



[Clinical Nutrition Center](#)

HealthStyles e-Newsletter

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HealthStyles

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Dr. Lazarus and the staff at CNC are pleased to continue to bring you important updates in the fields of health and nutrition. For past issues, please visit the [HealthStyles tab](#) on our web site at www.clinicalnutritioncenter.com. Also, for more the most timely updates, be sure to check out our [new blog](#). This month, topics include:

CNC Fall Weight Management Tips

Study Details Factors Associated With Obesity in Adults

Update on New Obesity Medications

CNC Practice Updates

This newsletter is provided as a free service. Please read on for the details, and feel free to forward to family and friends.

CNC Fall Weight Management Tips

Thank you to all of our patients at CNC who contributed tips for this month's newsletter. Our staff has voted, and we have had a three-way tie! The people who submitted the first 3 tips each receive a \$25 gift certificate. Keep these great tips coming for our next newsletter!

1) "I like to use my food diary but as a sense of 'accomplishment' to myself, I like to write down what I 'passed up' during the week – chocolate, donuts, bagels, bread at the BBQ and when I see that I can pass up good foods, I also see the reward when I get weighed at my appointment. Yeah!

2) Recipe:

Add some low-fat shredded mozzarella cheese to the beef protein soup and it will remind you a little of French onion soup! -JL

3) “I take my son and my dogs for a walk to the park and while at the park I do simple exercises with the park equipment (triceps dips from the bench, step ups on to the bench or playground equipment, lunges and squats, push-up on the fence or bench) and my son copies me. We also challenge each other to obstacle courses with playground equipment and push-ups, etc..... RMM

4) Recipe:

To cut sweetness in protein supplements, add cinnamon! -JO

5) “Sleep is critical to good health and weight loss. Not sleeping well or maybe you could sleep better? Try out the other side of the bed! I did and it made a big difference in my evening sleep.” –MR

6) “Sugar-free popsicles are a great way to get a sugary fix and have 15 calories and 2-3 carbs. Perfect treat when you have had enough food for the day too!”

7) Recipe: Mandarin Orange Shake

mix 1 chocolate shake mix, 1 can diet orange soda, a sprinkle of cinnamon, and ice. Blend well and enjoy! -JSO

8) Recipe:

1) Fill Ice-berg lettuce with turkey taco meat and sprinkle with grated cheese.

2) Use drink mix to make your own popsicles

9) Recipe: I love that Salad Spritzer dressing on the can of tuna or chicken.

Wt Loss: Pre-planning is huge for me; sets me up for the day and I just choose from my already determined choices.

Activity: I literally make appointments for my exercise so I remain accountable. –RL

10) “Ever walk into the office to be greeted by a box of donuts or bagels? It can be a shock if you are used to participating and generally enjoy a welcome mid-morning snack. I did the unthinkable. I bought the ‘forbidden fruit,’ and abstained. My theory was that if I did this and did not eat that I overcame the shock factor of finding the treat, did something nice for my friends and colleagues, let them know it was alright to eat in front of me, and validated my willpower. “ -JAM

11) Recipe: Virgin Bloody Mary

In a blender, mix: 1 pkg Tomato Basil Soup Mix, 1 tsp Beef Bouillon granules, 1/8 tsp celery seed, 3-4 ice cubes. Blend well until mixed. Serve in a tall glass over ice. Add several drops of hot sauce like Tobasco or Cholula to taste, and a wedge of lime. –AP

Study Details Factors Associated With Obesity in Adults

A recent study researched factors which may be associated with obesity in adults. Remember, these are associations, so you cannot assume cause and effect. Nonetheless, I've summarized a few of the interesting associations for you:

Sleep: Women who sleep less than 6 hours per night weigh 13-17 pounds more than those sleeping at least 7 (in men, 19-24 pounds)

Intent to control food intake: Women with high intent to control food intake weigh 10-13 pounds more than women with low intent (Men: 12-15 pounds)

Emotions: Women who avoid overeating in response to thoughts or emotions weigh 14-18 pounds less than those who tend to overeat in these situations (Men 17-22 pounds)

Exercise: Women who engage in 30 minutes or more of high-intensity exercise per day weight 8-11 pounds less than those who engage in none (Men: 12-15 pounds)

Fat: Women who get less than 30% of calories from fat weigh 9-11 pounds less than those getting 40% or more from fat (Men: 10-12 pounds)

-Published in Obesity April 2009, Leblanc et al.

Update on New Obesity Medications

Have you been keeping your eye on the news lately? Three different manufacturers are all vying for the next medical treatment for obesity. Here's a quick update:

Vivus: Vivus has been researching a new version of the long-time favorite, **Phentermine**. On September 9th, 2009, the company released 1 year data from 2 phase 3 trials – named Equip and Conquer. Their investigational drug, **Qnexa**, is a combination of a proprietary release form of Phentermine combined with the medications Topamax, a medication more commonly used for the prevention of migraines and for prevention of seizures. The results look very encouraging – patients at the highest dose lost an extra 9.4% more than the lifestyle alone group of their body weight, and they state the drug has a very good side effect profile. The [news](#) sent the stock price soaring 70% in 1 day of trading.

Orexigen Therapeutics: **Contrave** is a fixed dose combination of bupropion sustained-release (Wellbutrin) and naltrexone, a drug more commonly used to treat opioid addiction. **Empatic** is a fixed dose combination of bupropion SR and zonisamide SR, a drug more commonly used to prevent seizures. Orexigen's trial on Contrave demonstrated 9.3% weight lost at 56 weeks, with 29% of the participants losing more than 15% of their body weight. Nausea was the most common side effect. The company announced that Empatic demonstrated up to 15% reduction in body weight at 48 weeks.

Arena Pharmaceuticals: Arena's investigational drug, **Lorcaserin**, is a serotonin agonist. If you remember Phen-Fen from the 90's (Phentermine + [Fenfluramine](#))? [Fenfluramine](#) was a non-selective serotonin agonist. The release of serotonin in the heart is thought to be why the fenfluramine drugs caused damage to heart valves. Well, with advancing science, researchers now can identify the different subtypes of serotonin receptors in the body and target them individually. Lorcaserin targets the receptors in the brain (called the 2C receptor), and not those in the heart. In their phase 3 Bloom trial, 47.5% of Lorcaserin patients lost at least 5% of their body weight, 22.6% lost at least 10%, with an average weight loss of 5.8% of the body weight vs 2.2% for the placebo group.

In general, these drugs also seem to improve blood pressure, cholesterol, glucose levels, and inflammatory markers for cardiovascular risk, although I would speculate that this improvement is a direct result of the weight lost.

I'll bring you more updates on these interesting developments.

-Dr. Lazarus

CNC Practice Updates

1) After nearly 2 decades of service, we are finally retiring all of our practice management systems that Dr. Berry put in place, and upgrading to a brand-new state of the art practice management system. Our new scheduler and billing program should offer all of the features needed to take us into the next decade, and should improve our ability and efficiency with scheduling and billing. However, please bear with us through these upgrades in the coming month. Your statements may look different, and many will just indicate a balance brought forward. Please note that this process will affect our 30-60-90 day aging balances, but not the total balance due. We will reset and begin reaging accounts after the upgrades are completed next month.

2) If you haven't visited our web site lately, we highly encourage it! In addition to the complete redesign and the addition of the blog, we have added the ability to pay your statement online. This is hosted securely through PayPal. There is no need to have a PayPal account to use this feature. Save a stamp and check it out! Look for the PayPal icon on the bottom-right of the web pages.

Thank you!

Sincerely,

Dr. Lazarus, and the Staff at CNC