



## Living a Life of Accountability to Improve Your Healthcare

*Dr. Charles Shaffer*

Recently, Obesity Journals have taken a look at the percentage of weight-loss patients who have access to primary care. Unsurprisingly, weekly accountability has shown to be significant in the development of continual weight loss. Patients that choose to come once a month or every six weeks did not fare as well as those that came on a weekly basis.

George Washington Carver once said “99% of all failures come from people who have a habit of making excuses”. When I was a young man growing up, my father once said to me “excuses are the poorest invention of mankind”. I dislike excuses. In the time it takes to fabricate an excuse, the problem could have already been solved. I have heard every excuse in the book related to weight loss over the last 15 years. I will not list them all because it would take too long for you to read them.

WHAT YOU'LL FIND INSIDE:

- **LIVING A LIFE OF ACCOUNTABILITY**
- **THE RECIPE OF THE MONTH**



Accountability is one of the most important principles in any healthcare organization. It is one of the most basic building blocks that creates a great team of healthcare professionals providing excellent care. However, patients must participate in their treatment plan and follow their provider's instructions.

So, what is accountability? Accountability is accepting responsibility for your actions. You are responsible for not only what you say and do but for what you eat as well. Hebrews 4:13 says "Nothing in all creation is hidden from God. Everything is naked and exposed before His eyes, and He is the one to whom we are accountable."

Why does the Weigh Station require you to come on a weekly basis? The first reason is: accountability. The second reason is so we can monitor your progress and quickly intervene if you are not losing weight as you should.

We are quick to give praise and shout outs to those who successfully follow the program. We believe celebrating success is an essential part of the journey. Many patients are waiting on total knee replacements and are unable to follow through until their BMI is below 40 (and 35 in some cases). Most patients can lose an average of 50 pounds in 90 days if they follow the program. Unfortunately, some patients think they know better and choose to take our supplements but eat incorrectly. This patient category typically does not fare well and wonders why.

Not long ago, there was a patient who required knee replacement surgery. He stated the pain in both his knees was debilitating at times. His BMI is 47 and his orthopedic surgeon is requiring a BMI of 35. He lost 5 pounds the first week, 2 pounds the second week, and gained 6 pounds the third week. Over the course of three weeks, he really only lost 1 pound. The question is, why?

I asked him about his food choices, and he was not following the book or my instructions very well. He gave me an example of what he consumed everyday: an orange, Subway, and sweet tea. When I asked him why he wasn't following the book he stated he did not understand it very well. So, we reviewed the book and I made sure to thoroughly answer all of his remaining questions. Starting from scratch can be frustrating but it is so worth it.

We ask about your food choices and other habits for a reason; please be honest with us as we are only trying to help. Many patients find success in journaling and documenting their choices. It helps keep them accountable and can aid in pinpointing an issue.

Congratulations to everyone who has been successful in the last 15 years! Many of you have come back for a check-up and are at the same weight when you left. For me, the greatest joy is seeing people following the program, doing well, and living a healthier lifestyle. The next time you are tempted to do something you shouldn't, hold yourself accountable to either yourself or someone else. A helpful trick is placing 3x5 index cards on cabinets and refrigerators. Those cards asking, "why are you here?" can be incredibly helpful.

Here's to wishing everyone a happy fall and soon-to-be holiday season. Stay safe, wash your hands, wear a mask, and check your temperature. Check on your elder neighbors and relatives if possible. If you do your part the pandemic can be shortened.

Blessings,

Chuck Shaffer MD

# The Recipe of the Month

## *Roasted Red Pepper Soup*

**\*6 servings**

### *Ingredients*

- 2 tbsp olive oil
- 2 medium size onions, finely chopped
- 2 large green bell peppers, finely diced
- 6 large garlic cloves, minced
- 4 containers of prepared roasted red peppers (use liquid)
- 4 C vegetable broth
- 1/2 tsp pepper
- 1/2 tsp chili powder
- 1 tbsp fresh cilantro (optional)

### *Directions*

Heat olive oil in a large pot over medium heat. Cook onions and green pepper until lightly browned and tender, adding in garlic when nearly done to keep it from burning.

Stir in roasted red peppers, vegetable broth, pepper and chili powder. Blend with hand blender. Stir in cilantro as desired.

\*Note: Adding lean ground meat can turn a simple dinner into a full, hearty meal!



**Delicious,  
Hearty, Yum.**

