



August Newsletter

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The Weigh Station

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I am blessed to have a pastor who makes you think every time he speaks. Pastor Will is one of the finest men I know. His sermons are meant to stir your thought process so you can examine your life and see if it lines up with what God wants of us.

I had recently seen a woman who had more excuses as to why she gained her weight. She has been coming for over three years. She will come for six months and do really well then disappear into the fabric of her own life. She returns when she's gained 20 to 40 pounds then starts the process again.

She told me she was extremely fearful of gaining her weight back so she did not return; I couldn't quite understand the logic in her statement. However, I've seen it happen over the years before. There's something about being accountable and sticking to what we teach you. I'm exasperated by others claiming The Weigh Station is a diet, it is NOT a diet! It is a journey of a lifestyle change!

Pastor Will quoted in his sermon "Fear is meant to keep you from starting anything great; discouragement is meant to keep you from finishing it!" Is that not a true statement?

How many patients live with both factors all during the same month? I want to see people succeed and achieve their goals but it seems that there is a group of patients that who go from doing well to doing poorly all within the span of about five months.

There are a few reasons as to why patients do not fulfill their original goal. I find the first reason is that people are afraid to fail. They start out thinking it really won't work because they've heard of others who lost weight then gained it back. They then become discouraged and don't make much of an effort to follow and stick with the program. The reason as to why we choose to not sell prepackaged food and 'miracle shakes' is because no one can eat like that and sustain nutrition for the rest of their life. It is an unhealthy process and does not teach you about the ingredients you are consuming. Therefore, it is inevitable of gaining your weight back. There is too much data to support this.

The second reason as to why people do not fulfill their goals is because they get discouraged and quit. They will overhear a conversation of people exchanging the number of pounds they lost and they will become discouraged if they lost less. However, as you question them you learn they are not following the book like they say they are.

I've had patients blame eating hot dogs, oranges, pickles, fish, etc. The bottom line is by not utilizing the tools we give you and following the program you will not lose and become discouraged. Does that mean there cannot be something else happening that we are not aware of? That's why we are constantly asking patients is anything has changed.

So if you're having trouble with fear, discouragement, or both, and need some help please do not hesitate to ask question and makes notes of what you're eating.

There are a few changes at The Weigh Station that everyone will notice in the upcoming months. Meagan, our pharmacy technician, moved to Cleveland to pursue a post baccalaureate program to allow her to apply to medical school. Meagan was a wonderful employee and we will miss her.

Sometimes change is not easily received by patients but we always have your best interest at heart.

Blessings,
Chuck Shaffer MD

Here is a research article on osteoarthritis I found interesting. As you can see, patients who experience even just 10% of weight loss noted a significant improvement in quality of life. Read and enjoy.

Researchers previously showed that overweight and obese individuals with knee osteoarthritis can reduce pain by 50% and significantly improve function and mobility with a 10% or more weight loss over an 18-month period. The investigators' latest findings, which are published in *Arthritis Care & Research*, reveal that a 20% or more weight loss has the added benefit of continued improvement in physical health-related quality of life along with an additional 25% reduction in pain and improvement in function.

The results come from a secondary analysis of diet-only and diet-plus exercise groups in the Intensive Diet and Exercise for Arthritis (IDEA) randomized controlled trial. A total of 240 overweight and obese older community-dwelling adults with pain and knee osteoarthritis were divided into four groups according to weight loss achieved over an 18-month period: less than 5% (<5% group), between 5 and 9.9% (?5% group), between 10 and 19.9% (? 10% group), and 20% and greater (?20% group).

The researchers found that the greater the weight loss, the better participants fared in terms of pain, function, 6-minute walk distance, physical and mental health-related quality of life, knee joint compression force, and IL-6 (a marker of inflammation). Also, when comparing the two highest groups, the ?20% group had 25% less pain and better function than the ? 10% group, and significantly better health-related quality of life.

Obesity is a health issue worldwide and a major and modifiable risk factor for many of the more than 250 million adults with knee osteoarthritis. "Currently, there is no treatment that slows the progression or prevents this debilitating disease; hence, research has focused on improving clinical outcomes important to the patient," said lead author Stephen Messier, PhD, of Wake Forest University, in Winston-Salem, NC. "A 10% weight loss is the established target recommended by the National Institutes of Health as an initial weight loss for overweight and obese adults. The importance of our study is that a weight loss of 20% or greater -- double the previous standard -- results in better clinical outcomes, and is achievable without surgical or pharmacologic intervention."

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Recipe of the Month

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ROASTED ASPARAGUS WITH PARMESAN AND HIMALAYAN SALT

Makes 4 servings



Ingredients

1 ½ teaspoons kosher salt
20 medium-thick asparagus spears, tough ends trimmed
1 tablespoon coconut oil or MCT oil
¼ small red onion, sliced
¾ cup freshly grated Parmesan cheese (about 2 ounces)
1 tablespoon extra-virgin olive oil, for drizzling
Coarsely ground Himalayan salt

Directions

1. Preheat the oven to 400°F and line a sheet pan with parchment paper.
2. Fill a wide pan (wide enough for asparagus to lie flat) about one-third full of water. Add the salt and bring to a boil, then add the asparagus and blanch for 2 minutes or until tender. Remove from the heat, drain, and set aside.
3. Heat the coconut oil in a sauté pan over medium-high for 1 to 2 minutes. Add the onion and sauté until browned, 2 to 3 minutes, then remove from the pan and set aside.
4. Place the asparagus on the lined sheet pan, sprinkle with the Parmesan cheese, and bake for 5 to 6 minutes, until the cheese has melted and is beginning to brown. Remove from the oven, drizzle with the olive oil, and sprinkle with Himalayan salt.
5. Plate the asparagus with the sautéed onion and serve immediately. Store in an airtight container in the refrigerator for up to 5 days.

