Shepherd on May 22nd.

Congratulations to Cheryl Fleming on the birth of a baby girl! *Ciara Noell Erlewein* was born on November 29th, weighing 7 pounds 15.8 oz.

CNC Welcomes Lisa Innins. A Registered Dietitian with over 20 years experience, she has been with us since April.

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