

December Weighing In 2015

Merry Christmas and a Happy New Year!

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Can you believe we are already into Christmas season? We just finished eating Thanksgiving dinner and now we have even more holiday food to contend with at the upcoming Christmas parties. It's easy to fall into the trap of "I'll just have a bite."

This is also about the time that our phone at the office begins ringing off the hook again. Everyone wants to undo the "damage" they did during the holiday season. Unfortunately, New Year's resolutions are rarely successful.

"I promise I'm going to eat better. I promise I'm going to walk and exercise every day. I promise I'm going to enjoy more of life. I promise I'm to be better to my spouse and my children." We've all said them and we've all made mistakes and not kept them, me included.

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We all have goals and resolutions; however, sometimes we allow our excuses and beliefs to keep us from having success. In fact, this year the most common excuse was "the injections were the reason I was losing weight and now they are no longer available." No matter how much data I show some patients, they have their own data called "I believe." When the Virginia Board of Pharmacy guidelines changed, we worked hard to offer our patients a product that was just as effective both from a cost perspective as well as a weight loss perspective. We also continued to offer the injections (as a single vial dose) for an additional cost. Having said that, I still don't feel like purchasing the single dose vials are cost-effective, and I have been proven correct. The tablets are more effective in the long-run.

I wish the tablets had been available ten years ago, however, we understand that not everyone feels the same and that change is hard sometimes. We want to encourage you to continue to chase your goals and dreams even if you feel like sometimes things don't go quite the way you planned. We must live our lives as God would want us to and try to be the best example we can to those around us. So, when you have lost 10, 15, 20, 30 or 200 pounds, you're a walking example of doing the program correctly regardless of whether you are using pills or injections to assist you.

The joy of my heart is having people come back and say I want to do it again, I know what I did wrong. There's nothing wrong with starting over. I've started over so many times in my life I could write a book. I love helping people restart and get refocused to go after their goals. Many of them have such great hearts to admit their failures and restart. God loves the prodigal. Many of us have been that person. So, as we approach Christmas time and all that it stands for, let us go forth and love on those people or family members that remind you of the prodigal. We all have drifted from what we know we should do at one time or another. When it comes to eating correctly, it is a lifelong commitment that has lasting rewards. People who have a healthy weight and lean body mass have less joint discomfort, fewer heart issues, less chance of developing diabetes, and require less medication. As you can see, there are great benefits from doing what we recommend you to do in following the program to the letter.

As we look towards the Christmas and the New Year, let's be aware of the people around us. We never know when we may be able to be a blessing to someone. Being kind and remember that blessing others will bless us as well. My heart is always warmed when I see patients buying office visits for other people anonymously. Paying it forward can do much more than you may even know for others.

So, if you see a need this Christmas, and you can meet it, please do. Remember what Christmas is all about...it's not about you or me, but about Jesus. The Weigh Station staff would like to thank you for your patronage. You are a blessing to us and we are honored to serve you and assist you in chasing your dreams.

Merry Christmas to all- Chuck Shaffer, MD

Research on Maintenance:

In a recent study, patients who had lost weight were followed for 6 months to see how successful they would be in maintaining their weight loss. During this time, participants were also given a questionnaire to determine what variables lead to weight maintenance success or failure.

I am always perplexed as to why someone would work so hard toward reaching their maintenance weight only to gain all the weight they had lost back. My hope is that sharing some of these variables with you will better prepare you for what it takes to maintain your goal weight long term!

So what makes people successful? According to this study, the use of rewards or punishment (incentive motivation) was actually found to be a key environmental determinant of behavior. If we were to apply this to our patients here at The Weigh Station, I would encourage them to total up the amount they spent here to lose their weight and post it as a reminder and incentive to keep it off.

Another key determinate was using self-regulation. There are several subsets of this including; self-monitoring (weighing at home), setting goals, coming into the office for maintenance visits to receive feedback, and rewarding yourself with something nice (a movie, haircut, shopping). In addition, self-instruction (writing down notes or encouraging words to keep you motivated) and social support from a spouse, friend or fellow patient, was also shown to be beneficial in maintaining weight loss long term.

Success in maintenance also requires adherence to weight control techniques (including following the maintenance book parameters, coming in for maintenance weigh ins and staying focused). Although only a weak correlation was shown, those with a greater self-efficacy or confidence in overcoming barriers to healthy eating were more likely to achieve greater weight loss as well.

One unique finding this research uncovered was a significant relationship between social support and self-efficacy for long-term weight maintenance behaviors. Self-efficacy has been consistently shown to be a key factor in weight loss and long-term weight maintenance. Pairing self-efficacy with social support suggested promising results. More research is needed to determine the effects on specific weight related behaviors and self-efficacy for weight related behaviors.

You are working so hard to achieve your ultimate goal, a lighter weight and healthier body! When you reach maintenance have confidence in your ability to maintain your goal! Come in for your maintenance weigh-ins and post motivational quotes and reminders to keep you moving in the right direction. Also consider finding a maintenance buddy or having your spouse or best friend help you stay accountable. Lastly, remember that we are always here to support you!

Best,

Tricia Foley, MS, RD

Recipe of the Month:

Egg Frittata

Makes 4 servings

Ingredients

2 tablespoons olive oil
1 red pepper, chopped
1 green pepper, chopped
1/4 yellow onion, chopped
1 teaspoon kosher salt
1 teaspoon black pepper
8 eggs
1/2 cup Parmesan Cheese
2 cups fresh spinach

Directions

1. Preheat the oven to 400°F.
2. In a heavy skillet, add olive oil and bring to medium-low heat.
3. Sauté onions and peppers until vegetables are tender, about 7 minutes.
4. Sprinkle the mixture with salt and pepper.
5. Pour eggs into the skillet and cook for 3 minutes.
6. Sprinkle the top with parmesan and spinach.
7. Put skillet in oven and bake, uncovered, for 8 to 10 minutes.
8. Loosen the edges of the frittata with a rubber spatula, and then invert onto a plate.