

Volume #2, August, 2005

Notes from the 2005 Harvard Obesity Course

The 2005 Harvard Obesity Course took place in Cambridge June 23rd – June 25th. This course brings together the thought leaders and current research in obesity and obesity-related topics. The course this year focused on long-term weight maintenance and was titled “Implementing the Key Strategies for Successful Long-Term Weight Management.” I’ll be sharing information from this conference on a variety of topics in our newsletters and on the website in the coming months.

This is a top 10 list of some of the highlights:

1. NWCR – national weight control registry. Established in 1994, this is a registry of over 5000

weight loss success stories. These are self reported habits of people who successfully lost 30 pounds and kept it off for greater than a year. Some common habits: 90% used diet AND exercise (average 11-12,000 steps/day, average of 60-90 minutes per day). Successful weight maintenance diets were reported as low in fat and low in total calories. Most successful losers reported frequent self-monitoring while in weight maintenance (used their scale 1-2 times per week), ate breakfast every day, maintained within a comfortable weight range, and avoided TV.

2. Is fat bad?

Saturated fat and especially trans fats are particularly bad for your health. Trans fats raise bad (LDL) cholesterol, lower good (HDL) cholesterol, and raise triglycerides.

However, monounsaturated fats (olive oil) and

polyunsaturated fats (safflower oil, linoleic acid) lower total cholesterol, lower bad (LDL) cholesterol, and raise good HDL cholesterol. Mediterranean diet (not high fat, but focus on good fats, especially omega 3 fatty acids, with more mono- and polyunsaturated fatty acids): dramatically lowers risk of heart disease despite no change in lipids or weight. Talk to your nutritionist about good fats and bad fats!

3. Exercise is critical for weight maintenance. More is better. Start slow,

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Also, if you know anybody who might enjoy reading health styles, 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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increase as tolerated.

Exercise is like a prescription medication – it has to be done every day, not every once in a while.

4. Obesity in women results in a marked increase in the risk of certain cancers including colon cancer, uterine cancer, and breast cancer. Obesity also results in worse outcomes for breast and cervical cancer. For

reducing cancer risk: choose high quality foods (fruits, veggies, whole-grain fiber, low saturated fat, low refined carbohydrates, low junk food), exercise daily, and cut calories.

5. Portion control and energy density: Several ideas – first, we (people) tend to eat what is on the plate. If we put smaller portions on the plate, we tend to eat less. Second,

we seem to respond to the weight of food, not the calories. Thus, pick foods with a lower energy density (such as fruits, vegetables, broth-based soups, whole grains, legumes) rather than a high energy density (high fat foods, low moisture foods). Speak with your dietitian for more ideas, or take a look at the recent publication, “**The Volumetrics Eating Plan.**” Third, the liquids in our diet don’t appear to improve satiety. Thus, if one drinks a glass of water versus juice, soda, milk, or diet soda, she will still eat the same size meal. Focus on water and zero-calorie beverages.

6. Pharmaceuticals: There are many new drugs that work through new pathways currently in development. The most promising is Ricomabant (which will be sold under the brand name **Accomplia**). This works by antagonizing the endocannabinoid receptor, and appears to lower

weight, improve control of diabetes, improve good HDL cholesterol, and decreases triglycerides. The main side effects are nausea or other gastrointestinal problems. It has only been used in small studies thus far, but studied patients average a weight loss of 5%, or about 15 pounds when combined with a supervised diet and exercise plan. Barring complications, approval is expected in 2006; however, only after it has been used in the general public for the long term will its side effect profile be more fully explored. There are concerns about unknown side effects such as mood swings appearing, but thus far, it is looking good. We will keep the most up to date information on our web site.

7. 3 miles of walking = 3 to 4 oranges OR 6 REGULAR oreo cookies (not double-stuffed). 3 miles of walking does NOT equal "I can eat anything I want."

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.

8. Regarding Television: according to the Journal of the American Medical Association, in a study titled the Nurses Health Study which enrolled 50,000 women, each 2 hour increase in TV watching is associated with a 23% increase in obesity risk and 7% increased diabetes risk.

9. CAM: Complimentary and Alternative Medicine. A scathing presentation was

given by Dr. Robert Bentz, a leading thought leader opposed to many of alternative medicine principles. He defined CAM as: "A marketing term, an attempt to make something appear coherent and a form of medicine that isn't either, an alleged field of science* that despite an unbroken string of negative studies continues to generate, both qualitatively and quantitatively, more research funding, more

press, and more expended health dollars.” He went on to say that studying something WITH science does not make it scientific. He also discussed commonly sold over-the-counter ‘appetite

suppressants’. These generally contain ephedra, guarana, synephrine, and other naturally-occurring stimulants. The FDA in 1984 banned combinations of ephedra and caffeine because it was found to be

deadly. Thus, the multi-billion dollar marketing industry combined ephedra with guarana, or cola nut, and recreated a ‘legal’ over-the-counter supplement that is essentially equivalent to what the FDA banned in 1984. Now bitter orange and other naturally occurring substances are added which are equally as dangerous. These supplements are sold as foods, not drugs, and thus are not required to demonstrate either safety or efficacy. Bottom line: don’t use over-the-counter weight loss aids. They don’t work, and they can be dangerous!

10. There truly is an obesity epidemic. We need to focus on our culture, our society, to start implementing a plan on a national level to reverse this trend. Ideas presented include: walking breaks instead of smoking breaks, getting soda machines out of schools, and making the food industry report trans-fats.

Ethan Lazarus, M.D.

Farmer’s Market Schedule:

Friday:

Castle Rock: 5050 Shops Blvd, 11-3

Saturday:

Aurora: 9800 E Colfax Ave, 7-sellout

Boulder: 13th betw Canyon & Arapahoe, 8-2

Castle Rock: SW corner Castle Rock Shopping Center, 8-12

Denver: 1st & University, 7:30-12:30

Denver: Historic Elitch’s (38th & Tennyson), 7:30-12:30

Golden: Jackson betw 12th and 13th, 8-1

Littleton: Bowles & Waddsworth, 8-2

Lone Tree: The Great Indoors, 8:30-1

Sunday:

Denver: City Park, 9-1

Denver: 1596 S Pearl, 9-1

Denver: Lowry, 8:30-1

Lakewood: SE Waddsworth & Alameda, 10-2

Parker: Main Street, 8:30-1

Denver: Stapleton: 8:30-12:30

Monday:

Denver: Tamarac Square, 11-3

Tuesday:

Aurora: Havana & Mississippi, 11-3

Evergreen: Home Depot, 10-2

Wednesday:

Aurora: 15324 E. Hampden Cir, 7-sellout

Boulder: 13th betw Canyon & Arapahoe

Denver: 1st & University, 9-1

Littleton: Broadridge Plaza, 3-6

Thursday:

Centennial: Smokey Hill & Danube, 10-2

Denver: 20th & Lafayette, 10-2

Lakewood: Waddsworth & Alameda, 11-3

Ethan Lazarus, MD

Keeping It Off!

e-HealthStyles 8-05

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Blackened Catfish

Ingredients

1 tsp. paprika
½ tsp. each crumbled dried sage, ground
cumin, garlic powder and sugar
½ tsp. salt
¼ tsp. cayenne pepper
¼ tsp. onion powder
4 catfish filets (4 to 5 ounces each)

Nonstick cooking spray
1 tsp. olive oil
Lemon slices

Put spices into a 1-gallon food storage bag. Close bag and shake until well blended. Put 1 filet in bag at a time and shake until lightly coated. Coat large skillet with nonstick

cooking spray. Add oil and heat over medium-low heat until hot. Add filets, skinned side up and cook 4 to 5 minutes until lightly blackened. Carefully turn with spatula. Cook 4 to 5 minutes longer, or until fish feels firm and is opaque at the thickest part. Serve with lemon slices.

Note: I do not recommend farm-raised varieties. If you do not like catfish, any firm white fish can be substituted, such as Orange Roughy.

Nutrition Info: Carbohydrates – negligible. 1 Protein Portion

Red White and Blue Fruit Salad

Ingredients

1 pint of fresh blueberries
1 pound of fresh red seedless grapes
1 8 oz. container of fat free sour cream
Equal to taste

Wash fruit. Pat dry. Mix together. Fold in sour cream and add Equal to taste (usually about 3-4 packets). Chill and serve.

Nutrition Info: ½ cup serving has 60 calories and 15 gm carbohydrate.

Testimonials

Have you had a good experience with Clinical Nutrition Center? Was it 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! Instructions for submissions are located within that same section.

Thank you!