



The Challenge of Keeping It Off

Dr. Charles Shaffer

Over the last 15 years, the question I get asked the most is “I’ve lost the weight, how do I keep it off?” An exciting study in the *Obesity & Weight Management Journal* followed 100 different programs, including gastric bypass procedures, and evaluated their patients’ success in keeping their weight off. Besides a mixture of weight management techniques and programs there were drastic differences observed between these groups. This includes diet, therapy, lifestyle, and behavioral treatments. All of these factors can be attributed to further understanding obesity and individuals who may struggle with it.

The conclusions of the study are definite and what the Weigh Station has observed for a period of time. Individuals who do not achieve sustained weight loss are more likely to drop out of the program and are less likely to be included in any research. So, what is the dropout rate? The dropout rate observed was as high as 83%, which is a common theme and problem among weight loss.

WHAT YOU’LL FIND INSIDE:

- **ADDICTION, IS IT A CURSE?**
- **DESIRE AND DISCONNECTS**
- **THE RECIPE OF THE MONTH**



Individuals who dropout are likely to not comply with the diet or program because they do not like what it includes or are not willing to put in the full effort. Additionally, the study shows that a deficient caloric diet had a higher dropout rate than individuals who were eating a set amount of food and all three meals.

Another study utilized continued interventions during the follow-up process. Follow-up included telephone calls from staff, videoconferences, and one-on-one visits with the physician and dieticians. Those who engaged in these practices yielded the best results. The study concluded that approximately three years is to be allotted for the follow-up process and continued weight loss success. Any time period shorter than three years did not seem to yield as beneficial results as the three-year group had.

At the Weigh Station, we practice the 'three-year' technique and apply it to our maintenance program. I have witnessed this firsthand to be the most beneficial practice in helping patients keep their weight down.

Failure rates are experienced when patients decide they are able to lose weight entirely on their own with no accountability. These patients typically come once a month over the course of three years and have an average fluctuation of 5 to 8 pounds off their weight loss goal.

Both of the previous studies mentioned also found that individuals who joined a motivational group did much better than individuals with a 'I can do it alone' attitude. Patients who followed the recommended maintenance program which included diet, exercise, and re-current accountability did much better than their peers who did not follow these recommendations.

The hospital-based dietary study showed a deficient energy diet. Among those who attended behavioral therapy, half the participants dropped out during the first year of follow-up after completing the five-year program. The mean sustained weight loss of all participants was approximately 9.8% of 332 patients who were all in a moderately obese category. However, after reviewing the patients five years later, it was found that at least 96 of them gained all of their initial weight back. This is due to them failing to follow through on the demands the program had placed upon them. Their inconsistencies in dietary regiment generally stems from a single factor: the mentality of "I will eat whatever I want". The choice factor is the most significant detriment to weight management that we see.

Patients who decide they are going to remain in the maintenance program generally follow what we ask of them. They also tend to have the most significant results which parallels with studies conducted at the University of Norway and Pasteur Institute of France. Articles from the Obesity Journal also demonstrate similar results.

We are here to help you achieve your weight loss and maintenance goals. We not only want to lend a helping hand but want to teach you better behaviors. Patients deviate because of strong psychological and physiological control of the body. It takes considerable effort to avoid regaining your weight if there is no accountability.

Let us help you. If you want it, you can achieve it. The Weigh Station has patients spanning across multiple states and even countries! There are no excuses, it depends on how bad you want to lose your weight and keep it off. Thank you all for allowing us to serve you.

Blessings,

Chuck Shaffer MD

The Recipe of the Month

Turkey Apple Balls

**4 servings, provides 4 ounces of protein per serving*

Ingredients

- 16 ounces lean ground turkey
- 1 egg
- 1 green apple, peeled and shredded
- 1/2 C shredded 2% cheddar cheese
- salt and pepper to taste

Directions

In a large bowl, mix the ground turkey with all ingredients. Make cherry sized meatballs and place in a glass baking dish.

Bake on 350 degrees for 30 to 45 minutes until cooked throughout. Enjoy!



**Delicious, Easy,
Yum.**

