

## SeretisCare Medical Weight Loss Center

### Our goal is to provide:

- Dietary & nutritional counseling
- Medical supervision by our physician, physician assistant and medical staff
- Behavior modification for healthy lifestyle changes

SeretisCare Family Practice is proud to announce our Medical Weight Loss Center that could result in permanent weight loss for patients. We challenge conventional weight loss therapy and view obesity as a medical condition requiring medical attention. We will design an individualized weight management program that helps you reclaim control of your body, lose weight, revitalize your energy and refocus some attention on taking care of yourself.

We offer an easy to follow diet plan that caters to everyone's busy schedules, meets your current dietary needs and satisfies your appetite and cravings. You'll receive professional guidance, compassion and caring support throughout your treatment. Our trained staff will:

- Teach you weight loss strategies specific to your demanding life
- Provide timesaving, easy-to-follow meal plans
- Show you ways to exercise and encourage daily routines while managing your busy day
- Provide stress management and relaxation techniques
- And provide you with an FDA approved prescription medication, most likely phentermine (Adipex-P) an appetite suppressant that helps curb your cravings for food.

Recent statistics from the Center for Disease Control (CDC) and Prevention's National Center for Health Statistics indicate that 33 percent of American adults are overweight or obese, up 25% since 1980. We are here to help those who have a subconscious food obsession, are overweight and were unsuccessful at achieving and maintaining an ideal body weight and those who just want to slim down for their own personal well being. It is essential that patients understand that Medical Weight Loss is achieved only through a combination of counseling, diet, moderate exercise and possibly prescription drug therapy.

One-on-one visits once a month, nutritional counseling and the accountability make our high quality service and you a top priority. It is a well known fact that patients who moderately exercise increase their metabolic rate. We encourage our patients to engage in some form of aerobic exercise while participating in our weight-loss program

### First Question to ask yourself is: Are You Overweight?

Overweight refers to an excess of body weight, but not necessarily body fat. Obesity means an excessively high proportion of body fat. Health professionals use a measurement called body mass index (BMI) to classify one's weight as healthy, overweight, or obese. BMI describes body weight relative to height and is correlated with total body fat content.

To get your approximate BMI, multiply your weight in pounds by 703, then divide the result by your height in inches, and divide that result by your height in inches a second time.

BMI Index	Result
18 - 25	Healthy Range
25 - 30	Overweight
> 30	Obese

Generally, the higher your BMI, the greater the risk for health problems, according to the National Heart, Lung and Blood Institute (NHLBI). There are some exceptions. For example, body builders, may have a BMI greater than 25 or even 30, but this reflects increased muscle rather than fat. It is the excess body fat that leads to health problems such as type 2 diabetes, high blood pressure, and high cholesterol.

### Should you lose a pound a day? **NO!**

Most experts agree that slower weight loss is best. One to two pounds a week is considered an ideal rate of weight loss. It's fast enough to see changes yet slow enough to not cause metabolic complications. Any faster weight loss than this could be health hazardous.

- Water weight loss is the only way you can lose weight quickly. But, the only water weight you want to lose would be associated with the fat you are losing. To lose water weight without proportionate tissue or fat loss leads to dehydration which can be hazardous. Dehydration could cause a drop in blood pressure, dizziness, dark urine, increased heart rate, dry skin and many more undesirable and potentially life-threatening effects.
- There are a number of products and diets on the market that claim to burn or block calories and fat: "You can lose 30 pounds in 30 days." That's one pound per day. To lose one pound of fat, you would have to burn off at least 3,500 calories per day. But consider this fact: your body requires ~2400 to 2800 calories per day to maintain its present weight. This means that this product would have to burn ~6300 calories per day for you to lose one pound. How can someone cut 3500 calories out of their diet when they are only consuming ~2500 calories? Do the math – it doesn't work!
- If you were to eat nothing at all it would still have to burn up an additional 700 calories. We know the body goes into starvation mode at ~700 calories per day. What this means is the body stops using stored fat and begins to use vital organ tissue.
- In this example, you would be living at -700 calories. This is known as hyperstarvation mode and the average person can only last up to 40 days with no food. The body must have at least +700 calories every day just to stay alive. So, losing weight any faster than the recommended medically accepted weight loss is UNACCEPTABLE and DANGEROUS!

### Healthy Diet:

Losing one pound of fat means 3500 extra calories have to be either eliminated from your normal diet, or burned off through extra exercise.

Our opinion is that if a diet plan is advertising weight loss at a pound a day, it's just not medically feasible to think that this is safe. We believe that these plans are geared towards people who are looking for a quick, easy fix, knowing that these patients will never stick to a long-term diet but spend hundreds of dollars per month trying.

### ***How patients lose weight:***

It's important to understand how we lose weight before trying to lose weight, because if one doesn't understand the simple concepts of weight loss management, then it becomes an uphill battle to lose weight. It's very simple to understand, but very hard to adhere to. Your weight is simply controlled by how many calories you eat (take in) and how many calories you burn off (take out) each day. To lose weight you need to very simply: take in fewer calories than you use or burn more than you take in.

You can do this by becoming more physically active and/or by eating less. Following a diet program that helps you decrease the amount of calories you eat and picking up a daily exercise regimen is most likely to lead to successful weight loss. Our medical weight-loss program should help you keep the weight off by encouraging you to make life-style changes for the rest of your life. There's no secret to our methods. We simply encourage you to follow a portion controlled diet similar to the one's you see on TV but at a more affordable rate. You can do this and we'll help you!

By definition, "diet" refers to what a person eats or drinks during the course of a day. A diet that limits portions to a very small size or that excludes certain foods entirely to promote weight loss may not be effective over the long term. Rather, you are likely to miss certain foods and find it difficult to follow this type of diet for a long time. Instead, it is often helpful to gradually change the types and amounts of food you eat and maintain these changes for the rest of your life. The ideal diet is one that takes into account your likes and dislikes and includes a wide variety of foods with enough calories and nutrients for good health.

How much you eat and what you eat determine in part how much you weigh. So, when planning your diet, consider this:

1. How many calories should you consume in a day?
2. Is the diet you are considering nutritionally balanced?
3. Is the diet practical and easy for you to follow? And...
4. Will you be able to maintain this "diet" for the rest of your life?

### **Calories:**

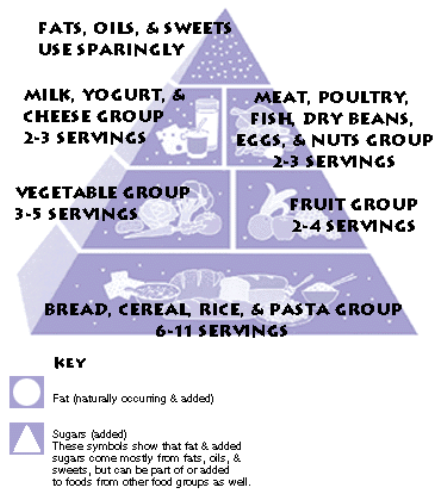
***Low-calorie Diets.*** Most weight-loss diets provide ~1,500 calories per day. However, the number of calories that is right for you depends on your weight and activity level. The calorie level of your diet should allow for a weight loss of no more than 2 pound per week (after the first week or two when weight loss may be more rapid because of initial water loss). If you can estimate how many calories you eat in a day, you may be able to design a diet plan that will help you lose no more than 2 pounds per week. You may need to meet with a registered dietitian or, you can use a standardized low-calorie diet plan with a fixed calorie level found on most search engines on your computer or local library.

## Good Nutrition:

Your diet should contain all the essential nutrients for good health. Using the Food Pyramid below and the Nutrition Facts Label found on most processed food products, you should be able to choose a healthful diet. The Food Pyramid shows you the kinds and amounts of food that you need each day. The Nutrition Facts Label on products should help you select foods that meet your daily nutritional needs. We recommend that your diet include:

- Adequate vitamins and minerals. If you eat less than 1,200 calories per day, you may benefit from taking a daily multivitamin. We recommend either Centrum or One-a-Day multivitamin brands.
- Adequate protein. The average woman >25 years old should get ~50 grams of protein per day, and the average man >25 years old should get ~63 grams. Adequate protein is important because it prevents muscle tissue from breaking down and repairs all body tissues such as skin and teeth. To ensure adequate protein in your diet, make sure you eat 2-3 servings from the Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group on the Food Guide Pyramid every day.

**FIGURE 1**  
**THE FOOD GUIDE PYRAMID**



Source: U.S. Department of Agriculture / U.S. Department of Health and Human Services

- Adequate carbohydrates. At least 100 grams of carbohydrates per day are needed to prevent fatigue and dangerous fluid imbalances. To ensure you get enough carbohydrates, eat 6-11 servings from the Bread, Cereal, Rice, and Pasta Group on the Food Guide Pyramid every day.
- A daily fiber intake of 20 to 30 grams. Fiber helps with proper bowel function. Consuming 1 cup of bran cereal, 1/2 cup of carrots, 1/2 cup of kidney beans, a medium-sized pear, and a medium-sized apple together in 1 day, you would get ~30 grams of fiber.

- No more than 30 percent of calories, on average, from fat per day. Less than 10 percent of those calories from saturated fat (such as fat from meat, butter and eggs) per day. Limiting fat to these levels reduces your risk for heart disease and may help you lose weight. You should also limit the amount of cholesterol in your diet. Cholesterol is a fat-like substance found in animal products such as meat and eggs. Your diet should include no more than 300mg of cholesterol per day (one egg contains about 215mg of cholesterol, and 3.5 ounces of cooked hamburger contain 100mg of cholesterol).
- Drink at least 8 to 10 (8 oz) glasses of water per day. You'll need to drink more if you exercise a lot.

### **Exercise:**

Regular exercise is important to help you lose weight and maintain an overall healthy lifestyle. Moderate exercise increases the number of calories you burn and promotes the loss of body fat instead of muscle and other nonfat tissue that occurs with diet alone. Research shows that people who include physical activity in their weight-loss programs are more likely to keep their weight off than people who only change their diet. In addition exercise improves your strength and flexibility, lowers your risk of heart disease, helps to control blood pressure and diabetes, promotes a sense of well-being and decreases stress.

Any type of physical activity you choose to do -- vigorous activities such as running or aerobic dancing or moderate-intensity activities such as walking or household work -- will increase the number of calories your burn.

We recommend that you do ~20 to 30 minutes of vigorous physical activity (aerobics, biking, swimming, brisk walking, jogging, treadmill or running) at least three times a week and some type of muscle strengthening activity, such as weight resistance, and stretching at least twice a week.

Alternatively, if you are unable to do this level of activity, you can improve your health and well-being by performing ~30 minutes of moderate-intensity physical activity (walking up stairs or stairmaster, walking around the block, playing with your children, etc...) at least five times a week.

**\*\*\* Important note:** if you have not been physically active, you should see your doctor or ask one of us at SeretisCare before you start, especially if you are older than 40 years old, very overweight, or have any medical problems such as diabetes, high blood pressure, asthma, COPD or heart disease.

### **Prescription Weight-Loss Drugs:**

For obese patients who have been unable to lose weight through conventional diet and exercise alone, there are a number of FDA-approved prescription medications that may help. On average, patients who we have started on our medical weight-loss program have been losing ~5 pounds per month and those who made significant lifestyle modifications, overall have gotten at or about to their goal weight.

**Phentermine (Adipex-P)** was approved by the FDA over 20 years ago. It is an amphetamine "speed"-like drug approved as an appetite suppressant and should not be used by patients with heart disease, uncontrolled high blood pressure, an overactive thyroid gland (Hyperthyroidism) or glaucoma. Most people have little or no side effects with this medication. Some patients may experience palpitations or a bump in their blood pressure and for this reason; we recommend close monitoring of both heart rate and blood pressure on a monthly basis. Although it has a potential for addiction, it is not considered to be "highly" addictive and less likely than with Xanax, which is used for anxiety. Phentermine helps curb your appetite and enhance the body's natural inclination to be thin and healthy. At SeretisCare, if this medication is recommended and prescribed, because it is a scheduled drug, we will only write out a 30 day supply without refills and we will not call this medication in for at any time. If you should lose your prescription, you will not be able to receive another prescription for that month, until the 30 days has elapsed. We apologize for any inconvenience but we must handle this medication as we do with all our narcotic and scheduled medications. Since our inception of this program, we have had very few if any adverse effects and have had no significant issues with phentermine products.

**Meridia (sibutramine)** was approved by the FDA in 1997, and increases the levels of certain brain chemicals that help reduce appetite. Because it may increase blood pressure and heart rate, Meridia should not be used by people with uncontrolled high blood pressure, a history of heart disease, congestive heart failure, irregular heartbeat or stroke. Other common side effects of Meridia include headache, dry mouth, constipation and insomnia.

All of the prescription weight-loss drugs work by suppressing the appetite except for **Xenical (orlistat)**. Approved by the FDA in 1999, Xenical is the first in a new class of anti-obesity drugs known as lipase inhibitors. Lipase is the enzyme that breaks down dietary fat for use by the body. Xenical interferes with lipase function, decreasing dietary fat absorption by 30 percent. Because the undigested fats are not absorbed, fewer calories are available to the body. This may help in controlling weight. The main problem with this medication is its side effects which include: cramping, diarrhea, flatulence, intestinal discomfort and leakage of oily stool.

**There is no magic pill for obesity.** The best effect you're going to get is with a concerted long-term regimen of diet and exercise supplemented by short-term medication therapy.

Prescription weight-loss drugs are approved only for those with a BMI of 30 and above or 27 and above if you have certain cardiac risk factors such as: high blood pressure, high cholesterol or diabetes.

## **Over-the-Counter Weight-Loss Drugs**

Over-the-counter (OTC) weight-loss medications contain the active ingredient phenylpropanolamine, which is also used as a nasal decongestant. The FDA recently asked drug manufacturers to discontinue marketing products containing phenylpropanolamine, based on evidence linking the substance to an increased risk of hemorrhagic stroke (bleeding in the brain). The FDA also issued a public health advisory in November 2000, warning consumers to stop using products containing this ingredient.

The FDA is proposing to classify phenylpropanolamine as "not generally recognized as safe," and is proceeding with regulatory actions that will likely remove this ingredient from the market.

## **Beware of Unproven Claims**

Some dietary supplement makers claim their products work for weight loss. These products are not reviewed by the FDA before they are marketed. Many weight-loss products claim to be "natural" or "herbal," but this does not necessarily mean that they're safe. These ingredients may interact with drugs or may be dangerous for people with certain medical conditions. If you are unsure about a product's claims or the safety of any weight-loss product, check with your pharmacist or us before using it.

## **It's Worth the Effort**

Losing weight requires major lifestyle, dietary and physical activity changes and when appropriate, intervention with drug therapy. But in the end it is worth making the effort to improve your image, your self-confidence and most importantly your health.

## ***Tips for Eating Out:***

- Choose foods that are steamed, broiled, baked, roasted, poached or stir-fried.
- Share food, such as a main dish or dessert, with your dining partner.
- Eat 2/3 of your meal and take the rest home with you.
- Request your meal to be served without gravy, sauces, butter or margarine.
- Ask for salad dressing on the side and use only small amounts of full-fat dressings.

## ***In Summary Consider This When Dieting:***

- Do not use synthetic food supplements exclusively.
- Never go below 700 total calories per day unless instructed by a physician.
- Always include lots of water in your diet.
- Always include some sort of aerobic exercise in your plan.

## ***Most Importantly:***

Choose a diet that you can live with the rest of your life. The diet should also teach you how to select and prepare healthy foods, as well as how to maintain your new weight. Remember, many people tend to regain the weight they lost. Eating a healthful and nutritious diet to maintain your weight, combined with regular physical exercise, helps to prevent weight regain.

*A good diet teaches you how to eat the foods you will be eating after the diet for the rest of your life!*