

# YOUR WEIGHTMatters™

Fall 2018

FOR YOUR HEALTH

MAGAZINE

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OAC  
Obesity Action Coalition

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1. Ard JD, Schroeder MC, Kivilaid K, et al. Practical application of a comprehensive weight management program in patients with and without metabolic syndrome. *J Obes Weight Loss Ther.* 2014;S4:007. doi:10.4172/2165-7904.S4-007. 2. Wadden TA, Foster GD, Letizia KA, et al. A multicenter evaluation of a proprietary weight reduction program for the treatment of marked obesity. *Arch Intern Med.* 1992;152(5):961-966. 3. Drawert S, Bedford K, Largent D. Change in glucose, blood pressure, and cholesterol with weight loss in medically obese patients. *Obesity Res.* 1996;4(S1):675.



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 OAC hosted its 7<sup>th</sup> Annual *Your Weight Matters* National Convention in Denver this past July. In addition to offering premier weight and health education, YWM2018 taught us the value in fostering a strong community and taking action to truly reach new heights.

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*by Bobby Whisnand, CPT, CSET, CSSN*  
 Do you feel as though your fitness goals are beyond reach? Are you struggling to create a road map that moves you to your goals? Jump-start your fitness journey with these practical and motivational tips.

**YOUR WEIGHTMatters™**  
 FOR YOUR HEALTH MAGAZINE

Fall 2018

Volume XIV

Issue I

*Your Weight Matters*<sup>SM</sup> Magazine is the official publication of the Obesity Action Coalition (OAC). The OAC is an independent National non-profit organization dedicated to giving a voice to those affected by the disease of obesity.

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Opinions expressed by the authors are their own and do not necessarily reflect those of the OAC Board of Directors and staff. Information contained herein should not be construed as delivery of medical advice or care. The OAC recommends consultation with your doctor and/or healthcare professional.

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*Message from the*



**Chairwoman  
of the Board**

*Hello Friends,*

In July, the Obesity Action Coalition (OAC) held its 7<sup>th</sup> Annual *Your Weight Matters* National Convention. More than 500 attendees from 34 U.S. states and six countries gathered together to hear from world-renowned speakers about ways to live their healthiest lives. For those who have personally struggled with weight or have an interest in health, weight management, nutrition, fitness, emotional health and wellness or other topics, the education offered at this Convention is the real deal: science-supported and evidence-based. Attending each year feeds my brain with knowledge but more importantly, it feeds my soul. There is something magical, inspiring and motivating when you find your tribe – your community! That support is powerful, and it carries me like a wave each year to the next. I am healthier in both my body and mind for attending.

But it's also *powerful* in a large community sense. It's empowering to know there are others who care about the same issues as you and want to *take action* to make the world a better place for those with obesity. Our OAC Community is growing daily and thousands of you have logged-on to **ObesityAction.org/Community** to be a part of it. Thousands of people care and want to do more.

*What can you do?* The OAC Community is taking action. **#OACAction** is anything big or small that moves our organization forward and all actions make a difference. There will be those that feel compelled to visit Washington, DC or their state legislators to share their stories publicly and increase access to obesity care and treatment. But for others, know that your efforts are still needed and important – from dropping off OAC materials in your community and sharing our social media posts to encouraging friends and family to call-out weight bias and stigma. There are so many ways to take **#OACAction!**

I encourage you to visit OAC's Action Center at **ObesityAction.org/Action-Center** to learn more ways to take **#OACAction**. Come back frequently as we add new actions often! Then, follow our social media pages or search the **#OACAction** hashtag to see what actions your fellow OAC Community members are taking. Don't forget to tag all of the actions you take on social media with **#OACAction** so all of us can stay inspired and motivated to take action too!

As always, I'm reminded of another encouraging quote:

*"Individually, we are one drop. Together,  
we are an ocean." – Ryunosuke Satoro*

I look forward to taking **#OACAction** with you!

*Michelle Vicare*

## OAC Renews its Championship of National Obesity Care Week for 2018

In 2015, OAC became a founding Champion of National Obesity Care Week (NOCW). We are excited to once again take part in such a powerful awareness campaign aimed at Changing the Way We Care about obesity by creating a society that understands, respects and accepts the complexities of obesity and values science-based care.



NOCW2018 takes place **October 7<sup>th</sup> – 13<sup>th</sup>**, and during this week you have the opportunity to join OAC and other NOCW founding Champions (STOP Obesity Alliance, The American Society for Metabolic and Bariatric Surgery, The Obesity Medicine Association and The Obesity Society) and pledge to take ACTION to spread the message that:

- Individuals with obesity must no longer be the target of weight bias in all of life's settings such as healthcare, employment, entertainment and education.
- Individuals with obesity need to understand that this disease is not solely their responsibility and work with a healthcare provider to manage their obesity long-term.
- Like individuals with other chronic diseases, individuals with obesity must have access to and coverage of science-based treatments to improve their weight and health.
- Healthcare providers need to be trained to provide effective, compassionate, science-based care and use of shared decision-making.
- Providers and policy makers must recognize the need for further investment in the education, prevention and treatment of the disease of obesity.

By taking the campaign pledge, you are opting-in to help spread awareness by taking ACTION during NOCW. Your actions and the actions of all those involved in NOCW2018 play a vital role in changing the way the world views and treats obesity.

Join us and pledge to take ACTION during NOCW2018 by visiting: [ObesityCareWeek.org/Action](http://ObesityCareWeek.org/Action).



## Take #OACAction and Urge Your Legislators to Support the Treat and Reduce Obesity Act!

The Obesity Action Coalition (OAC) is calling on its Community members and supporters to help pass the Treat and Reduce Obesity Act (TROA) through Congress! This important legislation is critical to expanding access to care for Medicare beneficiaries looking to treat their obesity through various behavioral counseling opportunities and/or prescription medications.



How can you take #OACAction to support the TROA and improve access to care?

1. Visit [ObesityAction.org/TROA](http://ObesityAction.org/TROA).
2. Enter your information to be matched with your state legislators.
3. Contact your legislators using our automated message generator and urge them to co-sponsor the TROA legislation.
4. Add your personal story about obesity for more influence!

With OAC's new Action Center and automated message generator, taking #OACAction to support the TROA is easy! Contact your legislators today and help this key piece of legislation surpass the 163 co-sponsors it received in 2017. At time of press for this issue of *Your Weight Matters Magazine*, TROA has received 161 co-sponsors from the House of Representatives and 10 co-sponsors from the Senate for 2018. Your voice remains crucial!

For more information about the Treat and Reduce Obesity Act, including additional resources, education and tools for taking action, visit [ObesityAction.org/TROA](http://ObesityAction.org/TROA).

## Weight of the World Initiative Invites You to Tell Your Story



OAC helps foster meaningful connections through the power of storytelling. OAC's latest initiative, Weight of the World, is a global effort designed to unite individuals affected by obesity by allowing them to share their personal stories about their weight and health journeys.

The initiative aims to provide support and amplify the voices of individuals with obesity.

Via an engaging video platform, Weight of the World offers a valuable opportunity to share stories in a real and honest environment where individuals feel safe, accepted and supported. The initiative will also serve as a way to inspire others who are on a similar journey and offer a unique and diverse perspective on obesity's complexity, as well as how it affects individuals differently.

OAC invites you to tell your story through the Weight of the World platform! Visit: [WeightoftheWorld.com](http://WeightoftheWorld.com) to learn more about this global initiative.



OAC  
Community

# Perspectives

What the OAC Community Means to Me

by OAC Community members

As people, we are social creatures by instinct. We thrive in the company of others who help us navigate our lives, support us in our struggles and encourage us in our journeys. Though we certainly have our differences, there are also special places where we overlap – and in those places, we find our greatest strengths and triumphs!

In the summer of 2018, the Obesity Action Coalition (OAC) launched its new Membership Community to bring together ALL individuals who have ever been affected by obesity or are concerned with weight-related issues. The OAC Community is a safe, welcoming, supportive and empowering group of people who know what it's like to walk the journey with weight at all of its different stages – and together, we are working toward a better world where people with obesity can find their voice, discover hope and see significant health barriers removed.

The OAC Community launch was not only an exciting milestone, but a humbling one! The experience was met with an outpouring of individuals who wanted to do more for their health, the OAC and all people affected by the disease of obesity. It has never been more apparent that there is power in harnessing our personal interests and experiences to be a part of something so much bigger than ourselves – changing the world for people affected by obesity, one positive action at a time!

Within the OAC Community, individuals have access to high-quality weight and health education, support for their journey with weight, the ability to connect with others sharing similar experiences and ongoing, impactful opportunities to take action and make a difference. We are honored to watch this group of individuals grow and continue to affect lives, but we also want to know what the OAC Community means to those who are already a part of it!

In this very first issue of our new “Community Perspectives” series in OAC’s *Your Weight Matters Magazine*, we share with you a handful of responses to the question,

**“What does the OAC Community mean to you?”**

*This is what others are saying about the new OAC Community:*



**Vicky M. Blackard:**  
Palm Harbor,  
Florida

“I am a bariatric program manager as well as a bariatric patient. I lost 125 pounds with surgery, but found myself regaining even though I work professionally in the field. I never addressed the issue of why I was eating the way I was. The OAC Community literally saved my life! When I became involved, I wasn’t alone in my battle anymore. I was able to connect with people facing similar challenges and learn new ways to deal with my struggles. The information I found within the OAC Community was so on-point and necessary. I am now back on-track and able to share that education (*and the OAC Community*) with my patients on similar paths.”

**Nikki Massie:  
Baltimore,  
Maryland**



“For me, the OAC Community is a safe space – not only to ask questions and get quality answers about my health, but also to share my day-to-day experiences as I work toward my goals. People in the OAC Community “get it” and they do not pass judgement on me. My OAC tribe provides motivation, support and accountability. With the help of my OAC Community, I feel like I can work toward my best self and I’ve got a whole cheering squad behind me! To be affirmed that you matter, that you deserve to be treated with respect and have access to evidence-based education and support is a new and powerful experience.”

“With the help of my OAC Community, I feel like I can work toward my best self and I’ve got a whole cheering squad behind me!”



**Vu Pham:  
Buffalo,  
New York**

“To me, the OAC Community means ‘strength in inclusive diversity.’ The strength of every individual fighting the good fight for themselves and for all affected by obesity is magnified several times over by finding our voices joined by others in the OAC family. The combined support that we get from the entire OAC Community standing together is only made stronger by the wide range of members from different walks of life working toward common goals of education, support and advocacy. From medical professionals and patients with obesity to family members with loved ones affected by obesity, our experiences and voices all contribute something unique to the OAC Community!”

# At the Heart of What We Do, are PEOPLE LIKE YOU.



This is why OAC launched the OAC Community.

We believe we can make

a greater impact in our mission to **EDUCATE, ADVOCATE** and **SUPPORT** people living with obesity when we **GET EDUCATED, FIND SUPPORT, CONNECT** and **TAKE ACTION** as **ONE COMMUNITY**.

## WHY BECOME PART OF THE OAC COMMUNITY?

Because joining the OAC Community requires no financial commitment on your part, there is no reason not to join the OAC Community. What’s in it for you? By joining the OAC Community, you get the opportunity to:

### GET EDUCATED

Access community-exclusive content and discussions that highlight health tips as well as the latest science, preventative care and treatments on obesity and weight management.

### FIND SUPPORT

Build a stronger connection, find the support you need and be inspired by REAL stories of people who genuinely share and understand your health journey – no matter where you are in it.

### TAKE ACTION THROUGH ADVOCACY

Amplify the fight against important issues, like weight bias and the lack of medical access and coverage for people living with obesity.

## Experience the Power of Community.

Visit: [ObesityAction.org/Join](https://ObesityAction.org/Join) to join today!

## Your Gift Helps People Like You! Donate to the OAC

Because of generous donations from people like you, we are able to fulfill our mission through the following ongoing OAC initiatives:

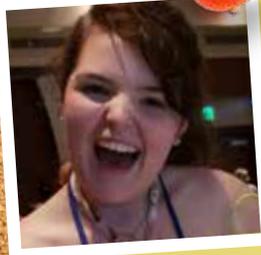
- ✓ Providing free access to educational materials and evidence-based resources designed to support individuals in their weight management journey
- ✓ Connecting and amplifying the voices of members to combat weight bias and advocate for increased access to safe and effective medical treatments
- ✓ Supporting individuals through a Community to provide a place to connect and make our voices stronger
- ✓ Raising awareness through National campaigns focused on creating productive conversations about weight and health

To make your tax-free donation today, please visit [ObesityAction.org/Donate](https://ObesityAction.org/Donate).



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“After years of dieting and exercise and what felt like failure, the OAC Community helped me better understand that these weren’t failures, but rather common symptoms of a chronic disease: obesity.”



**Faith Newsome:  
Sanford,  
North Carolina**

“There are several benefits to being a part of the new OAC Community. First, it offers a warm group of people who understand your experiences with obesity and, through the power of education and support, helps explain them. For me, growing up with obesity was an isolating experience. After years of dieting and exercise and what felt like failure, the OAC Community helped me better understand that these weren’t failures, but rather common symptoms of a chronic disease: obesity. At OAC’s 2018 National Convention, the Community presence really gave me a sense of fellowship. There were laughs and tears. I knew that my story mattered and hearing everyone else’s story reminded me that I’m not alone. Even after **YWM2018**, the OAC Community remains alive and vibrant because it’s all of us, all of the time!”



**Yelena Kibasova:  
Plymouth,  
Minnesota**

“To me, the OAC Community is about unity for a greater purpose. It’s about coming together to advocate, support and inspire. We’re a team all working toward the same goals. Those goals are driven by our passion for health, community and education. In many cases, obesity was something that used to separate us from others in some way. Now, we use obesity as a way to unite. We unite to give a voice to those affected by obesity. The OAC Community is about inclusion, understanding and whole-hearted acceptance. We don’t just talk the talk. We act, we support, we advocate and we stand-up for what matters most. And with these actions, we give people hope and we open people’s eyes.”

“We don’t just talk the talk. We act, we support, we advocate and we stand-up for what matters most.”

*Check it out!*

**Do you want to hear additional perspectives from the OAC Community including personal stories, words of wisdom and more?**

Visit **ObesityAction.org/Community** and click “Find Support and Connect” on the left-hand menu of the Community home page. You can share your own OAC Community perspectives and experiences too!

# Whey Delicious!

As a post-procedure weight loss patient, you are advised by the American Society for Metabolic and Bariatric Surgery to consume at least 60 g of protein a day for the rest of your life.† New, improved High Protein Supplement Mix from Bariatric Advantage® provides whey protein to help maintain muscle mass. Each serving contains **20 g of protein from 100% whey protein isolate**. Whey protein contains essential and branched-chain amino acids to help build and maintain muscle tissue.\*

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# What's in SEASON?

Making the Most of Fall's Vegetable Harvest

by Katie Chapmon, MS, RD

When the sweet smell of cinnamon wafts through the kitchen and the leaves on trees begin to change, you know autumn has arrived. I always enjoy the seasonal vegetables that fall brings us, as well as the different and creative things we can do with them! From crafting yummy, healthy recipes to decorating Jack-O-Lanterns and festive gourds, fall vegetables are some of the most versatile produce options out there. In this article, I've outlined a few that I can't wait to try this season – and I hope that you will too! It's an excellent time of year to get inspired, be creative and try something new.



“ From crafting yummy, healthy recipes to decorating Jack-O-Lanterns and festive gourds, fall vegetables are some of the most versatile produce options out there.”

## PUMPKINS: A Classic Fall Icon

Carving pumpkins is truly one of the most enjoyable ways to celebrate the season! However, they can be more than a fun activity and decoration. They can also be an amazing addition to many different meals! Pumpkins not only provide fiber to help regulate digestion and blood sugar, but they also provide some cancer-fighting antioxidants in the forms of vitamins A, C and E.

### Produce Tips:

- Look for smaller pumpkins with few blemishes. Find ones that are heavy for their size and have their full stems intact.
- Store your pumpkins at room temperature for up to a month or refrigerate them for up to three months.

### What to Do with Them:

Try making a hearty soup or stew with your pumpkins and roast the seeds with a little added salt. You can also roast the flesh and add it to your favorite pasta.

*What's in Season? continued on page 12*

  
**Lomaira™<sup>IV</sup>**  
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*Dosage should be individualized to obtain an adequate response with the lowest effective dose. The usual adult dose is one tablet three times a day, 30 minutes before meals. This tablet is scored to facilitate administering 1/2 of the usual dosage for patients not requiring the full dose. Phentermine hydrochloride is not recommended for use in pediatric patients 16 years of age or younger. Late evening medication should be avoided because of the possibility of resulting insomnia.*

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### INDICATION

Lomaira is an appetite suppressant used for a short period of time (a few weeks) for weight loss and should be used together with regular exercise and a reduced-calorie diet. Lomaira is for adults with an initial BMI of 30 or more or 27 or more with at least one weight-related medical condition such as controlled high blood pressure, diabetes, or high cholesterol. The limited usefulness of this drug class, including Lomaira, should be measured against possible risk factors inherent in their use.

\*Data on file KVK Tech, Inc. Newtown., PA

## IMPORTANT SAFETY INFORMATION

Don't take Lomaira if you have a history of cardiovascular disease (e.g., coronary artery disease, stroke, arrhythmias, congestive heart failure or uncontrolled high blood pressure); are taking or have taken a monoamine oxidase inhibitor drug (MAOI) within the past 14 days; have overactive thyroid, glaucoma (increased pressure in the eyes), agitation or a history of drug abuse; are pregnant, nursing, or allergic to the sympathomimetic amines such as phentermine or any of the ingredients in Lomaira.

Taking phentermine with other drugs for weight loss is not recommended. Primary pulmonary hypertension (PPH), a rare fatal lung disease, has been reported in patients who had taken a combination of phentermine and fenfluramine or dexfenfluramine for weight loss. The possible association between phentermine use alone and PPH cannot be ruled out. Patients should report immediately if they experience any decrease in the amount of exercise that they can normally tolerate, shortness of breath, chest or heart pain, fainting or swelling in the lower legs.

Serious heart valve problems or disease have been reported in patients taking a combination of phentermine and fenfluramine or dexfenfluramine for weight loss. The possible role of phentermine has not been established, therefore the possibility of an association between heart valve disease and the use of phentermine alone cannot be ruled out.

If your body becomes adjusted to the maximum dose of phentermine so that its effects are experienced less strongly, the maximum dose should not be exceeded in an attempt to increase the effect.

Caution is advised when engaging in potentially hazardous activity such as driving or operating machinery while taking phentermine. Phentermine has the potential to be abused. Keep Lomaira in a safe place to prevent theft, accidental overdose, misuse or abuse. Using alcohol with phentermine may result in an adverse drug reaction.

Phentermine can cause an increase in blood pressure. Tell your doctor if you have high blood pressure, even if it's mild. If you are taking medicines for type 2 diabetes, your doctor may have to adjust these medicines while taking phentermine.

Some side effects of phentermine that have been reported include pulmonary hypertension, valvular heart disease, palpitations, increased heart rate or blood pressure, insomnia, restlessness, dry mouth, diarrhea, constipation and changes in sexual drive. These are not all of the potential side effects of phentermine. For more information, ask your doctor or pharmacist.

To report negative side effects of prescription drugs, contact FDA at 1-800-FDA-1088 or visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch).

For more information and Full Prescribing Information, visit [www.lomaira.com](http://www.lomaira.com).

 **Lomaira™**  
(phentermine HCl)  
8 mg tablets

*What's in Season? continued from page 10*

## BRUSSELS SPROUTS: Eat Your Leafy Fall Greens



With their tiny, cabbage-like shape and peppery taste, Brussels sprouts have always been a hit in my kitchen. They provide an incredible amount of vitamin C, which helps protect your immune system. Vitamin K is another feature of these sprouts – a necessary element for normal blood clotting that is also helpful for your bones and kidneys.

### Produce Tips:

- Pick sprouts that feel tightly compacted and hard when squeezed. Smaller ones will be sweeter tasting while larger ones are more cabbage-like. You can buy them on or off the stem – whichever is more convenient!
- Brussels sprouts will stay fresh for several weeks in the refrigerator.

### What to Do with Them:

Bake your Brussels sprouts with olive oil and pepper, try grilling them with white fish or steam them in broth with a variety of different spices.

## PARSNIPS: A Hearty Fall Root Vegetable



A parsnip is a root vegetable most closely related to carrots and parsley. Often mistaken for a pale carrot, they are actually sweeter than their carrot relatives. They also include vitamins C and E, and are helpful for preventing cardiovascular disease, osteoporosis and dementia. Additionally, parsnips contain some B vitamins that play a role in maintaining a healthy metabolism.

### Produce Tips:

- Choose small to medium-sized parsnips. Larger ones tend to be tough and woody rather than sweet and tender. Also be sure to avoid buying parsnips that have a lot of tiny, feathery threads on the end.
- Store your parsnips unwashed in a plastic bag in the refrigerator.

### What to Do with Them:

Try roasting your parsnips with garlic and herbs or boil and mash them into a puree. You can also add them to soups and stews or even sauté them as a side dish.

# Healthy FALL RECIPES to Add to Your Cookbook

## LEEKs:

### An Overlooked Fall Veggie

Leeks have a white bulb at the bottom and green, tightly-wrapped flat leaves at the top. Related to garlic and onions, leeks have a delicate and sweeter taste and can provide a touch of flavoring to your most treasured recipes – especially those perfect for the fall season! They have an active component in them called “allicin” which helps reduce cholesterol, blood pressure and the risk of coronary artery disease. They also contain vitamins A, C and E, which help prevent inflammation.



### Produce Tips:

- Look for leeks that have as much light green and white coloring as possible. Pick ones with crisp, firm stalks. Smaller leeks have better taste. Try to avoid ones that have yellow tops or those that are dark green in color.
- Store them unwashed in a plastic bag for up to two weeks in the refrigerator.

### What to Do with Them:

Try using leeks in salads or add them to fall soups and stews. You can pair them with potatoes and beans or add them to a pot roast with veggies.

“ Related to garlic and onions, leeks have a delicate and sweeter taste and can provide a touch of flavoring to your most treasured recipes – especially those perfect for the fall season! ”

With so many yummy veggies in season during this special time of year, what better way to take advantage of fall's harvest than with tasty new recipes? Now is a great time to break out your cookbook and add some new meals and flavors to your list of favorites. I've included a few recipes here for you to try! If you enjoy these festive fall veggies and flavors, pass the recipes along to your loved ones.

## BAKED PARSNIP FRIES WITH ROSEMARY

### Ingredients:

- 2 ½ pounds parsnips (*you can also add some carrots in for fun*), peeled and cut into 3 ½ inch strips
- 2 tablespoons finely chopped fresh rosemary, or 2 teaspoons dried rosemary
- 1 large garlic clove, minced
- 3 tablespoons olive oil
- Course or kosher salt and pepper

### Cooking Instructions:

1. Preheat your oven to 450°F. Spray a rimmed baking sheet with nonstick cooking spray. Mix the parsnips, chopped rosemary and garlic in a bowl. Drizzle with olive oil, sprinkle with salt and pepper and toss.
2. Spread parsnips evenly in a single layer on a baking sheet and roast for 10 minutes. Turn them and roast until they are tender and browned in spots. This may take an additional 10-15 minutes.
3. Season the parsnips to taste with salt, pepper and possibly more garlic.



*What's in Season? continued on page 14*

## ROASTED CAULIFLOWER, BRUSSELS SPROUTS AND LEEKS WITH A POP!

### Ingredients:

- ½ head cauliflower cut into small florets
- 1 pound Brussels sprouts, trimmed and halved
- 2 leeks, white and light-green parts only, sliced and rinsed
- ⅓ cup extra virgin olive oil
- Course or kosher salt
- 1 tablespoon Sriracha sauce or other hot sauce
- 2 medium cloves garlic, minced
- 1 tablespoon fresh sage leaves



### Cooking Instructions:

1. Preheat your oven to 400°F. Spray a rimmed baking sheet with nonstick cooking spray. Place the cauliflower, Brussels sprouts and leeks in a bowl. Drizzle with 2 tablespoons olive oil, sprinkle with salt and toss. Spread out on a baking sheet and bake for about 20 minutes until the vegetables are tender and just slightly golden.
2. While the vegetables are roasting, make the spicy drizzle. Place the rest of the olive oil, Sriracha, garlic and sage in a blender or food processor and blend until the mixture is fairly smooth.
3. Transfer the vegetables to a serving platter and either drizzle the sauce on top or place it on the side. You can also drizzle a small amount on top and place the rest to the side. Serve hot, warm or at room temperature.

## SLOW COOKER PUMPKIN TURKEY CHILI

### Ingredients:

- 1 pound ground turkey, browned
- 1 medium onion, chopped
- 1 can diced tomatoes (28 ounce size)
- 2 cups cubed fresh pumpkin
- 1 can chili beans (15 ounces)
- 1 can seasoned black beans (15 ounces)
- 3 tablespoons brown sugar
- 1 tablespoon pumpkin pie spice
- 1 tablespoon chili powder



### Cooking Instructions:

1. In your slow cooker, layer the browned turkey, onion, diced tomatoes, pumpkin, chili beans, black beans, brown sugar, pumpkin pie spice and chili powder. Set the cooker to low, cover and cook until pumpkin is tender and has started to break apart. Estimate at least three hours. This is an easy recipe to portion and freeze!

## PUMPKIN COOKING TIP:

Pumpkins are a classic element of fall and have many uses beyond the iconic Jack-O-Lantern. They're awesome to cook with! An excellent tip to keep in mind when you have a pumpkin on-hand is to preheat your oven to 375°F. Cut the pumpkin in half and discard the insides. Save the seeds to dry and roast them! In a shallow baking dish, place two halves face-down and cover them with foil. Bake in the oven for about 1 ½ hours until the pumpkin is tender. Once cooled, you can cut the pumpkin and save it for future fall recipes to try during the season.

## CONCLUSION

Many fun, delicious veggies await you with the coming of fall. Don't pass them up! Visit your local produce stand, farmer's market or grocery store to see what kinds of options are available and in-season. Don't be afraid to think outside the food box and try something new to add to your cookbook! Remember, fall vegetables are unique with their flavor profile and can add an entirely new element to your cooking. Keeping things tasty, fresh and interesting is a great way to stay on the healthy track!

### **About the Author:**

*Katie Chapmon, MS, RD, is a Los Angeles-based Registered Dietitian specializing in metabolic surgery and weight management since 2008. She currently works with individuals at Your Life Nutrition Practice in Pasadena, California and as the Bariatric Nutrition Lead for a large healthcare group. Throughout her career, she has presented on various subjects at national conferences and for several societies surrounding weight management and metabolic surgery. Ms. Chapmon also plays active Co-chair roles on committees within the American Society of Metabolic and Bariatric Surgery (ASMBS) as well as the Academy of Nutrition and Dietetics (AND) Weight Management Dietetic Practice Group. She has also served as a mentor with the WM DPG mentoring program throughout the past two years to guide emerging dietitians.*

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# Taking a Hard Look at

# SENSATIONAL HEADLINES

## about Obesity and Health

by Ted Kyle, RPh, MBA

Every day, we are surrounded with sensational headlines about obesity and health – both in print and online. Somewhere in those headlines, important new truths are buried. It can be hard to look past the hype. When we all have so many different messages competing for our attention, how can we filter through all the noise?



Here are five important tips for doing just that so you know what's *actually* helpful for your health and weight management goals:

### 1. SEPARATE FACTS FROM SENSATION

First and foremost, headlines serve one purpose. They attract readers. Having more readers means more money. That means that a sensational headline which makes you look twice wins out over an accurate, “boring” headline almost every single time.

However, this doesn't mean that headline writers want to lie to you. But they do want to make you stop and think. For example, consider a recent headline published in early August 2018 titled:

#### “Can a Nutrition Bar Really Help Kids with Asthma Breathe Better?”

Notice that the writer worked-in a sensational claim, but without telling an outright lie. The writer avoided coming out and stating that these bars actually make asthma better. However, the headline gets your attention with the sensational suggestion that they might.

If you read past the headline, you will learn about a treatment study where patients were given these bars to see if the ingredients improved the patient's asthma.

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“FIRST AND FOREMOST, HEADLINES SERVE ONE PURPOSE. THEY ATTRACT READERS.”

Researchers found some hints at improvement when they reviewed their data, but no real proof of benefit.

So, the writer fed us a sensational claim but left wiggle room by phrasing it as a question. Even without reading the study, the headline tells you it's an open question.

## 2. LOOK CLOSELY AT THE STUDY

Unfortunately, some headlines are just pure sensation! They include no qualifiers – just a fantastic claim. For instance, take this dated headline once published by The Washington Post in 2015:

**“The Latest Study about Antioxidants is Terrifying. Scientists Think They May Boost Cancer Cells to Spread Faster.”**

Note that “May” is the only qualifier in this headline. To put this “terrifying” news into perspective, you have to read past the headline and take a hard look at the study itself. It's a study of mice with tumors transplanted from humans. Blueberries, a source of antioxidants that were used to illustrate the story, actually had nothing to do with the research!

If you read further into this article, you'll find that the primary researcher even states that the findings are not conclusive. “Patients with cancer should still consume antioxidants as part of a healthy and balanced diet,” he says.

Of course, you can spend a great deal of time analyzing a study. But you don't have to be a research geek to look for the big picture. Every study has an abstract, or a summary of the study. If the authors have done their job, the abstract will tell you in a few words what the study is all about and what you can expect to conclude.

Does it show cause and effect? Or does it simply show a correlation? Is this an animal study that simply provides clues for future research? Or is it a large, randomized and controlled study in humans? By reading the abstract and asking yourself what the study actually shows, you can learn a lot and make a trustworthy conclusion.

## 3. CONSIDER THE SOURCES PRESENTED

Perhaps this is obvious, but it's very important! The reputation of a publication can be an important clue. Something published in the New York Times or the Wall Street Journal is usually more reliable than something from the Daily Express. Likewise, the Journal of the American Medical Association (JAMA) and the New England Journal of Medicine often carry more weight and validity than some other journals. At the extreme, journals that require no peer-review, sometimes called open-access journals, will publish virtually anything as long as the author pays a fee.

When in doubt, look at the journal's reputation and credibility compared to other journals with a similar focus. You can also check to see if the journal is indexed in the National Library of Medicine. A publication's reputation is not a guarantee of solid reporting. But it can definitely help to screen out some flaky news sources.

## 4. LOOK AT THE BIG PICTURE

Breakthroughs are rare. Scientific knowledge about health, obesity and nutrition builds over time! So, when an ambitious researcher or a journalist thinks they're onto something new and important, ask yourself how this bit of news fits into what we already know.

A basic internet search can quickly provide a bigger context for you to consider. Google Scholar can be especially helpful for finding other research on the same subject. You can also learn a lot from reading the background section of the paper that is running the story.

It's important to know if the news you're reading is an outlier. In other words, is it completely new or different from current knowledge? Or does it follow a line of thought that is gaining support from ongoing research?

## 5. BEWARE OF BIAS

As a society, we have many biases. A bias toward commercial interest gets a lot of attention. However, plenty of other biases can influence the reporting of research. A righteous cause, a career committed to a particular concept, being very familiar with a subject, repetition and flawed designs are just a few factors that can play a role in research bias.

Unfortunately, bias is unavoidable. The only antidote is to read information from a broad range of sources and consider what biases might be in play. Learn to develop an eye for objectivity. Ask yourself: “Is the author of what I'm reading really looking for the truth? Or are they simply trying to prove a point?”

## CRITICAL THINKING IS KEY TO GATHERING INFORMATION

The bottom line for these five tips is really simple. Critical thinking is the essential tool for looking beyond sensational news headlines about health, nutrition, exercise, obesity and so on. Voltaire has given us excellent advice on this subject that is among the best you can find: “Seek the truth and question those who have found it.”

### *About the Author:*

*Ted Kyle, RPh, MBA, is a pharmacist and health marketing expert. He is also Treasurer of the Obesity Action Coalition (OAC). You can view his blog at: [ConscienHealth.org](http://ConscienHealth.org)*

# Ask your Healthcare Provider about BELVIQ® or BELVIQ XR®

## What is BELVIQ®/BELVIQ XR®?

BELVIQ/BELVIQ XR is an FDA-approved prescription weight-loss medication that, when used with diet and exercise, can help some adults (body mass index [BMI]  $\geq 27$  kg/m<sup>2</sup>) living with extra weight, with a weight-related medical problem, or adults living with obesity (body mass index [BMI]  $\geq 30$  kg/m<sup>2</sup>), lose weight and keep it off.

It is not known if BELVIQ/BELVIQ XR when taken with other prescription, over-the-counter, or herbal weight-loss products is safe and effective. It is not known if BELVIQ/BELVIQ XR changes your risk of heart problems, stroke, or death due to heart problems or stroke.

## Important Safety Information

- **Pregnancy:** Do not take if you are pregnant or planning to become pregnant, as weight loss offers no benefit during pregnancy and BELVIQ/BELVIQ XR may harm your unborn baby.
- **Hypersensitivity Reactions:** Do not take if you are allergic to lorcaserin or any of the ingredients in BELVIQ/BELVIQ XR.
- **Serotonin Syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions:** Before using, tell your Healthcare Provider about all the medicines you take, especially medicines that treat depression, migraines, mental problems, or the common cold. These medicines may cause serious or life-threatening side effects if taken with BELVIQ/BELVIQ XR. Call your Healthcare Provider right away if you experience agitation, hallucinations, confusion, or other changes in mental status; coordination problems; uncontrolled muscle spasms; muscle twitching; restlessness; racing or fast heartbeat; high or low blood pressure; sweating; fever; nausea; vomiting; diarrhea; or stiff muscles.
- **Valvular heart disease:** Some people taking medicines like BELVIQ/BELVIQ XR have had heart valve problems. Call your Healthcare Provider right away if you experience trouble breathing; swelling of the arms, legs, ankles, or feet; dizziness, fatigue, or weakness that will not go away; or fast or irregular heartbeat. Before taking BELVIQ/BELVIQ XR, tell your Healthcare Provider if you have or have had heart problems.
- **Changes in attention or memory:** BELVIQ/BELVIQ XR may slow your thinking. You should not drive a car or operate heavy equipment until you know how BELVIQ/BELVIQ XR affects you.
- **Mental problems:** Taking too much BELVIQ/BELVIQ XR may cause hallucinations, a feeling of being high or in a very good mood, or feelings of standing outside your body.
- **Depression or thoughts of suicide:** Call your Healthcare Provider right away if you notice any mental changes, especially sudden changes in your mood, behaviors, thoughts, or feelings, or if you have depression or thoughts of suicide.
- **Low blood sugar:** Weight loss can cause low blood sugar in people taking medicines for type 2 diabetes, such as insulin or sulfonylureas. Blood sugar levels should be checked before and while taking BELVIQ/BELVIQ XR. Changes to diabetes medication may be needed if low blood sugar develops.
- **Painful erections:** If you have an erection lasting more than 4 hours while on, stop taking BELVIQ/BELVIQ XR and call your Healthcare Provider or go to the nearest emergency room right away.
- **Slow heartbeat:** BELVIQ/BELVIQ XR may cause your heart to beat slower.
- **Decreases in blood cell count:** BELVIQ/BELVIQ XR may cause your red and white blood cell counts to decrease.
- **Increase in prolactin:** BELVIQ/BELVIQ XR may increase the amount of a hormone called prolactin. Tell your Healthcare Provider if your breasts begin to make milk or a milky fluid, or if you are a male and your breasts increase in size.
- **Most common side effects of BELVIQ®/BELVIQ XR® include:** Headache, dizziness, fatigue, nausea, dry mouth, constipation, cough, low blood sugar (hypoglycemia) in patients with diabetes, and back pain.
- **Nursing:** BELVIQ/BELVIQ XR should not be taken while breastfeeding.
- **Drug interactions:** Before taking BELVIQ/BELVIQ XR, tell your Healthcare Provider if you take medicines for depression, migraines, or other medical conditions, such as: triptans; medicines used to treat mood, anxiety, psychotic or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors, selective serotonin-norepinephrine reuptake inhibitors, monoamine oxidase inhibitors, or antipsychotics; cabergoline; linezolid (an antibiotic); tramadol; dextromethorphan (an over-the-counter (OTC) common cold/cough medicine); OTC supplements such as tryptophan or St. John's Wort; or erectile dysfunction medicines.
- BELVIQ/BELVIQ XR is a federally controlled substance (CIV) because it may be abused or lead to drug dependence.

For more information about BELVIQ/BELVIQ XR, talk to your Healthcare Provider and see the Patient Information on the reverse side.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

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Adding BELVIQ® to your healthy routine may help you take weight loss further and may help lower blood pressure.\* In clinical studies, BELVIQ® helped some people **lose weight and keep it off** more effectively, compared with diet and exercise alone.† **Ask your Healthcare Provider if BELVIQ® is right for you.**

\*Though it is not a blood pressure treatment, BELVIQ may lower blood pressure.

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†BELVIQ 10 mg twice daily was evaluated in three clinical studies involving overweight adults (with at least 1 weight-related medical condition) and adults living with obesity. All three studies compared people taking BELVIQ plus diet and exercise with people using diet and exercise alone (placebo). The results of the first two studies (involving 7,190 people without diabetes) showed that 47.1% of people taking BELVIQ lost 5% or more of their body weight compared with 22.6% of the placebo group. People taking BELVIQ also had significant improvements in their blood pressure and cholesterol levels. A third clinical study (involving 604 overweight adults with type 2 diabetes) showed that 37.5% of people taking BELVIQ lost 5% or more of their body weight compared with 16.1% of the placebo group. People with type 2 diabetes taking BELVIQ also had significant improvements in their blood sugar levels. Nearly one-half of all participants completed the first two studies; nearly two-thirds of the participants completed the third study.

‡Restrictions apply.

## IMPORTANT PATIENT INFORMATION

### BELVIQ® (BEL-VEEK) (lorcaserin hydrochloride) tablets, CIV

### BELVIQ XR® (BEL-VEEK Eks-Are) (lorcaserin hydrochloride) Extended Release Tablets, CIV

#### What is BELVIQ?

BELVIQ is a prescription medicine that may help adults with obesity, or some adults who are overweight and have weight related medical problems, lose weight and keep the weight off.

BELVIQ should be used with a reduced calorie diet and increased physical activity.

It is not known if BELVIQ is safe and effective when taken with other prescription, over-the-counter, or herbal weight loss products.

It is not known if BELVIQ changes your risk of heart problems or stroke.

It is not known if BELVIQ is safe when taken with some other medicines that treat depression, migraines, mental problems, or the common cold (serotonergic or antidopaminergic agents).

It is not known if BELVIQ is safe and effective in children under 18 years old.

BELVIQ is a federally controlled substance (CIV) because it contains lorcaserin hydrochloride and may be abused or lead to drug dependence. Keep your BELVIQ in a safe place, to protect it from theft. Never give your BELVIQ to anyone else, because it may cause harm to them. Selling or giving away this medicine is against the law.

#### Who should not take BELVIQ?

##### Do not take BELVIQ if you:

- are pregnant or planning to become pregnant. BELVIQ may harm your unborn baby.
- are allergic to lorcaserin or any of the ingredients in BELVIQ or BELVIQ XR. See the end of this leaflet for a complete list of ingredients in BELVIQ and BELVIQ XR.

#### What should I tell my Healthcare Provider before taking BELVIQ?

Before you take BELVIQ, tell your Healthcare Provider if you:

- have or have had heart problems including:
  - congestive heart failure
  - heart valve problems
  - slow heart beat or heart block
- have diabetes
- have a condition such as sickle cell anemia, multiple myeloma, or leukemia
- have a deformed penis, Peyronie's disease, or ever had an erection that lasted more than 4 hours
- have kidney problems
- have liver problems
- are pregnant or plan to become pregnant.
- are breast feeding or plan to breastfeed. It is not known if BELVIQ passes into your breastmilk. You and your Healthcare Provider should decide if you will take BELVIQ or breastfeed. You should not do both.

Tell your Healthcare Provider about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

BELVIQ may affect the way other medicines work, and other medicines may affect how BELVIQ works.

Especially tell your Healthcare Provider if you take medicines for depression, migraines or other medical conditions such as:

- triptans, used to treat migraine headache
- medicines used to treat mood, anxiety, psychotic or thought disorders, including tricyclics, lithium, selective serotonin uptake inhibitors (SSRIs), selective serotonin-norepinephrine reuptake inhibitors (SNRIs), monoamine oxidase inhibitors (MAOIs), or antipsychotics
- cabergoline
- linezolid, an antibiotic
- tramadol
- dextromethorphan, an over-the-counter medicine used to treat the common cold or cough
- over-the-counter supplements such as tryptophan or St. John's Wort

- medicines to treat erectile dysfunction
- Ask your Healthcare Provider or pharmacist for a list of these medicines, if you are not sure.
- Know all the medicines you take. Keep a list of them to show your Healthcare Provider and pharmacist when you get a new medicine.

#### How should I take BELVIQ?

- Take BELVIQ exactly as your doctor tells you to take it.
- Your Healthcare Provider will tell you how much BELVIQ to take and when to take it.
- BELVIQ comes in 2 different dose forms. Your Healthcare Provider will prescribe the form of BELVIQ that is right for you.
  - **BELVIQ:** Take one tablet 2 times each day.
  - **BELVIQ XR:** Take one tablet 1 time each day.
- **Do Not** increase your dose of BELVIQ. BELVIQ can be taken with or without food.
- Take the whole BELVIQ XR extended release tablet. Do not chew, crush, or divide the tablet.
- Your Healthcare Provider should start you on a diet and exercise program when you start taking BELVIQ. Stay on this program while you are taking BELVIQ.
- Your Healthcare Provider should tell you to stop taking BELVIQ if you do not lose a certain amount of weight within the first 12 weeks of treatment.
- If you take too much BELVIQ or overdose, call your Healthcare Provider or go to the nearest emergency room right away.

#### What should I avoid while taking BELVIQ?

Do not drive a car or operate heavy machinery until you know how BELVIQ affects you. BELVIQ can slow your thinking.

#### What are the possible side effects of BELVIQ?

##### BELVIQ may cause serious side effects, including:

- **Serotonin Syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions.** BELVIQ and certain medicines for depression, migraine, the common cold, or other medical problems may affect each other causing serious or life-threatening side effects. Call your Healthcare Provider right away if you start to have any of the following symptoms while taking BELVIQ:
  - mental changes such as agitation, hallucinations, confusion, or other changes in mental status
  - coordination problems, uncontrolled muscle spasms, or muscle twitching (overactive reflexes)
  - restlessness
  - racing or fast heart beat, high or low blood pressure
  - sweating or fever
  - nausea, vomiting, or diarrhea
  - muscle rigidity (stiff muscles)
- **Valvular heart disease.** Some people taking medicines like BELVIQ have had problems with the valves in their heart. Call your Healthcare Provider right away if you have any of the following symptoms while taking BELVIQ:
  - trouble breathing
  - swelling of the arms, legs, ankles, or feet
  - dizziness, fatigue, or weakness that will not go away
  - fast or irregular heartbeat
- **Changes in your attention or memory.**
- **Mental problems.** Taking BELVIQ in high doses may cause psychiatric problems such as:
  - hallucinations
  - feeling high or in a very good mood (euphoria)
  - feelings of standing next to yourself or out of your body (disassociation)
- **Depression or thoughts of suicide.** You should pay attention to any mental changes, especially sudden changes, in your mood, behaviors, thoughts, or feelings. Call your Healthcare Provider right away if you have any mental changes that are new, worse, or worry you.
- **Low blood sugar (hypoglycemia) in people with type 2 diabetes mellitus who also take medicines used to treat type 2 diabetes mellitus.** Weight loss can cause low blood sugar in people with type 2 diabetes mellitus who also take medicines used to treat type 2 diabetes mellitus (such as insulin or sulfonylureas). You should check your blood sugar before you start taking BELVIQ and while you take BELVIQ.

- **Painful erections (priapism).** The medicine in BELVIQ can cause painful erections that last more than 6 hours. If you have an erection lasting more than 4 hours whether it is painful or not, stop using BELVIQ and call your Healthcare Provider or go to the nearest emergency room right away.
- **Slow heart beat.** BELVIQ may cause your heart to beat slower. Tell your Healthcare Provider if you have a history of your heart beating slow or heart block.
- **Decreases in your blood cell count.** BELVIQ may cause your red and white blood cell count to decrease. Your Healthcare Provider may do tests to check your blood cell count while you are taking BELVIQ.
- **Increase in prolactin.** The medicine in BELVIQ may increase the amount of a certain hormone your body makes called prolactin. Tell your Healthcare Provider if your breasts begin to make milk or a milky discharge or if you are a male and your breasts begin to increase in size.
- The most common side effects of BELVIQ include:
  - headache
  - dizziness
  - fatigue
  - nausea
  - dry mouth
  - constipation
  - cough
  - low blood sugar (hypoglycemia) in patients with diabetes
  - back pain

These are not all the possible side effects of BELVIQ. For more information, ask your doctor or pharmacist. Call your Healthcare Provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

#### How should I store BELVIQ?

Store BELVIQ at room temperature between 59°F to 86°F (15°C to 30°C).

Safely throw away medicine that is out of date or no longer needed.

#### Keep BELVIQ and all medicines out of the reach of children.

#### General information about the safe and effective use of BELVIQ.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use BELVIQ for a condition for which it was not prescribed. Do not give BELVIQ to other people, even if they have the same symptoms you have. It may harm them. You can ask your doctor or pharmacist for information about BELVIQ that is written for health professionals. For more information, go to [www.BELVIQ.com](http://www.BELVIQ.com) Website or call 1-888-274-2378.

#### What are the ingredients in BELVIQ and BELVIQ XR? BELVIQ Tablets

**Active Ingredient:** lorcaserin hydrochloride hemihydrate  
**Inactive Ingredients:** silicified microcrystalline cellulose NF; hydroxypropyl cellulose NF; croscarmellose sodium NF; polyvinyl alcohol USP; polyethylene glycol NF; titanium dioxide USP; talc USP; FD&C blue #2/indigo carmine aluminum lake; and magnesium stearate NF

#### BELVIQ XR extended-release tablets

**Active Ingredient:** lorcaserin hydrochloride hemihydrate  
**Inactive Ingredients:** microcrystalline cellulose NF; mannitol USP; hypromellose USP; ethylcellulose dispersion Type B NF; colloidal silicon dioxide NF; polyvinyl alcohol USP; polyethylene glycol NF; titanium dioxide USP; talc USP; FD&C yellow #6/sunset yellow FCF aluminum lake; iron oxide yellow NF; iron oxide red NF; and magnesium stearate NF

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Distributed by Eisai Inc., Woodcliff Lake, NJ 07677  
This Patient Information has been approved by the U.S. Food and Drug Administration.

For more information, go to [www.BELVIQ.com](http://www.BELVIQ.com) or call 1-888-274-2378.

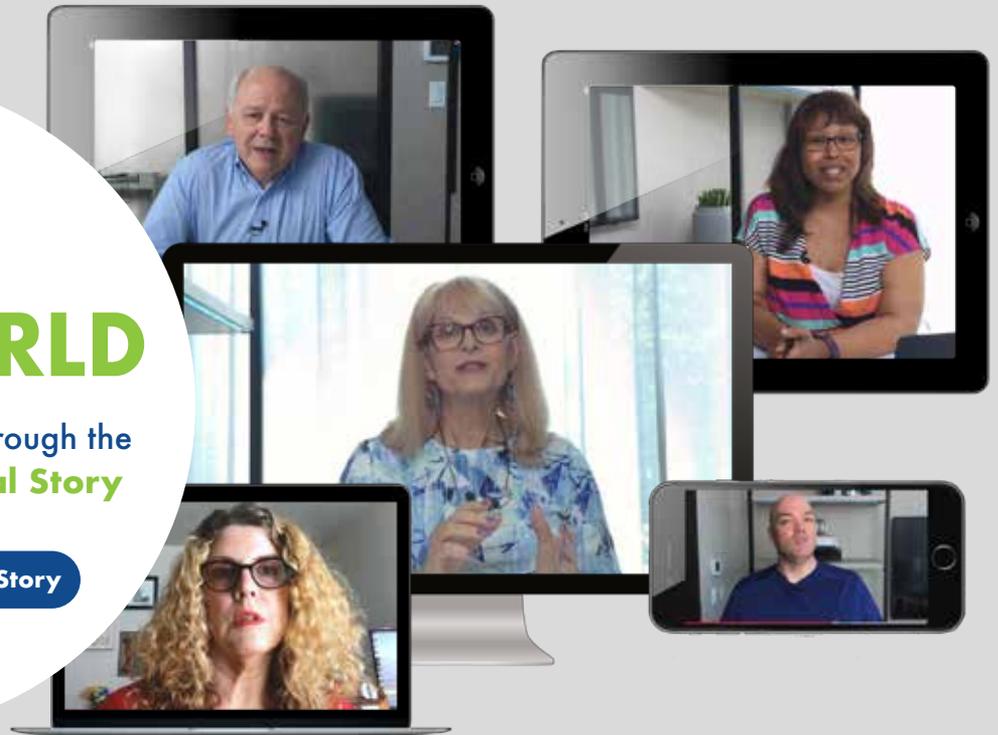
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## SHARE YOUR STORY

As part of this initiative, OAC invites each of our Community members to submit their own personal video testimonial and add it to the Weight of the World video library at **[WeightoftheWorld.com](http://WeightoftheWorld.com)**.



Your story doesn't have to be a full video production! We encourage you to use whatever device you have – whether it's your laptop, tablet, or even your smartphone. All stories matter and all stories make a difference.



To learn more about the Weight of the World Initiative, visit **[WeightoftheWorld.com](http://WeightoftheWorld.com)**



OAC's Weight of the World Initiative is designed for OAC Community members. You cannot view or submit stories without first being a member of the OAC Community and setting up your personal account! To join the OAC Community at NO COST and/or set-up your personal account today, please visit: **[ObesityAction.org/Login](http://ObesityAction.org/Login)**.

# The Spice of Life

by Cassie I. Story, RD

## Flavoring Your Plate for Added Health Benefits

“I just don’t understand body weight,” said a friend of mine the other day as we caught up on the phone. “I’ve been doing all of my normal things, and my weight just isn’t budging. In fact, it’s going up!” she continued. Can you relate to this statement? It’s one of the most common subjects I talk about with my patients. It can be very hard to understand why the scale is moving in a certain direction (*or not moving at all*).

One thing I know for sure is that there is no easy way to explain or answer why our body weight changes as often as it does. As we all know by now, weight is impacted by a ton of different factors – and it’s never as simple as “calories in vs. calories out!” However, we do know that one of the most important components to successful weight-loss is in fact a reduced-calorie diet.

### ESTABLISHING A HEALTHY PATTERN

Successful weight maintenance is another subject entirely. You’ve likely been there... you changed your habits, went on a “diet,” worked with a healthcare provider who specializes in caring for people with overweight and obesity, found a new exercise routine, started a new medication, etc. to produce a lower number on the scale – and it worked! But maybe you regained those pounds after a certain period. For many people, the question becomes not “How can I lose weight?” but “How can I maintain my weight-loss?” This question also provides no easy answer.

There are many dietary patterns you can follow to achieve weight-loss and weight maintenance, and you may need to try more than one to be successful. Some people find this frustrating. They want a “one size fits all” answer to the question: “How do I lose weight and keep it off?” However, the dietitian in me actually finds it encouraging that there are so many different ways we can lose and maintain weight.

“As we all know by now, weight is impacted by a ton of different factors – and it’s never as simple as ‘calories in vs. calories out!’”

## COULD SPICES BE THE “SECRET SAUCE” TO WEIGHT MANAGEMENT?

Again, read what was stated before. There are no “secrets” to weight management. But, could flavoring your food a certain way help you lose weight and maintain your weight-loss? Maybe! Could flavoring your food with herbs and spices help alleviate boredom and rock your taste buds? For sure!

The body’s desire to regain weight is a real biological fact. Your body actually wants to gain back what it has lost. One of the most common medical conditions that can potentially contribute to weight regain is any metabolic dysfunction – specifically blood sugar control. If you struggle to control your blood sugar, studies have shown that adding herbs and spices to your diet can help regulate it – along with portion control, exercise and routine healthcare. Here are some examples of how spices can be beneficial.

### BLACK PEPPER

In a study published in June 2018, 24 spice extracts were tested for their effects on glucose regulation. Black and white pepper were both found to help improve blood sugar control. Piperine (*the active substance in pepper*) helps pull glucose from blood into cells.<sup>1</sup>



### CINNAMON

Another powerhouse spice is cinnamon. Randomized control trials have shown that cinnamon can help to lower hemoglobin A1C levels in people with diabetes when taken in doses of one gram or more per day. It works by supporting glucose uptake and a healthy metabolism.



Besides blood sugar control, another process that helps regulate weight is metabolism. And guess what? We have evidence to support the claim that certain herbs and spices can improve metabolism.

### GREEN TEA

In a short-term study (90 days), green tea was found to help support weight management and body composition in people who followed a reduced-calorie diet and consumed low amounts of caffeine. Green tea contains specific flavonoids (*catechins*) which have been found to be thermogenic. In other words, they produce heat and increase the amount of calories we burn, which increases our metabolism!<sup>2</sup>



*The Spice of Life continued on page 24*

# Yummy Spice-driven Recipes:

## SPICED CHAI COFFEE

Warm-up your coffee mug this fall with a variety of spices! Simply add the following spices directly into your ground coffee prior to brewing. Note: This recipe works for a 10-12 cup coffee pot. Adjust the measurements depending on how much coffee you brew.



### Ingredients:

- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon ginger
- ½ teaspoon cardamom
- Optional: pumpkin pie spice seasoning

## SIMPLE GRILLED CUMIN CHICKEN

### Ingredients:

- 2 skinless, boneless chicken breast halves – pounded to ½ inch thickness
- 1 teaspoon olive oil
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon black pepper



### Directions:

1. Spray grill or pan with cooking spray and heat to medium-high. Rub chicken with olive oil.
2. In a small bowl, combine cumin, salt and pepper to make a rub. Rub spice mixture evenly onto chicken breasts.
3. Grill until cooked through, approximately 4-5 minutes per side. Remove from heat.
4. Place on a plate and cover tightly with tinfoil. Let rest for 5-10 minutes.

## GINGER CARROT SOUP

Makes approximately four 1 ¼ cup servings\*



### Ingredients:

- 1 tablespoon coconut oil
- 1 large white onion, chopped
- 2 cloves fresh garlic, minced (or ¼ teaspoon garlic powder)
- 3 cups broth (chicken or vegetable)
- 1 pound peeled carrots, chopped
- 1 tablespoon grated fresh ginger (or ½ tablespoon ground ginger)
- ¼ cup sour cream (regular or reduced-fat, or coconut milk)
- Kosher salt and white pepper to taste

### Directions:

1. In a large crock pot, melt oil over medium heat. Add onions and cook, stirring often until translucent (about 3-5 minutes). Add garlic and simmer an additional 30 seconds.
2. Add broth, carrots and ginger (scrape bottom of pot with wooden spoon to release all of the onions and garlic). Cover and bring to a boil. Reduce heat and simmer until carrots are soft – about 20 minutes.
3. Add sour cream. Using an immersion blender, blend until smooth.
4. Bring soup back to a slow boil. Add salt and pepper to taste. Enjoy!

## IMPORTANT THINGS TO REMEMBER:

As with any answer related to weight management, what works for one person doesn't necessarily work for another. The science we just reviewed has proven to be effective for some, but not all.

It's important to remember that when we look at nutritional science and try to apply the results to our daily lives, more does not always mean better. Add herbs and spices to your normal everyday diet. Sprinkle some pepper on your eggs, add ginger to your vanilla protein shake and so on. You don't have to go overboard and eat an entire jar of cinnamon (please... do not try this!). If you decide to take supplemental herbs and spices, make sure to check with your healthcare provider first and follow any instructions they have.

To know if something works for you, you must try it. If you like adding spices to your daily food intake, go for it! If you don't like the taste of something, don't add it. Find what spices work best for you by experimenting and trying new flavors. And don't forget to honor your taste buds!

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## CAYENNE PEPPER



Cayenne peppers get their heat from an active ingredient called capsaicin. Single meal studies have found that capsaicin helps some people increase metabolism and feelings of fullness while decreasing hunger cues.<sup>3</sup>

## GINGER



A review published earlier in 2018 looked at 14 randomized controlled trials that involved 473 participants to determine what (if any) effect ginger has on weight. The study concluded that consuming more ginger can reduce body weight, waist-to-hip ratio and fasting glucose levels while increasing HDL cholesterol - the good kind.<sup>4</sup>

## CUMIN



Other herbs and spices that have been studied for health benefits, including weight regulation, include cumin. One study of 88 women with overweight or obesity found that those who consumed cumin daily while following a reduced-calorie diet lost more body fat and weight than those on the same diet who didn't consume cumin in their food.<sup>5</sup>

### About the Author:

Cassie I. Story, RD, is a Registered Dietitian Nutritionist with 14 years of experience in treating metabolic and bariatric surgery patients. She spent the first decade of her career as the lead dietitian for doctors Blackstone, Swain and Reynoso in Scottsdale, Arizona. For the past several years, she has been working with industry partners in order to improve nutrition education within the field and maintains a private practice counseling pre and post-surgical patients. She currently serves as Director of Nutrition for Bariatric Advantage, Scientific Advisor for Apollo Endosurgery, Network Director of the Weight Management Dietetic Practice Group of the Academy of Nutrition and Dietetics (AND) and Peer Reviewer for Obesity Surgery. She is also active within the Obesity Action Coalition (OAC). She is a national speaker and published author and enjoys spending time hiking as well as creating new recipes in the kitchen!



**national  
obesity  
care  
week<sup>SM</sup>**

**Pledge to Change  
the Way We Care about Obesity  
October 7<sup>th</sup>-13<sup>th</sup>, 2018**

- Sunday, October 7<sup>th</sup>.....National Obesity Care Week Launch Day
- Monday, October 8<sup>th</sup>.....Behavioral Management Day
- Tuesday, October 9<sup>th</sup>.....Medical Weight Management Day
- Wednesday, October 10<sup>th</sup>.....Bariatric Surgery Day
- Thursday, October 11<sup>th</sup>.....Weight Bias Day
- Friday, October 12<sup>th</sup>.....Access to Care Day
- Saturday, October 13<sup>th</sup>.....Patient Stories Day



**Take ACTION during National Obesity Care Week!**  
[www.ObesityCareWeek.org/Action](http://www.ObesityCareWeek.org/Action)

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# Dear Doctor



## How Could FDA Warnings about Intra-gastric Balloons Affect Me?

*Answer Provided by  
Walter Medlin, MD, FACS*

**Intra-gastric balloons are special devices designed for patients who want to lose weight with medical assistance, and they operate by taking up space in a person's stomach. Earlier this past summer, the Food and Drug Administration (FDA) issued statements and letters to caregivers reporting specific complications associated with the balloons. Unfortunately, 12 deaths have occurred worldwide throughout the past two years, and the FDA wanted to make sure they aren't missing any patterns or design problems that can be modified for the future.**



### What Does this Mean for Patients and Healthcare Providers?

As with any medical weight-loss device or bariatric surgery procedure, it's always important to know the risks and benefits. Research is a critical part of being an informed patient or caregiver!

It is important to note that the FDA has not made any judgement or taken a specific side on this issue. They are only advising care and special attention. No change has been made to the original recommendations for patient selection. There is, however, a new advisory to watch for "spontaneous hyperinflation" which is actually very rare. In other words, there is an increased need to watch for balloons that fill with air and expand. Nonetheless, the issue needs to be reported and tracked as a simple safety precaution.

“As with any medical weight-loss device or bariatric surgery procedure, it's always important to know the risks and benefits.”

## Looking at the Bigger Picture

In a skilled provider's hands, balloon treatments have a safety record similar to other weight-loss procedures. Worldwide, the number of deaths reported by the FDA is small compared to the tens of thousands of balloons placed each year. However, every patient should understand all potential risks.

In fact, expectations are the most important question when it comes to choosing an intragastric balloon weight-loss treatment. Too often in my practice and in online forums, I see people that have the need or desire to lose 50 or even 100 pounds or more. They either have not heard, or do not understand, that average weight-loss with a fully dedicated program and regular follow-up is around 20-25 pounds. Somehow, they expect different results than other people!

It's even more important to understand that regular follow-up visits are the key factor for achieving the best results. It has held true in all published reports about this weight-loss option. That means visiting at least once per month in person with your healthcare provider as well as taking advantage of email/phone visits. Unfortunately, almost all of the patients in my practice have missed more than half of their scheduled visits despite phone calls and email reminders (*even begging!*). This is a recipe for disappointment.

“When looking to have a balloon placement procedure, it is important that you select a provider and location with experienced nursing care to recognize any and all emergencies or complications.”

## Recognizing Risks with Objectivity

One of the main differences with balloon therapy that separates it from other weight-loss procedures is how it is being delivered. Because it is seen as “non-invasive” and doesn't require an operating room to place it, many non-traditional healthcare providers who specialize in weight-loss have begun offering the procedure.

When looking to have a balloon placement procedure, it is important that you select a provider and location with experienced nursing care to recognize any and all emergencies or complications. Some of these procedures are performed in endoscopy centers. Knowing what services (*like an anesthesia provider*) are available at the centers is important. Of course, it is essential to make sure the program offers a comprehensive behavior program post-balloon placement as well.

*Dear Doctor continued on page 31*

### Platinum

Novo Nordisk

### Gold

American Society for Metabolic & Bariatric Surgery  
Bariatric Advantage  
Orexigen Therapeutics, Inc.  
Potomac Currents

### Silver

Eisai Inc.  
Ethicon  
New Life Center for Bariatric Surgery

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Celebrate Vitamins  
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Geisinger Healthcare System  
KVK-Tech, Inc.  
Medi-Weightloss®  
Nestle Health Sciences/OPTIFAST  
Rhythm  
Rocky Mountain Associated Physicians

### Patron

Alaska Bariatric Center  
Allurion Technologies  
Aspire Bariatrics/Aspire Assist  
Baronova  
Billings Clinic  
BMI of Texas  
Bronson Bariatric & Metabolic Specialists  
ConscienHealth  
Creative Cognitions  
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Gold: \$50,000 - \$99,999    Patron: \$1,000 - \$4,999  
Silver: \$10,000 - \$49,999

List as of 9/13/18



Not actual patients.

## Indications and Usage

### What is Saxenda®?

Saxenda® (liraglutide) injection 3 mg is an injectable prescription medicine that may help some adults with excess weight (BMI  $\geq 27$ ) who also have weight-related medical problems or obesity (BMI  $\geq 30$ ) lose weight and keep the weight off. Saxenda® should be used with a reduced-calorie meal plan and increased physical activity

- Saxenda® is not for the treatment of type 2 diabetes
- Saxenda® and Victoza® have the same active ingredient, liraglutide, and should not be used together
- Saxenda® should not be used with other GLP-1 receptor agonist medicines
- Saxenda® and insulin should not be used together
- It is not known if Saxenda® is safe and effective when taken with other prescription, over-the-counter, or herbal weight-loss products
- It is not known if Saxenda® changes your risk of heart problems or stroke or of death due to heart problems or stroke
- It is not known if Saxenda® can be used safely in people who have had pancreatitis
- It is not known if Saxenda® is safe and effective in children under 18 years of age. Saxenda® is not recommended for use in children

## Important Safety Information

### What is the most important information I should know about Saxenda®?

Serious side effects may happen in people who take Saxenda®, including:

**Possible thyroid tumors, including cancer.** Tell your health care professional if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer.

In studies with rats and mice, Saxenda® and medicines that work like Saxenda® caused thyroid tumors, including thyroid cancer. It is not known if Saxenda® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people.

Do not use Saxenda if you or any of your family have ever had MTC, or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).

### Who should not use Saxenda®?

#### Do not use Saxenda® if:

- you or any of your family have a history of MTC
- you have MEN 2. This is a disease where people have tumors in more than one gland in their body
- you are allergic to liraglutide or any of the ingredients in Saxenda®. Symptoms of a serious allergic reaction may include: swelling of your face, lips, tongue, or throat, fainting or feeling dizzy, very rapid heartbeat, problems breathing or swallowing, and severe rash or itching

Talk with your health care provider if you are not sure if you are pregnant or planning to become pregnant. Saxenda® may harm your unborn baby

### Before taking Saxenda®, tell your health care provider about all of your medical conditions, including if you:

- have any of the conditions listed in the section “What is the most important information I should know about Saxenda®?”
- are taking certain medications called GLP-1 receptor agonists
- are allergic to liraglutide or any of the other ingredients in Saxenda®
- have severe problems with your stomach, such as slowed emptying of your stomach (gastroparesis) or problems with digesting food
- have or have had problems with your pancreas, kidneys or liver
- have or have had depression or suicidal thoughts
- are pregnant or plan to become pregnant. Saxenda® may harm your unborn baby. Tell your health care provider if you become pregnant while taking Saxenda®. If you are pregnant you should stop using Saxenda®
- are breastfeeding or plan to breastfeed. It is not known if Saxenda® passes into your breast milk. You and your health care provider should decide if

WHEN IT COMES TO LOSING WEIGHT AND KEEPING IT OFF

# WE'VE ALWAYS HAD THE WILL. NOW WE HAVE ANOTHER WAY.



Managing obesity like the long-term disease it is requires more than willpower alone. Adding Saxenda® to a reduced-calorie meal plan and increased physical activity may help you lose weight and keep it off.

When you lose weight, your body's response includes an increase in the hunger hormone and a decrease in fullness hormones, undermining your ability to lose weight and keep it off.

Saxenda® works like a fullness hormone naturally produced by your body that is thought to regulate appetite—helping you to eat less, so you can lose weight and keep it off.

56% of people achieved significant weight loss at year 1, and approximately half of them maintained weight loss at 3 years when taking Saxenda® added to a reduced-calorie meal plan and increased physical activity.<sup>a</sup>

Tell your health care provider about your efforts to lose weight and keep it off, and ask for FDA-approved Saxenda®

Check your prescription coverage and then activate a Savings Card at [Saxenda.com/AnotherWay](http://Saxenda.com/AnotherWay)

**Saxenda**®  
liraglutide injection 3mg

<sup>a</sup>In a 3-year study, 2,254 adults with pre-diabetes and BMI  $\geq 30$  or  $\geq 27$  with one or more weight-related conditions were given Saxenda® (1,505 people) or placebo (749 people) added to a reduced-calorie meal plan and increased physical activity. The study looked at how many people lost  $\geq 5\%$  of their body weight. At year 1, 891 people on Saxenda® (56%) lost  $\geq 5\%$  of their weight vs 182 patients on placebo (25%). After 3 years, 747 people on Saxenda® and 322 people on placebo remained and had their weight measured. 391 of those people on Saxenda® (26%) lost  $\geq 5\%$  of their weight at both the 1- and 3-year marks vs 74 people on placebo (10%).

## Important Safety Information (cont'd)

you will take Saxenda® or breastfeed. You should not do both without talking with your health care provider first. Tell your health care provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Saxenda® slows stomach emptying and can affect medicines that need to pass through the stomach quickly. Saxenda® may affect the way some medicines work and some other medicines may affect the way Saxenda® works. Tell your health care provider if you take diabetes medicines, especially sulfonylurea medicines or insulin

### How should I use Saxenda®?

- Inject your dose of Saxenda® under the skin (subcutaneous injection) in your stomach area (abdomen), upper leg (thigh), or upper arm, as instructed by your health care provider. **Do not inject into a vein or muscle**
- Never share your Saxenda® pen or needles with another person. You may give an infection to them, or get an infection from them

### What are the possible side effects of Saxenda®?

Saxenda® may cause serious side effects, including:

- **possible thyroid tumors, including cancer**
- **inflammation of the pancreas (pancreatitis).** Stop using Saxenda® and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back
- **gallbladder problems.** Saxenda® may cause gallbladder problems, including gallstones. Some gallbladder problems need surgery. Call your health care provider if you have any of the following symptoms: pain in your upper stomach (abdomen), fever, yellowing of your skin or eyes (jaundice), and clay-colored stools
- **low blood sugar (hypoglycemia) in people with type 2 diabetes who also take medicines to treat type 2 diabetes.** Saxenda® can cause low blood sugar in people with type 2 diabetes who also take medicines used to treat type 2 diabetes (such as sulfonylureas). In some people, the blood sugar may get so low that they need another person to help them. If you take a sulfonylurea medicine, the dose may need to

be lowered while you use Saxenda®. Signs and symptoms of low blood sugar may include: shakiness, sweating, headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heartbeat, and feeling jittery. You should check your blood sugar before you start taking Saxenda® and while you take Saxenda®

- **increased heart rate.** Saxenda® can increase your heart rate while you are at rest. Your health care provider should check your heart rate while you take Saxenda®. Tell your health care professional if you feel your heart racing or pounding in your chest and it lasts for several minutes when taking Saxenda®
- **kidney problems (kidney failure).** Saxenda® may cause nausea, vomiting, or diarrhea leading to loss of fluids (dehydration). Dehydration may cause kidney failure, which can lead to the need for dialysis. This can happen in people who have never had kidney problems before. Drinking plenty of fluids may reduce your chance of dehydration. Call your health care provider right away if you have nausea, vomiting, or diarrhea that does not go away, or if you cannot drink liquids by mouth
- **serious allergic reactions.** Serious allergic reactions can happen with Saxenda®. Stop using Saxenda® and get medical help right away if you have any symptoms of a serious allergic reaction
- **depression or thoughts of suicide.** You should pay attention to any mental changes, especially sudden changes, in your mood, behaviors, thoughts, or feelings. Call your health care provider right away if you have any mental changes that are new, worse, or worry you

Common side effects of Saxenda® include nausea, diarrhea, constipation, headache, vomiting, low blood sugar (hypoglycemia), decreased appetite, upset stomach, tiredness, dizziness, stomach pain, and changes in enzyme (lipase) levels in your blood. Nausea is most common when first starting Saxenda®, but decreases over time in most people as their body gets used to the medicine. Tell your health care professional if you have any side effect that bothers you or that does not go away.

## Please see Brief Summary of Information about Saxenda® on the following page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

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<p><b>Saxenda</b><sup>®</sup> liraglutide injection 3mg</p> <p><b>Brief Summary of Information about Saxenda</b><sup>®</sup> (liraglutide) injection 3 mg</p>	<ul style="list-style-type: none"> <li>• If you take too much Saxenda<sup>®</sup>, call your healthcare provider right away. Too much Saxenda<sup>®</sup> may cause severe nausea and vomiting.</li> <li>• Never share your Saxenda<sup>®</sup> pen or needles with another person. You may give an infection to them, or get an infection from them.</li> </ul>
<p><b>Rx Only</b></p> <p>This information is not comprehensive. How to get more information:</p> <ul style="list-style-type: none"> <li>• Talk to your healthcare provider or pharmacist</li> <li>• Visit <a href="http://www.novo-pi.com/saxenda.pdf">www.novo-pi.com/saxenda.pdf</a> to obtain the FDA-approved product labeling</li> <li>• Call 1-844-363-4448</li> </ul>	<p><b>What are the possible side effects of Saxenda<sup>®</sup>?</b></p> <ul style="list-style-type: none"> <li>• <b>Saxenda<sup>®</sup> may cause serious side effects, including: possible thyroid tumors, including cancer.</b> See "What is the most important information I should know about Saxenda<sup>®</sup>?"</li> <li>• <b>inflammation of the pancreas (pancreatitis).</b> Stop using Saxenda<sup>®</sup> and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back.</li> <li>• <b>gallbladder problems.</b> Saxenda<sup>®</sup> may cause gallbladder problems including gallstones. Some gallbladder problems need surgery. Call your healthcare provider if you have any of the following symptoms: <ul style="list-style-type: none"> <li>• pain in your upper stomach (abdomen)</li> <li>• yellowing of your skin or eyes (jaundice)</li> <li>• fever</li> <li>• clay-colored stools</li> </ul> </li> <li>• <b>low blood sugar (hypoglycemia) in people with type 2 diabetes mellitus who also take medicines to treat type 2 diabetes mellitus.</b> Saxenda<sup>®</sup> can cause low blood sugar in people with type 2 diabetes mellitus who also take medicines used to treat type 2 diabetes mellitus (such as sulfonylureas). In some people, the blood sugar may get so low that they need another person to help them. If you take a sulfonylurea medicine, the dose may need to be lowered while you use Saxenda<sup>®</sup>. Signs and symptoms of low blood sugar may include: <ul style="list-style-type: none"> <li>• shakiness</li> <li>• weakness</li> <li>• hunger</li> <li>• sweating</li> <li>• dizziness</li> <li>• fast heartbeat</li> <li>• headache</li> <li>• confusion</li> <li>• feeling jittery</li> <li>• drowsiness</li> <li>• irritability</li> </ul> </li> </ul> <p>Talk to your healthcare provider about how to recognize and treat low blood sugar. Make sure that your family and other people who are around you a lot know how to recognize and treat low blood sugar. You should check your blood sugar before you start taking Saxenda<sup>®</sup> and while you take Saxenda<sup>®</sup>.</p> <ul style="list-style-type: none"> <li>• <b>increased heart rate.</b> Saxenda<sup>®</sup> can increase your heart rate while you are at rest. Your healthcare provider should check your heart rate while you take Saxenda<sup>®</sup>. Tell your healthcare provider if you feel your heart racing or pounding in your chest and it lasts for several minutes when taking Saxenda<sup>®</sup>.</li> <li>• <b>kidney problems (kidney failure).</b> Saxenda<sup>®</sup> may cause nausea, vomiting or diarrhea leading to loss of fluids (dehydration). Dehydration may cause kidney failure which can lead to the need for dialysis. This can happen in people who have never had kidney problems before. Drinking plenty of fluids may reduce your chance of dehydration.</li> </ul> <p>Call your healthcare provider right away if you have nausea, vomiting, or diarrhea that does not go away, or if you cannot drink liquids by mouth.</p> <ul style="list-style-type: none"> <li>• <b>serious allergic reactions.</b> Serious allergic reactions can happen with Saxenda<sup>®</sup>. Stop using Saxenda<sup>®</sup>, and get medical help right away if you have any symptoms of a serious allergic reaction. See "<b>Who should not use Saxenda<sup>®</sup>?</b>"</li> <li>• <b>depression or thoughts of suicide.</b> You should pay attention to any mental changes, especially sudden changes, in your mood, behaviors, thoughts, or feelings. Call your healthcare provider right away if you have any mental changes that are new, worse, or worry you.</li> </ul> <p>The most common side effects of Saxenda<sup>®</sup> include:</p> <ul style="list-style-type: none"> <li>• nausea</li> <li>• headache</li> <li>• decreased appetite</li> <li>• dizziness</li> <li>• diarrhea</li> <li>• vomiting</li> <li>• upset stomach</li> <li>• stomach pain</li> <li>• constipation</li> <li>• low blood sugar (hypoglycemia)</li> <li>• tiredness</li> <li>• change in enzyme (lipase) levels in your blood</li> </ul> <p>Nausea is most common when first starting Saxenda<sup>®</sup>, but decreases over time in most people as their body gets used to the medicine.</p> <p>Tell your healthcare provider if you have any side effect that bothers you or that does not go away.</p> <p>These are not all the possible side effects of Saxenda<sup>®</sup>. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.</p> <p><b>Keep your Saxenda<sup>®</sup> pen, pen needles, and all medicines out of the reach of children.</b></p> <p>For more information, go to <a href="http://saxenda.com">saxenda.com</a> or call 1-844-363-4448. Manufactured by: Novo Nordisk A/S, DK-2880 Bagsvaerd, Denmark</p> <p><b>More detailed information is available upon request.</b> Available by prescription only. For information about Saxenda<sup>®</sup> contact: Novo Nordisk Inc. 800 Scudders Mill Road, Plainsboro, NJ 08536 1-844-363-4448 <i>Saxenda<sup>®</sup> and Victoza<sup>®</sup> are registered trademarks of Novo Nordisk A/S.</i></p> <p><b>PATENT Information:</b> <a href="http://novonordisk-us.com/patients/products/product-patents.html">http://novonordisk-us.com/patients/products/product-patents.html</a></p>
<p><b>What is the most important information I should know about Saxenda<sup>®</sup>?</b></p> <p><b>Serious side effects may happen in people who take Saxenda<sup>®</sup>, including: Possible thyroid tumors, including cancer.</b> Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer. In studies with rats and mice, Saxenda<sup>®</sup> and medicines that work like Saxenda<sup>®</sup> caused thyroid tumors, including thyroid cancer. It is not known if Saxenda<sup>®</sup> will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people.</p> <p>Do not use Saxenda<sup>®</sup> if you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC), or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).</p>	
<p><b>What is Saxenda<sup>®</sup>?</b></p> <p>Saxenda<sup>®</sup> is an injectable prescription medicine that may help some obese or overweight adults who also have weight related medical problems lose weight and keep the weight off.</p> <ul style="list-style-type: none"> <li>• Saxenda<sup>®</sup> should be used with a reduced calorie diet and increased physical activity.</li> <li>• Saxenda<sup>®</sup> is not for the treatment of type 2 diabetes mellitus.</li> <li>• Saxenda<sup>®</sup> and Victoza<sup>®</sup> have the same active ingredient, liraglutide.</li> <li>• Saxenda<sup>®</sup> and Victoza<sup>®</sup> should not be used together.</li> <li>• Saxenda<sup>®</sup> should not be used with other GLP-1 receptor agonist medicines.</li> <li>• Saxenda<sup>®</sup> and insulin should not be used together.</li> <li>• It is not known if Saxenda<sup>®</sup> is safe and effective when taken with other prescription, over-the-counter, or herbal weight loss products.</li> <li>• It is not known if Saxenda<sup>®</sup> changes your risk of heart problems or stroke or of death due to heart problems or stroke.</li> <li>• It is not known if Saxenda<sup>®</sup> can be used safely in people who have had pancreatitis.</li> <li>• It is not known if Saxenda<sup>®</sup> is safe and effective in children under 18 years of age. Saxenda<sup>®</sup> is not recommended for use in children.</li> </ul>	
<p><b>Who should not use Saxenda<sup>®</sup>?</b></p> <p><b>Do not use Saxenda<sup>®</sup> if:</b></p> <ul style="list-style-type: none"> <li>• you or any of your family have a history of medullary thyroid carcinoma.</li> <li>• you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2). This is a disease where people have tumors in more than one gland in their body.</li> <li>• you are allergic to liraglutide or any of the ingredients in Saxenda<sup>®</sup>. <ul style="list-style-type: none"> <li>• Symptoms of a serious allergic reaction may include: <ul style="list-style-type: none"> <li>• swelling of your face, lips, tongue, or throat</li> <li>• problems breathing or swallowing</li> <li>• fainting or feeling dizzy</li> <li>• severe rash or itching</li> <li>• very rapid heartbeat</li> </ul> </li> </ul> </li> </ul> <p>Talk with your healthcare provider if you are not sure if you have any of these conditions.</p> <ul style="list-style-type: none"> <li>• are pregnant or planning to become pregnant. Saxenda<sup>®</sup> may harm your unborn baby.</li> </ul>	
<p><b>Before taking Saxenda<sup>®</sup>, tell your healthcare provider about all of your medical conditions, including if you:</b></p> <ul style="list-style-type: none"> <li>• have any of the conditions listed in the section "What is the most important information I should know about Saxenda<sup>®</sup>?"</li> <li>• are taking certain medications called GLP-1 receptor agonists.</li> <li>• are allergic to liraglutide or any of the other ingredients in Saxenda<sup>®</sup>.</li> <li>• have severe problems with your stomach, such as slowed emptying of your stomach (gastroparesis) or problems with digesting food.</li> <li>• have or have had problems with your pancreas, kidneys or liver.</li> <li>• have or have had depression or suicidal thoughts.</li> <li>• are pregnant or plan to become pregnant. Saxenda<sup>®</sup> may harm your unborn baby. Tell your healthcare provider if you become pregnant while taking Saxenda<sup>®</sup>. If you are pregnant you should stop using Saxenda<sup>®</sup>.</li> <li>• are breastfeeding or plan to breastfeed. It is not known if Saxenda<sup>®</sup> passes into your breast milk. You and your healthcare provider should decide if you will take Saxenda<sup>®</sup> or breastfeed. You should not do both without talking with your healthcare provider first.</li> </ul> <p>Tell your healthcare provider about all the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements. Saxenda<sup>®</sup> slows stomach emptying and can affect medicines that need to pass through the stomach quickly. Saxenda<sup>®</sup> may affect the way some medicines work and some other medicines may affect the way Saxenda<sup>®</sup> works. Tell your healthcare provider if you take diabetes medicines, especially sulfonylurea medicines or insulin.</p>	
<p><b>How should I use Saxenda<sup>®</sup>?</b></p> <ul style="list-style-type: none"> <li>• Inject your dose of Saxenda<sup>®</sup> under the skin (subcutaneous injection) in your stomach area (abdomen), upper leg (thigh), or upper arm, as instructed by your healthcare provider. <b>Do not inject into a vein or muscle.</b></li> </ul>	<p><b>Revised: SEPTEMBER 2016, VERSION 2</b></p> <p>© 2016 Novo Nordisk USA16SAM04984 12/2016</p>  <p>novo nordisk<sup>®</sup></p>

There are two important moments where danger can occur and should be recognized with balloon therapy. I explain each of those moments and instances below:

## ● Balloon Placement and Airway Risk

First, we look to the actual placement and removal of the balloon in the endoscopy suite or surgery center. The average flexible endoscopy does not have a high airway risk, but that is not the case with balloons! I use more caution with airway care during balloon removal than with almost any other care I give. It is truly a moment-to-moment challenge, and I would not be surprised if someone in a part of the world may have lost their life with just a little bad luck or an inexperienced team.

## ● Gastric Perforation

The second potential life-threatening risk specific to balloon therapy is gastric perforation. In other words, this is a ruptured bowel or hole in the gastrointestinal tract. We know that foreign material the body isn't normally used to can lead to ulcers and perforation in a few patients. However, this isn't a new concern – and this is why the FDA has specifically forbidden balloon placement in patients who have had any previous surgery on their stomach (*this includes Hiatal Hernia or Lap Band, even if it was later removed, and surgery as an infant!*).

The FDA did not set out to ban balloons in patients who have had abdominal or gut surgery away from the stomach (*abdominal wall hernias or colon, appendix and small bowel procedures*), but I personally find the warning to be a bit poorly worded. Removal of the balloon is important to avoid perforation, but delays do in fact happen when patients want to “protect the investment” or when non-surgical healthcare providers underestimate the risk.

Because there are so few balloon therapy procedures performed in any given city, it has been a challenge to make the right call without overreacting to every single cramp or instance of vomit! Also, a small number of patients have refused to schedule their balloon removal at the FDA-required six-month limit (*now being modified to one year for some*) which can increase the risk for perforation.



Image courtesy of Canadian Obesity Network

## A Healthcare Provider's Perspective

The cost of intragastric balloons eventually becomes my main concern compared to the value they offer. I do still place them in my patients and believe they are a safe, effective product. However, compared to the cost of other “nonsurgical” tools which are available, I find that very few patients actually go forward with balloon procedures. They often choose to spend their money on more durable and long-term approaches, whether surgical or endoscopic.

The majority of people who have balloons placed do lose weight with success and without complications. However, most experience severe stomach upset, gas and/or cramps at times. Many expect to magically limit their food intake. Even aggressive warnings are easy to ignore if you are only looking for a miracle. There is no magic, but weight-loss tools can be very powerful and effective. Be prepared to deal with bumps in the road and seek extra care, including early removal if you need it.

## Some Final Thoughts

Personally, I would have chosen balloon placement 10 years ago prior to my sleeve gastrectomy – just to “test drive” whether such a tool would be helpful. At that time, it was not available in the U.S. However, I know many people would have wanted them and would have wanted to be able to offer a first-person report on the balloon. I still hope there is a day when people do not have to spend thousands of dollars out-of-pocket on balloons because they serve a very valuable purpose. Intragastric balloons help teach that good hunger control can lead to weight-loss without feeling deprived of food, and what a blessing that can be!

### About the Author:

Walter Medlin, MD, FACS, is a bariatric surgeon in Utah and sleeve gastrectomy patient now nine years post-op. He is a member of the Obesity Action Coalition (OAC) National Board of Directors, tweets from @BonusLife and runs a personal blog at BonusLife.com.

“Intragastric balloons help teach that good hunger control can lead to weight-loss without feeling deprived of food, and what a blessing that can be!”

# Tips for Conquering the **AFTER-SCHOOL** **SNACK ATTACK**

by Sarah Muntel, RD

**" Children need snacks to stay to stay full and energized, and it's important to offer a variety of foods for optimal nutrition. "**

After a long day at school, your child walks in the door feeling hungry, tired and... let's face it, a little cranky. They have spent the day learning information and being active, and lunch might have been hours ago. It's time to refuel! But think twice before opening up a box of packaged cookies or bringing out a pitcher filled with a sugary beverage.

After-school snacks can be an excellent chance to fuel your child's body with healthy, nutritious foods. Children need snacks to stay full and energized, and it's important to offer a variety of foods for optimal nutrition. They eat differently than adults. Children may eat a lot more often or even not a lot at once. They can also be picky, which can make planning a balanced diet challenging! After-school snacks can fuel children before an evening soccer practice, help them focus on homework and provide them with the nutrients they need to make it through the rest of the day.



## WHAT KINDS OF SNACKS WORK?

The sky is the limit when it comes to after-school snacks for your children! They key is to find something they like and get them involved with a hands-on activity as a bonus.

- **Ask for Preferences** – First, try asking your children what they would like. Don't worry, they will tell you! Take a minute to ask them about their favorite fruit, veggie or type of cheese. Then look for snacks that incorporate those foods. If they say they enjoy apples, think beyond whole apples. Consider apple quesadillas, apples with cinnamon or apple muffins.
- **Find Substitutions** – Okay. So if your child asks for a strawberry milkshake, look for an alternative solution. How about a strawberry smoothie made with yogurt? It's not exactly the same, but it's a close second. This can be a challenge, but it's worth it!
- **Foster Activity** – Allow your children to get involved. If they help prepare foods, they will be more likely to choose those foods. Get them involved in chopping, mixing or even picking produce from your garden outside. This may take a little longer in the kitchen, but it's a great way for them to get engaged with the process.

## WHAT MAKES A SNACK HEALTHY?

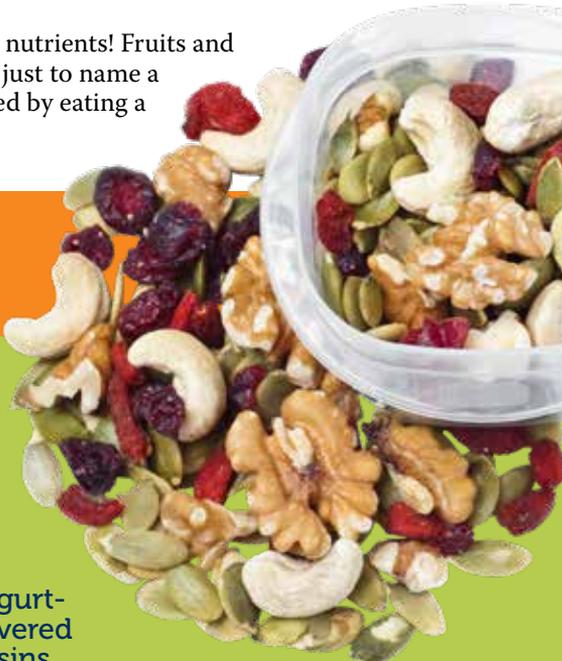
There is no such thing as a perfect after-school snack, but here are a few healthy tips:

- **Aim for Whole Foods** – Avoid foods like processed chips and cookies. Examples of whole foods include an apple with a spoonful of peanut butter, string cheese, an orange or a handful of nuts. These foods provide protein, fiber, vitamins and minerals. They also help to keep kids feeling full and energized. You don't get the same benefits with processed foods!
- **Check for Protein** – Dairy, nuts or lean meats can be a great addition to snack choices. Protein helps us feel full for longer periods of time and maintains our body's lean muscle mass. It's also a great way to round-out almost any snack option!
- **Add a Fruit or Veggie** – Hello nutrients! Fruits and veggies offer vitamins C, A and K, just to name a few. These vitamins can be obtained by eating a good variety of produce options.

## TRAIL MIX - A GREAT CHILD ACTIVITY!

Sometimes you don't need a recipe. You can make things up as you go, and trail mix is a great place to start! Go ahead and let your child be in control as they make their own trail mix. Pick several of the items below, get out your measuring cups and spoons and get started!

- Oat cereal
- Raisins
- Dried cranberries
- Walnuts
- Peanuts
- Sunflower seeds
- Mini chocolate chips
- Yogurt-covered raisins
- Dried bananas
- Granola
- Almonds
- Corn cereal
- Pumpkin seeds
- Shredded coconut
- Mini wheats



## Do Genes Play a Role in Your Hunger and Weight Management?

Genes associated with POMC, LEPR, and PCSK1 deficiencies, when not working properly, may lead to severe obesity.

Learn about a study to identify people with these genetic causes of obesity

**GO ID**  
genotyping

The **GO-ID genotyping study** looks at samples of people's genes to see if they may have obesity from POMC, LEPR, or PCSK1 deficiencies. This may help you understand the cause of obesity in you or your child. Testing is at no cost to the individuals.

To learn more about genetic obesity and the GO-ID study, visit the GO-ID website at: [GeneticObesityID.com](http://GeneticObesityID.com)

  
**rhythm**

GO-ID is sponsored by Rhythm Pharmaceuticals

## BANANA BITES

For a Cool and Fruity Treat!

Source: *Kidstir.com*

### Ingredients:

- 2 bananas
- 2 tablespoons honey, yogurt or seed/nut butter
- ½ cup crunch toppings (*apple chips, corn/bran flakes or graham crackers*)
- ½ cup granola, rice cereal or puffed wheat

### Directions:

1. Peel banana and lay it flat on a plate or cutting board.
2. Use a plastic or butter knife to spread a thin coat of seed/nut butter, honey or yogurt on the sides of each banana.
3. Get your toppings ready. Use a rolling pin to crush them. Poor the crumbs on a plate and on a separate plate, place the granola or other cereal.
4. Sprinkle a topping over each banana while turning the fruit until it's coated on all sides. Gently press the topping with your fingers so it sticks to the seed/nut butter and won't fall off.
5. Cut the bananas into bite-size pieces (*about 1-2 inches*). Trim the ends flat and stand them upright. Eat with a fork or add a Popsicle stick.



## OFFERING HEALTHY OPTIONS

Grab your children because it's time to get them involved with their nutrition! Instead of telling your child what you are giving them for a snack, involve them in the choosing process. Give them a choice between two healthy options and see what happens. Post a snack list in your kitchen and let them choose their own preferred snack. Below is a short list of suggestions, but feel free to take an additional minute and add a few of your own:

1. Make a snack list and hang it on your refrigerator.
2. Let your child choose what healthy snack they are in the mood for.
3. Be flexible with snacking options and your child's preferences.

I've also included a short snack list to get you started and inspire some additional healthy ideas:

- *A banana paired with nut butter*
- *An apple paired with cheese cubes*
- *Whole-grain crackers with avocado*
- *Turkey and cheese on pretzel thins*
- *Fruit and yogurt smoothie*
- *Whole-grain cereal with milk*
- *Yogurt and berries*
- *Red bell peppers or snacking peppers with hummus*
- *Cucumbers and turkey*



## PUMPKIN PIE SMOOTHIE

Bring on the Fall Flavors!

Source: *Shugarysweets.com*

### Ingredients:

- ½ cup pure pumpkin puree
- 1 large banana
- 6-8 ice cubes
- 6 oz. vanilla yogurt
- ½ teaspoon pumpkin pie spice
- 1 teaspoon agave nectar
- 3 tablespoons milk
- Pinch of nutmeg

### Directions:

1. In a blender, combine pumpkin, banana, ice, yogurt, spice, agave nectar and milk. Pulse until smooth.
2. Pour into a glass and enjoy!



## GETTING YOUR CHILDREN INVOLVED IN THE KITCHEN

If children are in the kitchen preparing foods and/or cooking, they are more likely to eat the snacks they helped make. Instill a love for cooking early on! Children who cook become adults who cook. Adults who cook can make lifelong healthy, delicious options. Incorporating this habit early on is important, and there are many different ways to achieve this.

First, teach your child basic kitchen skills such as chopping, measuring items for recipes and even baking. Did you know that cooking tools made specifically for kids are available at many stores? Here are a few store examples with great items for children:

- **CuriousChef.com**
- **Williams-Sanoma.com**
- **Amazon.com**

You can also find child-friendly snack recipes and have your children prepare a few healthy options all by themselves. The key to having your children cook is to find recipes with minimal ingredients and minimal steps. As they get better, increase the complexity. See some recipes in this article for a few examples.

## WHY IS IT IMPORTANT FOR KIDS TO GET INVOLVED?

Learning about nutrition early on can make a world of difference. Teaching nutrition as a healthy habit can instill a lifelong lifestyle of making healthy food choices. Healthy kids make healthy adults!

- **Instill a Love for Cooking** – Keep children wanting more. Try a new recipe each week and your child will catch-on fast. Don't expect miracles. There will be some things children don't like and others they will love. Just keep trying!
- **Teach the Impact** – Many times, we tell our children to eat healthy and make good choices. This can mean very little to kids unless you explain things on their level. For example, you can say something like: "Did you know that if you eat a whole-grain bagel with turkey before soccer practice, you will have more energy?" or "Water is important, so when you are playing outside, stay hydrated so that you can keep on playing with ease."

- **Make Things Fun** – Don't make cooking a chore. Find ways to keep your child's interest! Plan a specific after-school snack for a friend or bring healthy snacks to the school basketball team. They will be up for the fun challenge of helping themselves and others!

At the end of the day, remember that small changes can make a significant impact on long-term health. Sneaking in a healthy option every now and then can be a great way to turn the tide to health, just one simple after-school snack at a time!

### **About the Author:**

*Sarah Muntel, RD, is a Registered Dietitian from Indianapolis, IN. She has worked in the field of bariatrics for the past 18 years, working with both bariatric and metabolic surgery patients as well as medical weight-loss patients. Throughout her career, Sarah has worked in several bariatric centers in Indianapolis. She is currently the Bariatric Coordinator with Community Health Network. Sarah is an active member of the Obesity Action Coalition (OAC), serves on the OAC Education Committee and frequently contributes to Your Weight Matters Magazine and Blog. She also plays an active role in the Indiana State Chapter of the American Society for Metabolic and Bariatric Surgery (ASMBS). In her free time, Sarah enjoys spending time with her husband and watching her three kids play sports.*

## IF YOU'RE CONSIDERING WEIGHT-LOSS SURGERY, YOU DON'T HAVE TO DO IT ALONE.

Your weight-loss journey might seem overwhelming. With the right team on your side, it doesn't have to be. That's why we've created online tools to provide you with:

- Tips for talking with your doctor about weight-loss surgery
- Guidance for affording — and preparing for — weight-loss surgery
- Materials to help your family support you before, during, and after surgery

To learn more, visit

<http://www.medtronic.com/us-en/patients/treatments-therapies/bariatric-surgery.html>



**Medtronic**  
Further. Together



WHAT WE LEARNED AT **YWM2018**:  
**TOGETHER**  
WE CAN TAKE OUR **HEALTH**  
*to New Heights!*

*by Mckinzie Step, OAC Community Outreach Engagement Specialist*



**“There is Nothing We Cannot Do  
if We Do it Together.”**

— Joe Nadglowski, OAC President/CEO



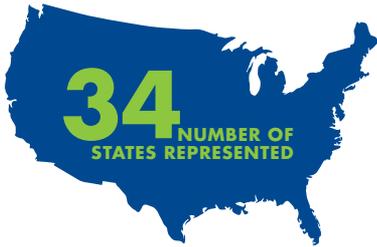
Set against the beautiful backdrop of the Mile High City of Denver in July, more than 500 attendees from 34 U.S. states and SIX countries joined OAC for its 7<sup>th</sup> Annual *Your Weight Matters* National Convention! With a fitting theme of “Take Your Health to New Heights,” attendees gathered for an electrifying weekend packed with quality education, tools, resources and support as fuel for their unique journeys with weight and health.

OAC’s Convention is nationally acclaimed for its high-quality education led by experts across the globe. It has always invested in the health journeys of its attendees! But this year, **YWM2018** offered a fresh perspective: the power of working together is what truly helps us take our health to new heights. In fact, this year saw our most passionate and engaged audience of health advocates yet!

# YWM2018 HIGHLIGHTS

## SUCCESS BY THE NUMBERS

OAC's 7<sup>th</sup> Annual *Your Weight Matters* Convention is a wrap! The event, which took place on July 19-22 in Denver, sparked a renewed commitment among attendees to take their health to new heights.



**6** NUMBER OF COUNTRIES REPRESENTED

AUSTRALIA  
CANADA  
DENMARK  
GERMANY  
GREAT BRITAIN  
THE NETHERLANDS

MORE THAN

**500**

TOTAL NUMBER OF INDIVIDUALS WHO REGISTERED

**28**

NUMBER OF EXHIBITORS

**37**

NUMBER OF INDUSTRY-LEADING EXPERTS AND SOUGHT-AFTER SPEAKERS

**34**

Number of newly-trained legislative advocates who felt empowered to join in OAC's mission to change the lives of people affected by obesity. Every year at the YWM Convention, OAC conducts advocacy-focused sessions to help train and give a voice to individuals with obesity.



"YWM2018 gave me an opportunity to meet leaders in obesity research and incredibly inspiring members. That's invaluable and helps me become a better advocate."

- ROGER E. ADAMS, PH.D., CISSN

**13**

Number of individuals who received scholarships to attend YWM2018. Every year, the OAC receives more than \$125,000 in scholarship requests which OAC is able to support through donations made to the Scholarship Fund.



"The best part about YWM2018 was the open arms with which I was welcomed — including staff, providers, and fellow patients!"

- ALLISON CROWELL  
YWM2018 SCHOLARSHIP RECIPIENT

**80%**

Percentage of attendees who rated their YWM2018 experience "Excellent"



**77%**

Percentage of attendees who rated the Educational Sessions "Excellent"



**2,644,609**



TOTAL SOCIAL MEDIA IMPRESSIONS GENERATED.

## Commonly Heard BUZZWORDS at YWM2018

COMMUNITY PASSIONATE ENGAGING  
VALUED INSPIRATIONAL EDUCATIONAL



"The best part about YWM2018 is that I felt like my story mattered. Everyone at the YWM2018 Convention arrived with open ears and hearts."

- FAITH ANNE NEWSOME

YWM2018 continued on page 38

# DISCOVERING Passion & Momentum THROUGH COMMUNITY



## Who Attended?

**YWM2018** brought attendees together from all walks of life. Some came for cutting-edge research and education while others came for renewed motivation. Healthcare leaders from different specialties also joined the mix, as well as key thought leaders and industry professionals from around the country and globe.

## Building an **EMPOWERED** Community

Everyone had a different reason for attending. Still, we felt connected! Not a moment passed that wasn't filled with a strong sense of community and empowerment. From traveling on an airplane to sharing a personal story out loud, people discovered their voices. Each attendee was listened to, respected, prioritized and encouraged. Those at **YWM2018** know what it's like to travel the long road through weight management with all of its ups and downs. Our experiences bonded us and gave us the desire to do more.

## **ENGAGED** to Take the Next Step

When you're surrounded by a community that cares about your health and your journey, you can begin or continue to invest in it. Then you can give that same support to others so more people know they're not alone on their journey with weight. Finally, with the right tools, resources, education and support, you can make a tangible difference in the lives of ALL people who struggle with weight or are concerned with weight-related issues. These are the people OAC represents.

## **READY** to Take #OACAction

As a true testament to the momentum discovered at **YWM2018**, OAC is honored to have trained close to 100 new advocates who are ready to lead the charge in taking action on behalf of the more than 93 million Americans affected by obesity across the U.S.

But beyond this impressive number, OAC witnessed something even more organic. Attendees from all backgrounds discovered their potential impact and how they can apply their passions and interests to take **#OACAction**. Whether it's taking the next positive step forward in your personal health journey, passing-out OAC resources in your hometown, educating someone on social media about the dangers of weight bias, writing a letter to your representative of Congress about obesity care or simply being a voice of support to someone else, all action matters and we all have it inside of us.

# To New Heights and Beyond... August 1<sup>st</sup>-4<sup>th</sup>, 2019 in TAMPA!

**YWM2018** equipped attendees with so much more than education. It motivated and bonded them in their personal health journeys, but it also empowered them to take their journeys even further on behalf of others.

OAC and its supporters have so much work to be done to ensure individuals affected by obesity are being listened to, supported and encouraged. The topic of weight is often clouded by judgement and misunderstanding. But together, the strides we can make are great – and coming together will help us create lasting change. Thank you to all who attended **YWM2018**!

The excitement doesn't end in Denver. If you're looking to strengthen your personal health journey, find renewed motivation, connect with others who simply "get it" and discover your voice to make a difference for others affected by excess weight and/or obesity, you can do so by joining us next year in Tampa, August 1<sup>st</sup>-4<sup>th</sup> for OAC's 8<sup>th</sup> Annual *Your Weight Matters* National Convention.



## SAVE THE DATE!



**We Couldn't  
Have  
Hosted  
YWM2018  
Alone...**

OAC extends our **heartfelt thanks** to each of our **YWM2018** sponsors who made it possible to fund, develop and make our 2018 National Convention a true success!

**PLATINUM**



**SILVER**



**weightwatchers**

**BRONZE**



**Special thanks**  
to our Platinum-level  
Sponsor Novo Nordisk  
for supporting  
OAC's Action-  
building events and  
programming at  
**YWM2018!**

# Learning to Celebrate NON-SCALE VICTORIES

*by Natalie-Jean Schiavone, PhD*

Most of us have been here at least once in our lives – standing on the scale and looking down at the number in complete and utter disbelief. We begin to beat ourselves up for not exercising enough, not drinking enough water or not eating enough vegetables. We begin to over-analyze our efforts and criticize ourselves for not losing weight. We question all that we do from diet and exercise to everything in between. Meanwhile, we're still obsessing about the number on the scale. What happened?



## SUCCESS BEYOND THE SCALE

Weight-loss can be quite challenging, especially when you don't see much, or any, improvement with the numbers on the scale week after week. But don't get discouraged! Take a step back and start to think about other factors unrelated to the scale. For instance, think about your energy level, sleep quality, mental clarity, changes in clothing size/fit or physical activity level. All of these factors indicate ways in which your body is changing despite what the scale shows. Even if the number isn't budging, it doesn't mean you aren't moving in the right direction. Let's break things down.

“Even if the number isn't budging, that doesn't mean you aren't moving in the right direction.”



### INCREASED ENERGY

Before you started your weight management journey, try to recall how much energy you had. Were you a little more tired or sluggish? Did it take you longer to get out of bed in the morning? Now, think about your energy level today. Are you able to get out of bed with more spring in your step? Are you feeling more energized throughout the day?

If you can say that you are now feeling better, you are on your way to improved health. You are creating new habits, resetting your body and gaining strides with every step you take. Your body is responding and helping you feel better. Good job!



### BETTER SLEEP

Now think back to your sleep habits. Before you started your journey with weight, were you getting tired mid-day? Did you want to nap all the time? Were you waking up during the night or having difficulty falling asleep? Compare that to how you are feeling since you started making changes to your lifestyle. How are you feeling? Do you have more daily energy? Do you want to nap? Are you sleeping more soundly and falling asleep within minutes of laying your head down?

If you answered yes to any of these accomplishments, you're on your way to improved health! Sleep is your body's way of recharging, so if you have started to improve your sleep patterns and/or habits, you are restoring and refueling. This will make you feel better with each ounce of quality sleep you gain. Good job, and continue catching some shuteye.

*Non-Scale Victories continued on page 42*

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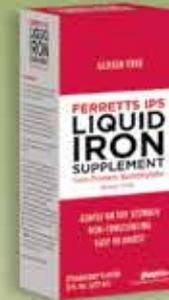
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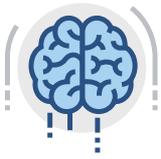
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## MORE MENTAL CLARITY

Can you recall your ability to focus before you started to manage your weight? You might have had trouble staying on task and making simple decisions, or you may have been easily confused or overwhelmed when dealing with minor activities.

However, now that you are on your way to a healthier lifestyle, you might be finding it easier to remember things or stay on task. That feeling of being overwhelmed may be a thing of the past. You can focus and execute your day with ease. These wonderful results may be caused by changes to your diet and/or lifestyle. Research shows that when individuals modify their lifestyles and adapt to healthier behaviors, their mental clarity improves. You should be able to navigate your day a lot easier and discover increased productivity.

“Research shows that when individuals modify their lifestyles and adapt to healthier behaviors, their mental clarity improves.”



## COMFIER AND SMALLER CLOTHES

Before you started to manage your weight, were your clothes a little snug? Did your wardrobe consist of clothing that was two sizes too big for you? Did you feel uncomfortable going out in public because of the way your clothes fit, or have trouble shopping for certain styles?

Let's examine where you are today. Perhaps your clothes are a little less tight around the waistline or you have more confidence when picking something out for a night on the town. Are you wearing clothes that actually fit your body? Do you feel less overwhelmed walking into a clothing store? If any of this applies to you, you are successfully changing your body in healthier ways and modifying your lifestyle. This is a big accomplishment and you should feel proud! However, if you're still facing challenges when it comes to confidence in clothing, know that this doesn't mean you aren't making progress. These things take time, and feeling comfortable in your skin is a part of your journey.



## IMPROVED FITNESS AND EXERCISE

Let's take a look at your ability to exercise. Before you started to modify your lifestyle, perhaps you experienced pain or discomfort during exercise. Maybe even the idea of taking the stairs was a challenge for you. Perhaps you avoided any type of exercise because you didn't feel like you could handle it. However, now that you've taken steps to getting your overall health and wellness back on-track, let's re-examine your thoughts on exercise.

Are you able to navigate through an exercise class pain-free with ease? Maybe taking the stairs is no longer a challenge, but has become a great way to squeeze-in a few extra steps. Perhaps you no longer feel as though exercise is something you can't handle. Maybe you welcome it as part of your new daily routine! If you have experienced any of these victories, then well done! You're taking control of your life and have successfully modified your lifestyle with healthy improvements.



## HELPFUL HINTS TO REMEMBER:

If you find yourself still obsessing about the number on the scale, try keeping a weight-loss or weight management journal. Log your food intake, water consumption, exercise level, mood and physical measurements. At the end of the month, retake your measurements. Do a comparison and see how much your body has changed. You may not be showing obvious signs of weight-loss, but your body is changing in numerous ways – and that is a good thing!



Also, remember to smile! Take a full-length picture of yourself before making any new modifications. Keep in mind that we see ourselves every day, so it may be difficult to notice the subtle but positive changes our bodies are going through. After a few weeks, retake the same full-length picture wearing the same or similar-looking clothes. Then, place the photos side-by-side and compare. You may not see changes in the mirror, but your health is likely improving in a number of different, less obvious ways!

Diet and exercise are still the gold standard for long-term weight management. They are a necessary part of our lifelong weight and health journey. Make sure you drink plenty of water and get plenty of sleep as well. When you add-up all of these small changes, your wellness journey will be a success!

## NOW, LET'S RECAP

Don't get discouraged if you see the number on the scale stay the same or even move up every once in a while. Pay attention to how you are feeling and all of the great things you have done for your mind and body. Also keep in mind that muscle takes up less space than fat, so while the scale may not be changing the way you'd like, your body might actually be growing stronger. You are being proactive and taking control of your overall health and wellness. This is a big deal and you should feel proud of yourself! Keep going.

“Have confidence that each effort you make with exercise, diet modifications and lifestyle changes will have a positive impact on your mind and body.”

Keep moving. Keep taking greater steps to improvement. Have confidence that each effort you make with exercise, diet modifications and lifestyle changes will have a positive impact on your mind and body. Finally, give yourself a pat on the back. You've got this!

### **About the Author:**

*Natalie-Jean Schiavone, PhD, has more than 20 years of experience in the healthcare industry. After receiving her Master's degree in General Psychology, Natalie-Jean went on to complete her doctoral degree in Health Psychology with a specialization in obesity. Dr. Schiavone conducted her research and completed her dissertation on female adolescents with obesity and their social experiences. Using her education, experience and expertise, Dr. Schiavone works with patients to create a healthier lifestyle where knowledge is a key factor in this modification.*

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# NAVIGATING THE ROAD THROUGH Weight, Body Image AND Intimacy

by Gwyn Cready, MBA

We live in a culture that is obsessed with body image. Women are bombarded with images of female models who often weigh less than a healthy weight. Men must face pictures of “male perfection” that include being tall, handsome, muscular and having a full head of hair. Few people meet these portrayed ideals. When cultural ideals are so far removed from reality, it can harm an average person’s body image. And if it can harm an average person’s body image, imagine what it does to the body image of those who consider themselves to be out of the norm because they are struggling with excess weight and/or obesity.

“ In a 2013 quantitative study, 50 women described obesity as a barrier to both physical and emotional intimacy, and many reported avoiding intimate relationships because of it! ”

“ Body image is the way we see our bodies and the level of comfort we have in them. ”



## DEFINING BODY IMAGE AND RECOGNIZING ITS EFFECTS

Body image is the way we see our bodies and the level of comfort we have in them. Unfortunately, many people who carry extra weight have a negative body image. Having a negative body image is tied to a number of serious medical conditions including:

- Eating disorders
- Depression
- Substance abuse

Additionally, a high degree of body image negativity is also connected to being turned off by or uncomfortable with intimacy. While there have not been a great number of studies surrounding weight and intimacy, a 2010 study among 362 college undergraduates showed that having a negative body image correlated with avoiding sex. In a 2013 quantitative study, 50 women described obesity as a barrier to both physical and emotional intimacy, and many reported avoiding intimate relationships because of it!

*Weight, Body Image & Intimacy continued on page 48*

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Nearly half of patients taking CONTRAVE lost 5% or more body weight and kept it off (vs 23% of patients taking placebo). Individual results may vary.

## Ask your doctor about CONTRAVE®

**CONTRAVE (naltrexone HCl/bupropion HCl) is a prescription weight-loss medicine that may help adults with obesity (BMI greater than or equal to 30 kg/m<sup>2</sup>), or are overweight (BMI greater than or equal to 27 kg/m<sup>2</sup>) with at least one weight-related medical condition, lose weight and keep the weight off. CONTRAVE should be used along with diet and exercise.**

### Important Safety Information

One of the ingredients in CONTRAVE, bupropion, may increase the risk of suicidal thinking in children, adolescents, and young adults. CONTRAVE patients should be monitored for suicidal thoughts and behaviors. In patients taking bupropion for smoking cessation, serious neuropsychiatric events have been reported. CONTRAVE is not approved for children under 18.

Stop taking CONTRAVE and call your healthcare provider right away if you experience thoughts about suicide or dying; depression, or anxiety; panic attacks; trouble sleeping; irritability; aggression; mania; or other unusual changes in behavior or mood.

Do not take CONTRAVE if you: have uncontrolled hypertension; have or have had seizures or an eating disorder; use other medicines that contain bupropion; are dependent on opioid pain medicines, use

medicines to help stop taking opioids, or are in opiate withdrawal; drink a lot of alcohol and abruptly stop drinking, or take sedatives, benzodiazepines, or anti-seizure medicines and you abruptly stop using them; or are taking monoamine oxidase inhibitors (MAOIs). Do not start CONTRAVE until you have stopped taking your MAOI for at least 14 days. Do not take CONTRAVE if you are allergic to any of the ingredients in CONTRAVE. Do not take CONTRAVE if you are pregnant or planning to become pregnant or are breastfeeding.

Before you start taking CONTRAVE, tell your healthcare provider about all of the above and any other current or past health conditions.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Do not take any other medicines while you are taking CONTRAVE unless your healthcare provider says it is okay.

If you have a seizure while taking CONTRAVE, stop taking CONTRAVE and call your healthcare provider right away.

Additional serious side effects may include: opioid overdose or sudden opioid withdrawal; severe allergic reactions; increases in blood pressure or heart rate; liver damage or hepatitis; manic episodes; visual problems (glaucoma); and increased risk of low blood sugar

(hypoglycemia) in people with type 2 diabetes mellitus who take certain medicines to treat their diabetes.

The most common side effects of CONTRAVE include nausea, constipation, headache, vomiting, dizziness, trouble sleeping, dry mouth, and diarrhea.

These are not all the possible side effects of CONTRAVE. Please refer to the Summary of Information about CONTRAVE on the following page or talk to your doctor.

You are encouraged to report negative side effects of drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.



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## Summary of Information about CONTRAVE® (naltrexone HCl/bupropion HCl) Extended-Release Tablets

### What is the most important information I should know about CONTRAVE?

#### CONTRAVE can cause serious side effects, including:

- **Suicidal thoughts or actions.** CONTRAVE contains bupropion, which has caused some people to have suicidal thoughts or actions, or unusual changes in behavior, especially within the first few months of treatment.

#### Stop taking CONTRAVE and call a healthcare provider right away if you, or your family member, have any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying, or attempts to commit suicide
- acting aggressive, being angry, or getting violent
- new or worse depression
- acting on dangerous impulses
- new or worse anxiety or irritability
- an extreme increase in activity and talking (mania)
- feeling very agitated or restless
- panic attacks
- other unusual changes in behavior or mood
- trouble sleeping (insomnia)

While taking CONTRAVE, you or your family members should pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings.

### What is CONTRAVE?

CONTRAVE is a prescription medicine for adults 18 or older that contains 2 medicines (naltrexone and bupropion) that may help some obese or overweight adults who also have weight-related medical problems lose weight and keep the weight off. CONTRAVE should be used with a reduced calorie diet and increased physical activity.

#### Limitations of Use

- It is not known if CONTRAVE changes your risk of heart problems, stroke, or death due to heart problems or stroke.
- It is not known if CONTRAVE is safe or effective when taken with other prescription, over-the-counter, or herbal weight loss products.

#### Who should not take CONTRAVE?

**Do not take CONTRAVE if you:** have uncontrolled hypertension; have or have had seizures; use other medicines that contain bupropion such as WELLBUTRIN, WELLBUTRIN SR, WELLBUTRIN XL, and APLENZIN; have or have had an eating disorder; are dependent on opioid pain medicines, use medicines to help stop taking opioids, or are in opiate withdrawal; drink a lot of alcohol and abruptly stop drinking, or use sedatives, benzodiazepines, or anti-seizure medicines and you stop using them all of a sudden; are taking monoamine oxidase inhibitors (MAOIs); are allergic to naltrexone or bupropion or any of the ingredients in CONTRAVE; or are pregnant or planning to become pregnant. Do not start CONTRAVE until you have stopped taking your MAOI for at least 14 days.

#### What should I tell my healthcare provider before starting treatment with CONTRAVE?

**Before you take CONTRAVE, tell your healthcare provider about all of your medical conditions, including if you:** have or have had depression or other mental illnesses; have attempted suicide; have or have had seizures or a head injury; have had a tumor or infection of your brain or spine; have had a problem with low blood sugar or low levels of sodium in your blood; have or have had a heart attack, heart problems, or stroke; have or have had liver or kidney problems; are diabetic taking insulin or other medicines to control your blood sugar; have or have had an eating disorder; abuse prescription medicines or street drugs; are over the age of 65; or are breastfeeding or plan to breastfeed.

CONTRAVE can pass into your breast milk and may harm your baby. You and your healthcare provider should decide if you should take CONTRAVE or breastfeed. You should not do both.

**Tell your healthcare provider about all the medicines you take,** including prescription and over-the-counter medicines, vitamins, and herbal supplements.

**Do not take any other medicines while you are taking CONTRAVE unless your healthcare provider has said it is okay to take them.** CONTRAVE may affect the way other medicines work and other medicines may affect the way CONTRAVE works, causing side effects.

#### How should I take CONTRAVE?

Take CONTRAVE exactly as your healthcare provider tells you to.

**Swallow CONTRAVE tablets whole. Do not cut, chew, or crush CONTRAVE tablets.**

### What should I avoid while taking CONTRAVE?

Do not drink a lot of alcohol while taking CONTRAVE. If you drink a lot of alcohol, talk with your healthcare provider before suddenly stopping. If you suddenly stop drinking alcohol, you may increase your risk of seizure.

### What are the possible side effects of CONTRAVE?

#### CONTRAVE may cause serious side effects, including:

- **See “What is the most important information I should know about CONTRAVE?”**
- **Seizures.** There is a risk of having a seizure when you take CONTRAVE. The risk of seizure is higher in people who: take higher doses of CONTRAVE; have certain medical conditions; or take CONTRAVE with certain other medicines. If you have a seizure while taking CONTRAVE, stop taking CONTRAVE and call your healthcare provider right away. You should not take CONTRAVE again if you have a seizure.
- **Risk of opioid overdose.** One of the ingredients in CONTRAVE (naltrexone) can increase your chance of having an opioid overdose if you take opioid medicines while taking CONTRAVE. You or someone close to you should get emergency medical help right away if you: have trouble breathing or become very drowsy with slowed, shallow breathing; or feel faint, very dizzy, confused, or have unusual symptoms.
- **Sudden opioid withdrawal.** People who take CONTRAVE must not use any type of opioid for at least 7 to 10 days before starting CONTRAVE. Sudden opioid withdrawal can be severe, and you may need to go to the hospital. Tell your healthcare provider you are taking CONTRAVE before undergoing a medical procedure or surgery.
- **Severe allergic reactions.** Some people have had a severe allergic reaction to bupropion, one of the ingredients in CONTRAVE. Stop taking CONTRAVE and call your healthcare provider or go to the nearest hospital emergency room right away if you have any of the following signs and symptoms of an allergic reaction:
  - rash, itching, hives, or fever
  - painful sores in your mouth or around your eyes
  - swelling of your lips or tongue
  - swollen lymph glands
  - chest pain or trouble breathing
- **Increases in blood pressure or heart rate.** Some people may get high blood pressure or have a higher heart rate when taking CONTRAVE. Your healthcare provider should check your blood pressure and heart rate before you start taking and while you take CONTRAVE.
- **Liver damage or hepatitis.** One of the ingredients in CONTRAVE (naltrexone) can cause liver damage or hepatitis. Stop taking CONTRAVE and tell your healthcare provider if you have any of the following symptoms of liver problems:
  - stomach area pain lasting more than a few days
  - dark urine
  - yellowing of the whites of your eyes
  - tiredness
- **Manic episodes.** One of the ingredients in CONTRAVE (bupropion) can cause some people who were manic or depressed in the past to become manic or depressed again.
- **Visual problems (angle-closure glaucoma).** Signs and symptoms of angle-closure glaucoma may include eye pain, changes in vision, and/or swelling or redness in or around the eye.
- **Increased risk of low blood sugar (hypoglycemia) in people with type 2 diabetes mellitus who also take medicines such as insulin or sulfonylureas to treat their diabetes.** Weight loss can cause low blood sugar in people with type 2 diabetes mellitus who also take medicines used to treat type 2 diabetes mellitus. You should check your blood sugar before you start taking CONTRAVE and while you take CONTRAVE.

#### What are common side effects?

The most common side effects of CONTRAVE include nausea, constipation, headache, vomiting, dizziness, trouble sleeping, dry mouth, and diarrhea.

Tell your healthcare provider about any side effect that bothers you or does not go away. These are not all the possible side effects of CONTRAVE.

**This information is not comprehensive. If you would like more information, talk to your doctor and/or go to [www.contrave.com](http://www.contrave.com) for full Product Information.**

**You may report side effects to the FDA at 1-800-FDA-1088.**

**Keep CONTRAVE and all medicines out of the reach of children.**

This brief summary is based on Contrave Prescribing Information LBL-00022, September 2016.

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## WEIGHT & INTIMACY: *A Closer Look*

While scientific facts concerning weight, body image and intimacy are few and far between, almost anyone who has ever seen the display on their bathroom scale reach unintended ranges can tell you exactly what a person with extra weight feels like when faced with a potential intimate situation. These feelings often include reluctance, discomfort and shame.

However, it is not just weight and body image that affect these feelings. It is important to note that many people experience at least some level of reluctance, discomfort or shame when faced with an intimate encounter no matter what their weight is.

Intimacy can be a challenging road to navigate for many reasons – emotional, physical or logistical. If you're someone who experiences reluctance, discomfort or shame, it may help to know that your feelings are shared by nearly three-quarters of humanity (*who are those other lucky people?*). Thankfully, there are also some things you can do to reduce those feelings, especially if your feelings are so strong that they cause you to avoid intimacy.



“A good partner will be supportive, tell you they are attracted to you and may even be surprised to find out you have any doubts about your desirability.”

### WAYS TO INCREASE INTIMACY:

#### ✓ Increase the Amount of Time Spent in Non-sexual Intimacy

Remember, intimacy involves a lot more than just sex. Intimacy is defined as the sense that one can share thoughts and feelings not usually expressed in other relationships while having the expectation of being understood, affirmed and cared for in return. Sex is just one way people can be intimate. Talking about hopes and fears is another. Holding hands is another. Kissing without expectations of sex is another. There are many ways to express intimacy! Engaging in non-sexual acts of intimacy with a partner you're attracted to can increase your desire for sexual intimacy. In the study with 362 undergraduates, researchers found that increased sexual desire reduced the tendency for those with negative body images to avoid sexual activity.

#### ✓ Engage in Other Body-positive Activities

Notice that I didn't say "weight-loss" activities. The goal isn't to lose weight but to build a connection to your body. Swimming, hiking, bowling, yoga, dancing and other activities that require you to draw on your body's strengths can leave you refreshed and feeling like your body is your partner, not your enemy.

#### ✓ Talk to Your Partner about Your Feelings

Being honest is never easy, but having a conversation about your feelings can be less emotionally risky than participating in an intimate experience you are dreading. Saying something like "I'm eager to do 'X' with you, but I'm anxious because of 'Y'" is a helpful way to open a conversation about the topic. A good partner will be supportive, tell you they are attracted to you and may even be surprised to find out you have any doubts about your desirability. If you have a partner who isn't supportive or who sows seeds of doubt about your body, you should see those actions as a red flag. Consider talking to a professional counselor or therapist. With your partner's heartfelt assurances, your feelings of doubt may diminish or even disappear.

#### ✓ Talk to a Therapist

If you spend a lot of time in non-sexual intimacy, your partner is supportive and clearly interested in you, yet you still want to avoid sexual intimacy but wish you didn't, try talking to a professional counselor or therapist. They can help you identify the source of your feelings and help you come up with ways to address them for improved health in your relationship.



“If you’re avoiding intimacy and not quite sure why, consider consulting a healthcare professional. ”

## BEYOND BODY IMAGE

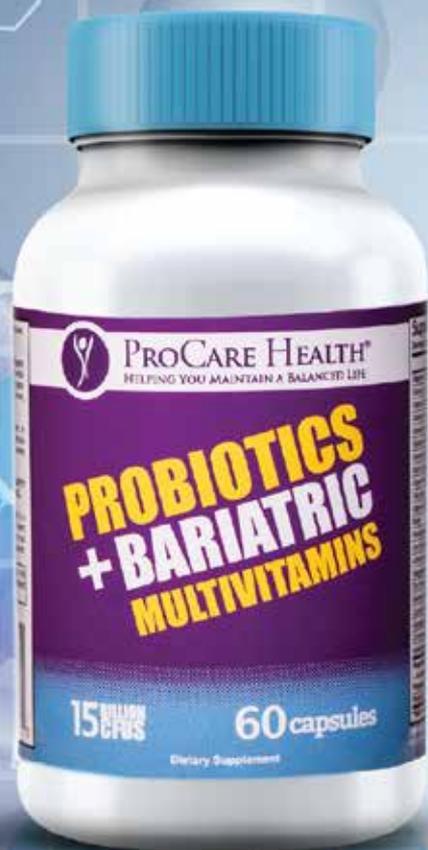
You may also want to consider other reasons for your avoidance behavior. There are many reasons people avoid intimacy. Weight is one but there are others. Some medications suppress sexual desire and lead to avoidance of physical intimacy. Fear of certain medical conditions – like heart attack or stroke – may also cause people to avoid intimacy. Overuse of pornography may depress the need for intimacy. Low levels of testosterone in men can reduce desire and increase avoidance behaviors. Chronic pain and drug addiction can also lead to avoidance. And finally, having a negative body image, a precursor to avoidance, can be related to emotions as well as weight. Many of these conditions or situations can be moderated or regulated by a healthcare provider, so don’t be afraid to seek help if you need it.

In a 2011 *Glamour Magazine* poll of 300 women, respondents who were unsatisfied with their career or relationship tended to report more negative body thoughts than respondents who were satisfied in those areas. Similarly, women who felt unpleasant emotions including boredom, anxiety or stress reported more negative body thoughts than women whose emotions were more positive. If you’re avoiding intimacy and not quite sure why, consider consulting a healthcare professional.

Remember, intimacy should be a joy. Don’t let unwanted feelings keep you from enjoying what should be a very satisfying aspect of life!

### **About the Author:**

*Gwyn Cready, MBA, is a writer and branding consultant. She is also the author of nine novels and a graphic novel. Her work has appeared in Real Simple, USA Today and a number of other media outlets.*



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# FROM GO TO GOAL! YOUR BLUEPRINT TO FITNESS SUCCESS

by Bobby Whisnand, CPT, CSET, CSSN

*Disclaimer: Before beginning any exercise program, be sure to consult with your healthcare provider.*



We all want the good life: excellent health, security that comes with prosperity, career success, stability and growth in our personal lives. Most importantly, we want confidence that we can overcome every challenge life throws our way. Sounds good, right? However, though we want these things, we must reach the most important goal of all: a healthy mind and body.

Within this article, I want to equip you with the tools you need to see your fitness dreams come true. First, I'm going to show you how to make exercise fit you as an individual – no matter your specific needs or health circumstances. Then, I'm going to give you the blueprint for success in both setting and reaching your fitness goals – and all goals for that matter! Finally, I'm going to show you how to recognize success when you need it most. Are you ready?

ON YOUR MARK,  
GET SET... GOAL!

# EXERCISE: IT'S DIFFERENT FOR EVERYBODY

Exercise is easy and even fun for some, but it almost feels like an allergy for others. For a lot of us that lie somewhere in-between, they could take it or leave it. Whichever group sounds like you, exercise can fit you perfectly. Knowing you need it is one thing, but having peace of mind and confidence that you're exercising how you should be to fit your individual needs is a complete game changer.

“ Start with an exercise plan that is practical for your schedule, motivation level and ability. ”

*Blueprint to Fitness Success continued on page 52*



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## FIRST, IDENTIFY THE PAIN-FREE ZONE

Pain should never be a part of anyone's exercise routine. If you are having pain in any part of your body, you must consult with your healthcare provider before beginning any exercise program. If you have been cleared to exercise and you're still experiencing pain during and/or after exercise, try these modifications to see if the pain lessens or goes away completely:

### ✓ STAY OFF YOUR FEET

If you have knee, hip or back pain, or if you have mobility issues, try exercising in a seated position for a while. This will help you work your muscles without causing joint pain from bearing your own weight. You can alternate resistance exercises with cardiovascular-type movement such as punching the air or a soft, weighted object, running in place, performing seated jumping jacks, etc. Just make sure that each movement is pain-free and you're doing it the right way according to demonstration or instruction.

### ✓ SLOW DOWN, PARTNER!

During all resistance exercises, use slow and controlled motions with the "5-2 method." This means taking five seconds for each repetition which includes two full pauses – one at the top and bottom of each repetition. This will keep stress in your muscles and off your joints.

### ✓ THE PAIN-FREE ZONE

Many times, joint pain is felt during certain exercise at the extreme ranges of motion. Try shortening your range of motion by performing half-range repetitions. In other words, find the range of motion which does not cause pain. If you are experiencing pain throughout the entire range of a particular exercise, stop that exercise altogether.

## THE PERFECT STARTING POINT

Many people are misled or confused about where they should start with exercise. Where you should begin is a very different place from where you should end up. Start with an exercise plan that is practical for your schedule, motivation level and ability. You should allow for a safe and productive amount of exercise time that meets your individual needs.

For example, if you are just getting started, set a goal to exercise two to three days per week for 10-15 minutes. Once you've established a good start, you can reset your goals and progress and move on to the next step consisting of three to four days per week for 20-30 minutes. After that routine becomes comfortable, try a goal of exercising four to five days per week for 30-45 minutes. But don't rush it! Be proud of all progress you have made along the way.



## EXERCISE TYPE: RESISTANCE, CARDIO OR BOTH?

Always both! Although the balance of resistance (*weight*) training to cardio exercise may vary from one person to the next, most exercise programs I've designed include 50 percent resistance training and 50 percent cardio exercise.

Resistance training is often overlooked and neglected by many people for various reasons, but it's key to a higher metabolism as well as bone and joint health, hormone production and greater mobility. But remember: you have to go slow and modify exercise to fit your needs. You can try a variety of different methods:

- Devote two days each week to both resistance training and cardio
- Split each workout into half resistance training, half cardio
- Combine resistance training and cardio by doing circuit training

An example of circuit training would be to perform a resistance training exercise for 12-15 repetitions and then immediately perform one minute of cardio. Repeat with either another set of the same exercises or a different routine altogether. This is a great way to keep things interesting! But remember: always warm-up for five minutes before exercising. A warm-up could be walking in place, walking on a treadmill, riding a stationary bike or any low-key cardio activity. And don't forget to stretch!

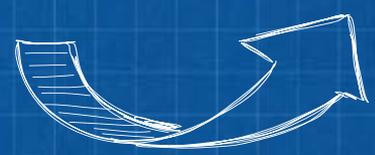
# 33%

## STRETCHING... THE TRUTH

As you exercise, your muscles are pushed and pulled in more ways than you can count. That's why it's so important to stretch before and after each workout! I suggest taking five to ten minutes both before and after you exercise to stretch each muscle group and hold each stretch for around 30 seconds. This will not only make your workouts a bit easier, but it will also help to prevent serious injury.

## REACHING HIGHER

Now, what about the mental side of things? How do you set attainable goals, stay on-track and get to exactly where you want to be? Setting goals is one thing, but having the right plan in place to get you there is everything! Take a look at these steps to get you from Go...to Goal!



### ● THE 33 PERCENT METHOD

This is really simple. For every fitness goal you have, set two other goals that have nothing to do with fitness such as those relating to your career, finances or other personal matters. You're much more likely to reach your fitness goals when the rest of your life is improving too.

### ● INVOLVE OTHERS

Tell as many people as you can about your goals. This will create instant accountability and support. If you really want to ramp-up your success toward reaching your goals, find a partner or even a group of people to be a part of your journey. When you find a partner or group, set a specific time (*at least once a week*) to meet in person or on the phone to go over your goals and progress. Be accountable with each other to make these meetings stick!

*Blueprint to Fitness Success continued on page 54*



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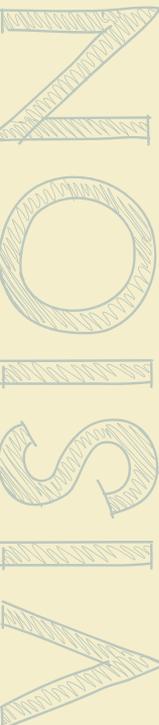
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## ● A DETERMINED VISION

Visualization is the most powerful yet underused ability we have as people. If you can see exactly what you want to be in the future, you can bring your goals to life! Use these steps to create powerful and life-changing visions:

- 
- **Time Out** – Find a quiet place free from distractions and clear your mind. Yes, that means leaving your phone behind too!
  - **Relax** – Clear your mind and breathe in and out deeply and smoothly a few times.
  - **See it!** – You can relive a positive experience; picture physical improvements; imagine having renewed energy and focus; visualize yourself winning an award or enjoying a dream vacation; or simply picture yourself in a beautiful, relaxing place.
  - **Bring it to Life** – When you visualize your future, be as specific as you can by seeing colors, hearing sounds, feeling the breeze or rain, feeling the warmth of the sun or the chill of cold and seeing as much detail as you possibly can.
  - **The Two Minute Challenge** – Commit to two minutes each day where you go through your visualizations. Schedule it like a work appointment or any other important event. Make it happen! As you get better at it, add time to your visualization session.

## TIPS FOR RECOGNIZING SUCCESS

You're almost on your way to your goals, but I want to make sure you're able to recognize success. Even if your goals aren't being met as quickly as you want, the biggest successes are still there – you just have to know where to look! Try adopting the following ways to improve your vision so you can recognize each of your amazing successes and stay encouraged throughout your journey:

### ● THE JOURNEY IS THE REWARD

Reaching a goal is a great payoff for your efforts, but the best successes are accomplished on your way to your goal. As you make your way there, set aside time to recognize other successes you are accomplishing along the way. Give yourself credit for things you are doing now that you weren't doing before you started your journey. Look at the positive differences you've made. And even if you don't reach your goal, you've got a brand new launching point to reach even higher the next time.

## ● NEW LAUNCHING POINT

Your journey will be filled with ups and downs. This is normal. Sometimes, your goals might not even come to fruition, and this is normal too. It happens to everyone – a lot! You should not see this as a failed attempt when it's actually a launching point. You've learned a lot along the way, you've made significant progress and your goal is still there. Recognize each of your successes up until now, reignite your determination and set your sights on an even better you.

## SOME FINISHING WORDS

No matter what your individual goals may be, we all want to live a long life and live it well. The key is to have a strong mind and body, and it certainly takes both to reach your goals. To see your fitness success come true, start by making exercise truly fit in the following ways:

- Treating your body well with correct, functional and pain-free exercise
- Knowing how to exercise for your individual needs
- Recognizing the perfect starting point to begin a program

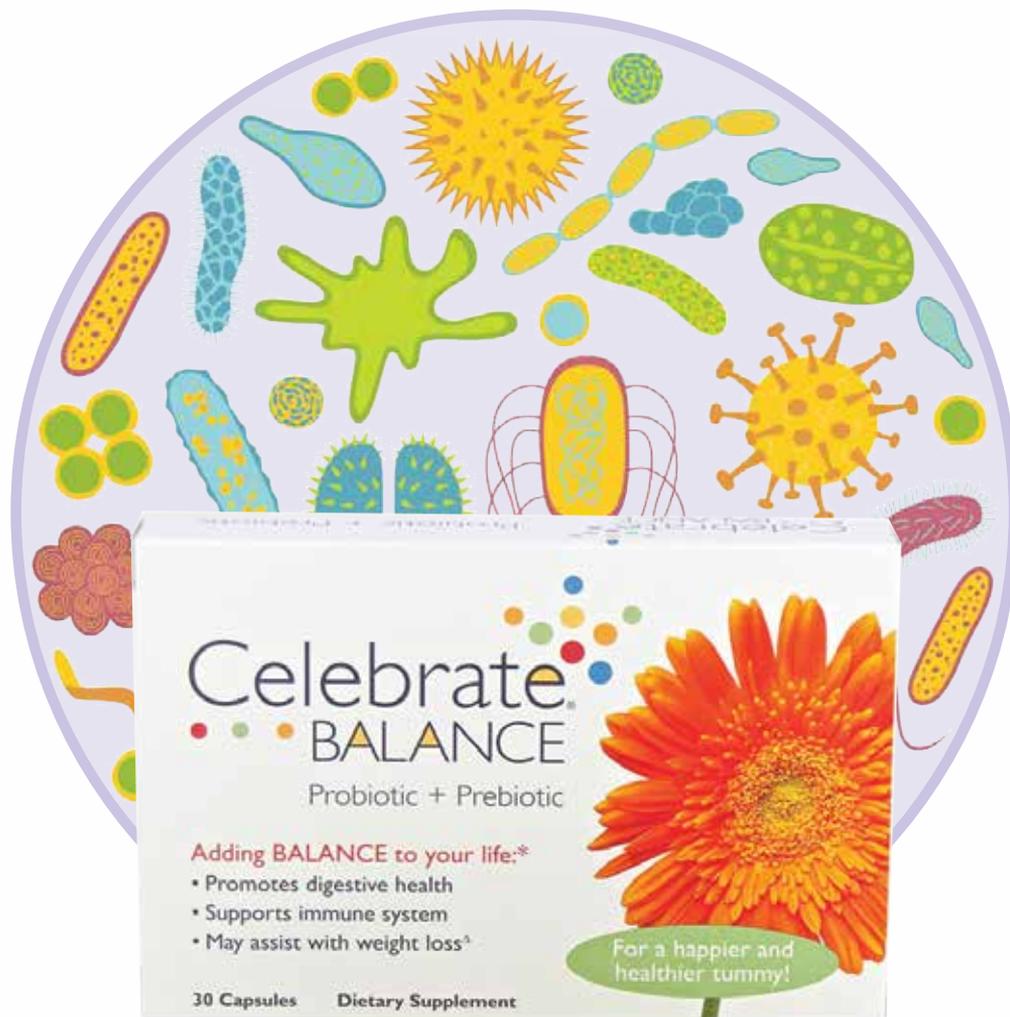
Next, reach your higher, long-term goals using the following tools:

- Seeing your success with visualization
- Involving others on your journey
- Setting goals in all parts of your life, not just fitness

Finally, get really good at recognizing smaller successes along the way to your goals. Celebrate those important victories by filling your heart with confidence. From the word "Go!" your journey to improved health will take you to a lot of places. Be sure to keep your eyes open and pay attention to every detail!

### **About the Author:**

*Bobby Whisnand, CPT, CSET, CSSN, is an international keynote speaker, internationally published author and fitness professional who has multiple certifications as a personal trainer, elite trainer, exercise therapy specialist and sports nutrition specialist. Endorsed by doctors, surgeons and other specialists across multiple disciplines (including bariatrics, orthopedics and physical therapy), Whisnand has helped more than 8,000 patients find the perfect fitness plan for their individual needs. His abstract "Built in America: Making Wellness Fit for Life!" was published in the 2017 Journal of Obesity and Eating Disorders.*



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