

# August Weighing In 2015

## Everything Is Subject to Change

This past month has been a time of change especially during the past two weeks. Some of you cringe at the mere mention of the word. Personally I'm not always a big fan of change. But we are happy about many of the changes going on here at the Weigh Station. I want to tell you about them.

Many of you who have been through the Weigh Station have noticed that the lipotropic injections are being replaced with tablets. This is something we have been looking forward to for many years but have not been able to give to our patients. The board of pharmacy is tightening down on multidose vials. We are ahead of the game in giving the tablets now. You will still be able to partake of the lipotropic injections on an individual basis, but the new board laws require us to give you a prescription for each injection. It must be refrigerated then reconstituted and given to you. Because we have to order these individually, our price from the supplier went up. The Weigh station does not want to increase your cost, so we have been working with a pharmaceutical company in New Jersey to bring you these lipotropic tablets instead that we are confident will be a blessing to many.

Another exciting new change that you will be interested in is the addition of a new physician, Dr. Matthew Denti, who will join our practice in August. Dr. Denti is very interested in obesity and obesity management. He is also a board-certified obstetrician gynecologist, which in turn will give us a much broader scope of care than we can provide now.

While changes can be difficult, they are necessary for growth to occur. For example, look at the growth and change you are undergoing right now as an active patient of the Weigh Station. You are undergoing the process of weight loss which changes how you think, what you know—in essence, it is changing who you are. You're not the person you were when you started this program. Many people resist change because of their own insecurities. They don't like being pushed out of their comfort zone. They prefer to remain stuck in the same place in life. Sadly, many patients drift back to their previous weight after successful weight loss because they don't want to deal with the permanent changes successful living at goal weight requires of them.

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More changes are taking place here at the Weigh Station which I'll be talking about in subsequent newsletters. Some patients will resist change because of the inherent risks that are involved. The past way of doing things may not be the most effective or efficient, but at least it assured them of their survival. The greater the change, the greater the perceived risk, and the greater the perceived threat to the stability of their lives. They sometimes throw their arms up and just give up. Some patients fear the new—the unknown. They will question costs and the possibility of their success. Some patients will see change as a friend to embrace—they see it as an exciting new adventure. There are always those folks ready and open for a change. These individuals are visionaries and see beyond the possibilities of where they are to where they're going. Maybe they have witnessed other patients who have done exceptionally well and lost 100, 200 or even 300 pounds and they want so badly to be as successful as those people.

But some patients will see change as the enemy to resist; although so far these patients are few and far between. While the number may be few, they will be vocal and be formidable opponents to any change in our office. Their favorite phrase is, "It'll never work." Even when it does, they find reasons why it will continue not to work. It's important to realize that every practice goes through changes; some individuals will balk at every phase of it. What we need to do is demonstrate love towards them, and do not allow them to defeat the necessary changes that we must make in our practice to grow and improve our service to you.

We are trying to do what's best for all patients so that everyone benefits from the change that we are instituting due to new Virginia law and reach better outcomes. When some people are asked to change the way they do something, they focus solely on what they have to give up rather and what they're going to gain. When these people perceive what they are requested to accept as change is too much for them, they can become overwhelmed and sometimes immobilized by just pure fear.

During the change effort, patients tend to display different levels of readiness to accept change. Some will rebel which will slow down their weight loss. They will go back to their old habits out of fear. All of that being said, each patient will respond differently, and we are willing to accept that difference and embrace it and help them succeed in their continued weight loss endeavors. We look forward to the next few months as we roll out a few more changes that will assist you in your weight loss goals. Please be patient, God's not finished with us yet.

Blessings to all,  
Chuck Shaffer MD

# Sugary Drinks linked to Increased Mortality

According to research published in the journal "Circulation" and the American Heart Association Council on Epidemiology and Prevention in 2013, consumption of sugary drinks may lead to an estimated 184,000 adult deaths each year worldwide. According to Dariush Mozaffarian, MD, Dr. P. H., Dean of the Friedman School of Nutrition Science & Policy at Tufts University in Boston, there is one common item in the diet that can significantly increase the risk of mortality worldwide. This item is sugar-sweetened beverages!

The first published research on this topic was done in 2010 which looked at the correlation between sugar sweetened beverages and estimated deaths and disabilities from diabetes, heart disease, and cancers on a global scale. Sugar-sweetened beverages were defined as any sugar-sweetened sodas, fruit drinks, sports/energy drinks, sweetened iced teas, or homemade sugary drinks such as frescas that contain at least 50 kcal per 8oz serving. 100 percent fruit juice was excluded from this study.

Based on dietary surveys, estimates of sugary beverage consumption were made including 611,971 individuals conducted between 1980 and 2010 across 51 countries. Data also included information on national availability of sugar in 187 countries in order to understand geographic and demographic variance in the consumption levels of sugar-sweetened beverages by population. The research was then analyzed to identify patterns among study participants to determine the health risks of sugar-sweetened beverages. The investigators calculated the direct impact on diabetes and the obesity-related effects on cardiovascular disease, diabetes and cancer. The results are as follows:

- 133,000 deaths from diabetes
- 45,000 deaths from cardiovascular disease
- 6,450 deaths from cancer

"Some population dietary changes, such as increasing fruits and vegetables, can be challenging due to agriculture, costs, storage, and other complexities. This is not complicated. There are no health benefits from sugar-sweetened beverages, and the potential impact of reducing consumption is saving tens of thousands of deaths each year."(Mozaffarian, 2013).

The study did conclude that impact of sugar-sweetened beverages varied greatly between populations. The mortality rate in Japanese adults over 65 years of age was less than 1%. In contrast Mexico had the highest death rate attributable to sugar-sweetened beverages with an estimated 405 deaths per million adults (24,000 total deaths) and the U.S. ranked second with an estimated 125 deaths per million adults (25,000 total deaths).

Of the 20 most populous countries, about 76 percent of the estimated sugar-sweetened beverage-related deaths occurred in low- or middle-income countries. In the nations of the Caribbean and Latin America, where homemade sugary drinks (e.g. frescas) are popular and are consumed in addition to commercially prepared sugar-sweetened beverages mortality was also greater. "Among the 20 countries with the highest estimated sugar-sweetened beverage-related deaths, at least 8 were in Latin America and the Caribbean, reflecting the high intakes in that region of the world," said Gitanjali Singh, Ph.D., lead author of the study and a research assistant professor at the Friedman School.

Today's younger population consumes more sugar than the youth from several decades ago. The percent of chronic disease attributed to sugar-sweetened beverages was higher than the percent in older adults. "The health impact of sugar-sweetened beverage intake on the young is important because younger adults form a large sector of the workforce in many countries, so the economic impact of sugar-sweetened beverage-related deaths and disability in this age group can be significant. It also raises concerns about the future. If these young people continue to consume high levels as they age, the effects of high consumption will be compounded by the effects of aging, leading to even higher death and disability rates from heart disease and diabetes than we are seeing now," Singh reported.

### Story Source:

The above post is reprinted from materials provided by **Tufts University**. *Note: Materials may be edited for content and length.*

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## Taco Lettuce Wraps

### Ingredients:

- 1.5 lbs lean ground beef
- 1 tbsp chili powder
- 1 tsp ground cumin
- 2 tsp onion powder
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp ground oregano
- 1 tsp stevia \*optional
- ½ tsp salt
- 3 Romaine hearts
- 1 can chopped green chilies
- 2 cloves garlic
- ½ C onion
- ½ C bell pepper
- 1 tbsp olive oil

### Directions:

Heat the oil in a large skillet over medium heat. Add the onion, pepper and garlic and cook until it starts to soften. Add the ground beef and continue to cook until the beef is browned and the vegetables are soft. Stir in the other spices until completely combined. Add the green chilies and stir to combine. Remove from the heat.

Cut the bottom 2 inches from the romaine hearts and pull apart the leaves. Serve the beef mixture in the lettuce cups, and top with avocado slices if desired.