

Weight Matters

FOR YOUR HEALTH

SPRING 2023

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All Year Long**

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— On Our Plates!**

KID'S
corner

p.28

**Springtime Fun
With Your Family**

OAC

Obesity Action Coalition

Weight Matters Magazine is the Official
Publication of the Obesity Action Coalition

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FOR YOUR HEALTH
Obesity Action Coalition
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Weight Matters

FOR YOUR HEALTH

Spring 2023

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Weight Matters 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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Message from the



Obesity Action Coalition

Chair of the Board

Hello Everyone,

Have you ever had this experience? You commit to doing something for two years, thinking that's a lot of time. Plenty to accomplish everything you want to do, right? Then the two years pass. And you have no clue where all that time went.

That's how I'm feeling as I reach the end of my term as Chair of OAC's Board of Directors. These two years have just flown by. During that time, OAC has faced many challenges and seen many triumphs. I could catalog those here, but I'd rather make sure you understand this: OAC is a healthy, thriving organization. We grow and change every day to fight weight bias, increase access to science-based obesity treatments, and educate others about the disease of obesity. Our staff and volunteers are passionate about making the world a better place for people living with obesity.

It has been an honor to help lead OAC through this time. My heartfelt thanks go to OAC's phenomenal Board members, our gifted *ex-officio* Board members, OAC's incredibly talented staff, and to you, our loyal members. Your enthusiasm and dedication lifted me up every day for the past two years and inspired me to continue this work. These are exciting times. New obesity treatments are emerging. More people are questioning the notion that weight is all about willpower. And popular culture is beginning to embrace people with obesity.

In April, Kristal Hartman will take over as Chair of OAC's Board of Directors. Kristal is a passionate advocate for those affected by obesity and will be an outstanding leader of this wonderful organization. She has served as our Vice Chair for the past year and is eager to continue moving OAC forward.

I end where I started in the first column I wrote for *Weight Matters* by paraphrasing President Theodore Roosevelt. Credit goes to those who enter the arena, strive valiantly, and dare greatly. Our work has just begun. Share your story. Be vulnerable. And change the world.



FREE Print Brochures and Guides Are Available to Request!

The OAC is proud to offer unbiased, science-based education to support individuals along their weight and health journey. To

make these resources accessible to all, we've produced a wide variety of free print educational materials available to anyone who requests them. Our brochures include our *Understanding Obesity Series* with details on obesity, childhood obesity and treatment options. We also offer comprehensive brochures on *Understanding Obesity and Type 2 Diabetes* and *Understanding Prediabetes and Excess Weight*. You can order these materials free of cost for yourself or a loved one or in bulk for patients or your community. Just head to ObesityAction.org/education-support/resources/order-print-resources to request them!

The OAC Needs Your Help to Change the World for People with Obesity

At OAC, our goal is simple: To make the world a kinder, more inclusive and more equitable place for people affected by obesity. The OAC Community is the driving force by which we make change happen – whether it's in our own weight and health journeys, in each other's lives or for anyone who has ever been affected by obesity. By supporting the OAC, you're expanding our education, advocacy and support initiatives that spread awareness, promote acceptance and ignite change across the globe. Together, we can change the world for people with obesity. Make a contribution today at ObesityAction.org/donate.



Obesity Care Week 2023: Teaming Up to Tackle Obesity Care

Obesity Care Week (OCW) is an annual public awareness event aiming to change how we care for and about obesity. This year, OCW hosted its 9th annual week-long event, which was supported by over 130 Champion organizations and leaders across the globe. OCW2023 prioritized awareness, education and advocacy for people living with obesity.

The Obesity Action Coalition (OAC) is a proud Founding Champion of Obesity Care Week and works hard each year to make OCW a powerful opportunity for change! The goals of OCW2023 were to raise awareness about what the disease of obesity is – and isn't, provide valuable, science-based resources on weight and health, and create a more positive and impactful relationship between patients and their healthcare providers. OCW2023 participants had access to newly-released educational materials, including a fact sheet breaking down the complexities of the disease of obesity and a guide for patients to start the conversation with their healthcare provider about obesity and care options. Participants also had the chance to take meaningful action for themselves by utilizing the OAC's Obesity Care Providers Locator to make an appointment with a qualified healthcare professional.

Thank you to all of our OAC members who participated in this powerful cause! We look forward to making OCW2024 even more impactful. To learn more about OCW or to sign up for alerts, please visit ObesityCareWeek.org.

OAC
Community

Perspectives

Treating Obesity is a Journey

by Anita Saah, OAC Community Member



Anita Saah

My relationship with my body and weight has been a struggle for most of my adult life. In fact, obesity affects my life to this day, even after having bariatric surgery. In some capacity, I think about my obesity on a regular basis — whether it's weighing myself, looking at my food choices, seeing how my clothes fit, taking my weekly injections or monitoring my activity level.

The years of struggle with my weight have showed me that obesity is a journey. I've been on a variety of diets with no sustainable or measurable results. I also tried several medications at various points with no long-term success. It wasn't until I pursued a different treatment option that I really started to see a change. This jump-started a new stage in my weight management journey that led to many ups and downs, learning experiences and opportunities.

My Journey with Bariatric Surgery

In July 2018, I sought care to treat my obesity and decided to have bariatric surgery. I had a large hiatal hernia with acid reflux symptoms, so my surgeon initially recommended a gastric bypass. However, after discussing my surgery further, we agreed he would perform a gastric sleeve and take preventative measures to hopefully protect against the need for a revision to gastric bypass later on.



Anita on the morning of her first bariatric surgery

I lost a lot of weight after the gastric sleeve and was happy with how my new anatomy was helping me. However, 14 months later, I needed the revision to a gastric bypass due to severe acid reflux and issues with my esophagus. I continued to do well after the revision and lost a total of 140 pounds.

Since having the surgeries, I've reached so many non-scale victories. For instance, I no longer have sleep apnea or need a CPAP machine. I don't need a seatbelt extender on airplanes. My cholesterol and blood pressure are both lower. It's easier to shop in stores for clothes that fit or go to a restaurant without wondering how I'll fit in the booth. I can participate in activities like Zumba, ice skating and rollerblading because I can move my body easier. My journey with my weight and health has taught me that there is so much more to me than a number on the scale.

“I became aware of all the bias and stigma I've faced, specifically in healthcare settings.”

Becoming Aware of Bias and Stigma

Throughout my weight-loss journey, I began working with a health psychologist to address the mental aspects of my health. In 2019, she introduced me to the OAC, which has been an incredible source of support for me ever since. I've been a proud part of the OAC Community for several years now and have continued to learn about obesity, weight stigma, bias and advocacy.

I've also learned that obesity is a disease, which I didn't realize before finding the OAC. I became aware of all the bias and stigma I've faced, specifically in healthcare settings. The paper gowns were not made for people living in larger bodies. The larger-sized blood pressure cuffs were kept in a separate room. The chairs in the waiting room were too small and the tables too wobbly. I never felt comfortable going to the doctor's office. I was ashamed of myself and refused to be weighed because the doctor would just tell me to eat less and move more.

Had it not been for the OAC and my health psychologist, I would have continued to carry this shame and never would have found my passion for advocacy.

OAC Community Perspectives continued on page 8

Get Connected to OAC Today!



The OAC knows that the journey with weight can be challenging but we also know that great things happen when we learn, connect and engage.

Sign-up to stay connected to our mission, latest news, events, ways to get involved, information and all things OAC!



Let's Connect!

ObesityAction.org/get-connected

Changing Treatment Approaches

After a slight regain over the years, I started a new medication in 2021 to treat my obesity. I've lost roughly 35 pounds in the last year and a half and am now 10 pounds from my lowest weight since having bariatric surgery. It has been quite the journey!

However, with time, I've also faced some chronic health issues. Since my two bariatric surgeries, I've had five additional surgeries for emergency bowel obstructions, intestinal problems, different types of hernias, and gastrointestinal neuropathy due to adhesions from having multiple operations. I continue to see my doctors to manage my symptoms, but I have no regret for my decision to have bariatric surgery. Without it, I don't believe I would have been able to lose 140 pounds.

There is NO shame in having surgery or using anti-obesity medications to assist with weight-loss. Obesity is a chronic and complex disease, but there are effective and science-based tools to help you manage your weight and health. While these options aren't for everyone, I'm certainly glad they are available to some. However, we have more work to do in making these tools more accessible through healthcare providers and insurance carriers.

“There is NO shame in having surgery or using anti-obesity medications to assist with weight-loss.”



Anita rollerblading and celebrating a non-scale victory

The Importance of Mental Health

I'm currently working with a healthcare psychologist to support me in my ongoing journey with obesity. On the days I couldn't stop hating my body (specifically my legs), my therapist would remind me of all the ways my legs have been good to me and all the situations they've gotten me out of. We even wrote "An Ode to My Legs" during one meaningful conversation. I really took that point of view to heart and haven't looked at my legs negatively since that day.

Without question, surgery and medication can help you lose weight, but they don't help with behaviors like emotional eating. I believe that mental healthcare is a crucial part of the weight-loss journey for this very reason. I'm learning self-acceptance, self-compassion, and how my behaviors relate to my eating habits. I'm learning not to judge myself. There are no "wagons" to fall off of. I've also learned that movement, no matter how small, adds up.

My health psychologist has taught me to focus on consistency over perfection, and this has really stuck with me. I no longer stress about the number on the scale or hate my body. I certainly have more work to do as far as actually loving my body, but I've come a long way. One of my ongoing challenges is to not let negative thoughts take up space in my head.

Being Supported and Empowered Through the OAC Community

The OAC Community has also been a huge part of my support system since I was first introduced to it in 2019. From the in-person and virtual Conventions to the year-round connections I've made with incredible people, I always feel a sense of belonging. The OAC Community is a no-judgment zone with people sharing similar experiences. They are kind, passionate, and fighting hard to eliminate weight bias while increasing awareness and education around obesity.

I think it's particularly important to emphasize that I've used multiple tools to get to where I am today. Obesity doesn't have a one-size-fits-all solution to treatment. Being open about my health complications is not meant to deter anyone from seeking bariatric surgery. On the contrary, I want to be transparent and show others how I've overcome these obstacles.

Becoming an advocate has made it important for me to continue sharing my story with others in hopes that at least one person will benefit. Even if just one person starts to feel like they're not alone, it's worth being vulnerable and sharing what I've gone through.

“Even if just one person starts to feel like they're not alone, it's worth being vulnerable and sharing what I've gone through.”



Do You Want to Share Your Story?

Whether you have a story about navigating obesity, facing weight stigma, or inspiring others, your voice is important. Visit the OAC's story project at WeightoftheWorld.com to share yours today. Not sure what to say? Consider one of our question prompts to guide you.

If you would like your story to be featured in a future issue of *Weight Matters Magazine*, please email membership@obesityaction.org.

Anita poses at her high school reunion – an event she says she wouldn't have thought about attending prior to having bariatric surgery.



Staying Motivated

All Year Long

by Natalie-Jean Schiavone, PhD

For some people, staying motivated can feel like a full-time job. Having your mental and emotional health challenged, as well as your entire well-being, may make you feel overwhelmed and frustrated. This can lead to neglecting yourself and your overall health. Let's discuss some helpful ways to stay motivated throughout the year so you can prevent this from happening.

It's all about balance. Setting small, achievable goals to help manage your mental and emotional health is a skill. However, being able to manage your emotional health can help keep your mental health in check, too. So, let's start by creating small goals, one step at a time.



Get Moving for Your Physical Health

Depending on where you live and what time of year it is, you can take advantage of the great outdoors. Get some fresh air and sunlight by going for a hike, swim, bike ride or a walk on the beach. Being outside, especially in the sunlight (wear sunscreen

as directed), can help boost your serotonin levels. Serotonin is a chemical that plays a key role in mood regulation. So, take advantage of what Mother Nature provides by getting active and giving your mood a boost.

Not feeling adventurous enough to go outdoors? No problem! Try taking advantage of online classes or exercise groups in your area. Check your local listings, too. Many communities offer indoor classes at a discount or at no cost to you. Who knows? You may end up meeting a fitness buddy who can hold you accountable and help you stay on track toward your goals.

Either way, physical activity nurtures your mental, emotional and physical health. You will be glad you got moving once you start. Putting your sneakers on is often the hardest part, so start by setting a goal of exercising for just 15 minutes each day, and then add to that number. Before you know it, you will be creating healthy habits to last a lifetime.

Be Social

Spending time with people whose company you enjoy is a great way to feel appreciated and valued. This can be people you work with, family, friends or neighbors. If possible, visit with them in person rather than online. It may be a better way to stay emotionally connected and to feel supported.



If you can, try to get together often. Making plans and meeting up regularly can help you stay motivated because you are achieving your goal of staying connected and accountable. Socializing with those who lift you up and make you feel happy is a key part of maintaining your mental and emotional health.



Find a Hobby or Favorite Pastime

What do you like to do for fun? Do you have a hobby or favorite pastime you enjoy? If so, try to do more of those activities. Participating in activities you are fond of will keep you engaged and happy, which will also help you achieve your wellness goals and stay motivated to keep going.

If you're not sure about something but are curious to try it, there's no better time than the present. Picking up a new skill set will challenge you to keep moving forward and increase your concentration. Being able to face and conquer new challenges will grow your confidence and self-esteem.

Staying Motivated continued on page 12



“Socializing with those who lift you up and make you feel happy is a key part of maintaining your mental and emotional health.”





“Focus on one thing at a time rather than getting carried away with multiple tasks at once.”



Staying Motivated continued from page 11

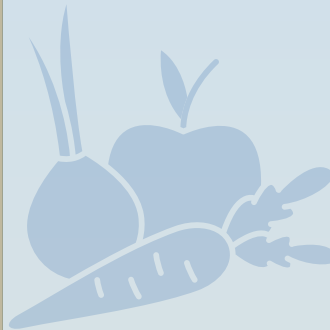
Balance Your Stress Levels

Stress. There it is. Just sitting there, staring at you, waiting to ruin your day. However, managing your stress, while challenging, may help you put things into perspective. If you are aware of what triggers your stress, you can approach your trigger with a new point of view. Remind yourself that these events do not define you; rather, they challenge you. You are in control of how and when you can confront or avoid such stressful occasions.



Wellness is achieved one step at a time. If you are struggling with how to manage stressful situations, it may be helpful to find a friend, colleague or professional you can confide in. Perhaps talking things through will help lower your stress levels and bring you back down to earth. This allows you to take control and put your mental and emotional health first, all while achieving your goal of self-care. Your overall wellness should be your top priority, so don't be afraid to make yourself number one.

Make Healthy Food Choices



Taking control and setting wellness-focused goals can be very rewarding, especially when you achieve them. Try growing your own food this year. If you have the land, plant a garden. Being outdoors, caring for your crops and eating the healthy foods you've grown are all great ways to stay mentally, physically and emotionally grounded. Tending to your garden will encourage you to eat healthy and care for your body.

Don't worry if you don't have a lot of land to enjoy the fruits and vegetables of your labor. If you live in an apartment or have limited space, a window box or patio garden will do the trick. You can still plant some of your favorite fruits and vegetables and in a few months, reap what you have sown.

Either way, big or small, gardening is a great way to achieve your health goals, stay motivated to eat well, save money and eat clean, organic foods. Keep in mind that if you are going to be outside for an extended period of time tending to your garden, be prepared. Apply sunscreen, wear protective clothing and bring plenty of water. Staying hydrated is essential to staying healthy and safe as you work toward your wellness goals.

Drink Plenty of Water

Let's talk water. We just mentioned the importance of staying hydrated while you are tending to your garden, but did you know that drinking enough water also benefits your weight in more ways than one? Unfortunately, many people find it challenging to stay hydrated, which can discourage them from hitting their wellness goals and ultimately impact their health.



If drinking regular water isn't your thing, try adding fresh slices of lemon, lime or cucumber. The extra boost of flavor may awaken your taste buds and encourage you to drink more. Another trick is to use a large, refillable water bottle that is easy to carry around with you. Fill it up in the morning and sip on it throughout the day. Before you know it, you'll have reached your daily hydration goal!



Stay Present and Be Mindful

Staying present and being mindful are essential for staying motivated and achieving your wellness goals. Focus on one thing at a time rather than getting carried away with multiple tasks at once. Slow down and don't allow judgment to interfere with your task at hand so that you can keep a positive attitude and remain open to new experiences. This may bring you to a place of gratitude. Studies show that being grateful for what you have helps you be more optimistic about the future. This simple gesture results in a boost in mental health. So, go ahead, slow down, smell the roses and count your blessings. Taking the time to practice gratitude is good for your body, mind and soul.



Conclusion

You have it in you to find the motivation to keep going on your wellness journey. Remember why you started in the first place. Keep reminding yourself that you are a priority. Your mental, emotional and physical health should be your top goals. You have to commit to taking care of yourself. No one is going to do it for you, so you can't quit on yourself. Take some of these ideas and incorporate them into your daily routine. Once you get moving, the motivation will follow, and you will turn your wellness goals into habits. Each day, remind yourself that you are worth it, you matter, and you can do 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, Dr. Schiavone went on to complete her doctoral degree in Health Psychology with a specialization in obesity. She 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.

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Spring Has Sprung — On Our Plates!

by Melissa Majumdar, MS, RD, CSOWM, LDN

Spring has sprung! Or, depending on what part of the country you live in, spring is trying but has reverted back to winter. Either way, it's the season of regrowth and opportunity. As we approach longer days, budding flowers and more sunshine, we have the perfect opportunity ahead of us to look to our plate for new ways to boost our health and wellness.

For those of us on a weight-loss journey, our diets often revert back to old habits if we're not careful. They may need a rebirth with a focus on nutrient-dense foods rich in color. Furthermore, while multivitamins can help cover some of the gaps in our diet and help us absorb foods better, there are still opportunities to get more of these specific vitamins from what's on our plate.

Enjoy these spring recipes and incorporate some key nutrients into your diet that may have been lying dormant this past winter.

Choline

Choline sparked recent attention when the American Academy of Pediatrics recognized the need for more choline in prenatal vitamins. But it's more than just pregnant and breastfeeding mamas that need this brain-boosting nutrient.

Choline helps regulate the three M's: memory, muscle and mood. Our liver does a good job of making a bit of choline, but we rely on food for most of our choline needs. Choline is a very large nutrient, making it hard to formulate into a multivitamin. It's also not routinely measured in blood work. Therefore, chances are, you're likely not getting enough choline. Don't fret – adding in some choline-rich foods to your diet, including the featured recipe I've listed here, can help!

Choline Needs (19+ years old)

Male 550 mg/day	Female 425 mg/day
Pregnancy 450 mg/day	Lactation 550 mg/day



Choline-rich Foods

- Egg – 147 mg
- Soybeans, roasted, ½ cup – 107 mg
- Chicken breast, 3 ounces – 72 mg
- 1 large potato, red, with skin – 57 mg
- Wheat germ, toasted, 1 ounce – 51 mg
- Kidney beans, canned, ½ cup – 45 mg
- Quinoa, cooked, 1 cup – 43 mg
- Brussels sprouts, boiled, ½ cup – 32 mg
- Broccoli, boiled, ½ cup – 31 mg
- Shiitake mushrooms, cooked, ½ cup – 27 mg



Broccoli Mushroom Sunshine Frittata

Adapted from: 100DaysOfRealFood.com

Ingredients:

- 2 tablespoons olive oil
- 2 shallots, minced
- ½ pound Yukon gold potatoes, cut into ½-inch diced pieces (keep peel on)
- ½ pound broccoli, cut into 1-inch pieces
- 8 ounces of mushrooms, diced (baby Bella or similar)
- 10 eggs, beaten
- Salt and pepper, to taste
- ½ cup crumbled feta



Instructions:

1. Preheat oven to 450 F.
2. Heat the oil in a large (12-inch) cast iron skillet over medium-high heat. Cook the shallots and potatoes, while stirring occasionally, until the potatoes begin to brown and soften, about 10 minutes. Season generously with salt.
3. Stir in the broccoli and mushrooms and cook until the broccoli is tender when pierced with a fork, 5 minutes. If the potatoes are not tender enough, pour in ½ to ¾ cup water to help steam and soften the veggies. Turn the heat off once water is completely absorbed.
4. Transfer half of the veggies to a plate, pour in the eggs, season with salt and pepper, and top with the veggies (from the plate) and crumbled feta. If you're using a true cast iron skillet, it should still be hot enough to start cooking the eggs.
5. Slide the skillet in the oven and bake until the eggs are set, 5 to 10 minutes, and serve.

**Bonus nutrient: Look for ultraviolet (UV) treated mushrooms for a vitamin D booster.*



Magnesium Mouthful Peanut Salad Sauce

Adapted from: *TheEndlessMeal.com*

Ingredients:

- ½ cup smooth peanut butter or cashew butter
- ½ cup lime juice
- 1 tablespoon soy sauce
- 1 tablespoon ginger, grated
- 2 teaspoons toasted sesame oil (can substitute with olive oil)
- 2 cloves garlic, minced
- ¼ - ½ cup water
- Sea salt, to taste



Instructions:

1. In a medium-sized bowl, whisk together the peanut butter, lime juice, soy sauce, ginger, sesame oil and garlic.
2. Thin with water, starting with ¼ cup. If you're planning to make a salad dressing, thin more, or keep it thicker for a dipping sauce. The sauce will thicken in the fridge over time.
3. Taste and season with salt, if needed.
4. Store extra in the fridge.

**To make a salad full of magnesium-rich ingredients to pair with your yogurt peanut dressing, layer your salad with spinach, edamame, cashews, and a piece of salmon or scoop of black beans.*

Magnesium

Magnesium is another nutrient that takes up a lot of real estate in a multivitamin. To fit enough magnesium into one pill, you'd be swallowing a half-dollar! Some people take magnesium supplements to prevent migraines and headaches, manage osteoporosis or counter magnesium loss from diuretics (water pills). If you're planning to take extra magnesium, add it in slowly to prevent diarrhea or abdominal cramping, and don't take more than 350 mg from all sources.

What's the big deal about magnesium anyway? Magnesium helps support bone health along with calcium and vitamin D. It also plays a role in nerve and muscle function, regulating blood sugar and blood pressure, and making protein.

Magnesium is another nutrient that is hard to measure in the blood because most of it is stored in our cells and bone. Therefore, blood levels of magnesium don't tell the whole picture. The standard American diet provides less than ideal amounts of magnesium, so try padding your plate with magnesium-rich foods.

Magnesium Needs: Recommended Dietary Allowances (19+ years old)

Male	Female
400-420 mg/day	310-320 mg/day
Pregnancy	Lactation
350-360 mg/day	310-320 mg/day



Magnesium-rich foods

- Pumpkin seeds, roasted, 1 ounce – 156 mg
- Chia seeds, 1 ounce – 111 mg
- Spinach, boiled, ½ cup – 78 mg
- Cashews, dry roasted, 1 ounce – 74 mg
- Black beans, cooked, ½ cup – 60 mg
- Edamame, shelled, cooked, ½ cup – 50 mg
- Yogurt, plain, low-fat, 8 ounces – 42 mg
- Peanut butter, 2 tablespoons – 49 mg
- Salmon, Atlantic, farmed, cooked, 3 ounces – 26 mg

Selenium

Selenium is best known for its antioxidant properties. Our bodies are constantly under stress from daily tasks, poor sleep, illness and more. Too much stress can cause oxidative damage. Antioxidants protect and repair our cells from stress. Selenium plays critical roles in reproduction, thyroid health, metabolism and DNA synthesis. Blood levels of selenium aren't as difficult to measure as choline and magnesium, but they are not part of a standard lab panel.

Selenium Needs: Recommended Dietary Allowances (14+ years old)

Male 55 mcg/day	Female 55 mcg/day
Pregnancy 60 mcg/day	Lactation 70 mcg/day



Selenium-rich Foods

- Brazil nuts, 1 ounce (6-8 nuts) – 544 mg
- Tuna, yellowfin, cooked, dry heat, 3 ounces – 92 mg
- Halibut, cooked, dry heat, 3 ounces – 47 mg
- Turkey, boneless, roasted, 3 ounces – 31 mg
- Cottage cheese, 1% milkfat, 1 cup – 20 mg
- Lentils, boiled, 1 cup – 6 mg

Get Proper Nutrients All Year Long!

It's important to incorporate a variety of nutrient-dense foods into your diet, but this doesn't have to be a hassle. Pick a few nutrients or foods to start with and experiment with making different dishes your family will enjoy this spring. Have fun and enjoy the process!

About the Author:

Melissa Majumdar, MS, RD, CSOWM, LDN, is the bariatric coordinator at Emory University Hospital Midtown in Atlanta. She has been helping adults and children eat more vegetables for the last 14 years and also helps prepare adults for bariatric surgery. Melissa serves as an Academy of Nutrition and Dietetics national media spokesperson and spends her free time running and kayaking with her family.



Tuna Burger

Adapted from: *EatThisMuch.com*

Ingredients:

- ½ cup bread crumbs
- 2 tablespoons pepper sauce
- 2 teaspoons mustard, or 1 packet
- 1 medium egg
- 2 cans tuna (12.5 oz.), drained
- 1 dash salt
- 1 dash pepper
- 1 tablespoon olive oil



Instructions:

1. Mix all ingredients in a bowl (excluding oil).
2. Season with salt and pepper, to taste.
3. Divide the mixture into 4 parts. With each part, form into a ball and then flatten into a patty.
4. Heat the olive oil in a cast iron or non-stick skillet on medium-high heat. Gently place the patties in the pan and cook until nicely browned, 3-4 minutes on each side. Enjoy!

Poor Circulation:

What Causes it and What Can I Do?

by Angela Golden, DNP, FNP-C, FAANP, FOMA

Your circulatory system includes over 50,000 miles of your heart, lymphatic system, blood and blood vessels. Think of this as a road system inside your body. If the roads have bumps, get clogged or experience a blockage, the blood doesn't move like it should. This creates poor circulation. Your circulatory system is responsible for moving nutrients and oxygen through the body and for removing waste.

Poor circulation isn't a disease itself, but a symptom of many other conditions. Let's look at ways to recognize poor circulation, improve it, and work with your healthcare provider along the way.



What is Poor Circulation?

Simply put, poor circulation happens when your blood can't move well through your blood vessels. Symptoms most commonly start in the areas furthest from the heart, like the hands and feet.

The source of the problem can vary. It can be in your arteries, which take oxygen and nutrients to cells; your veins, which bring blood and toxins back to the liver; or your lymphatic system, which drains fluids from your tissue. The problem could also be in your heart or kidneys.



What Are the Causes of Poor Circulation?

- **Older age:** Those 40 and over are more prone to poor circulation, although it can happen earlier.
- **Overweight or obesity:** Extra weight adds to the risk of high blood pressure and diabetes. Severe obesity can make blood flow through the veins more difficult, increasing the likelihood of varicose veins (twisted and enlarged). Obesity also increases inflammation, including in the circulatory system.
- **High blood pressure:** This can weaken the blood vessels.
- **Atherosclerosis:** This is the plaque-like buildup of fats, cholesterol and other substances in and on the artery walls. Atherosclerosis makes the blood vessels narrower, limiting the ease of blood flow. This can affect the brain, heart and other blood vessels in the body.
- **Smoking:** This increases the risk of developing atherosclerosis (see definition above).
- **High blood sugar:** This can harm the inside of your blood vessels and make your blood thicker.
- **Blood clots:** These reduce blood flow by creating a "roadblock" in your circulatory system. Blood clots can be painful and in severe cases, cause heart attacks and strokes.
- **Peripheral artery disease:** This causes narrowed or stiffened vessels, making it more difficult for blood to move through the blood vessels to your legs and feet.
- **Varicose veins:** As mentioned earlier, these are veins that have damage to their walls and have become larger, therefore putting pressure on the one-way valves. The blood can flow backward, and blood doesn't move efficiently back to the heart.

Common Signs of Poor Circulation

Signs of poor circulation generally include pain, numbness, tingling in the feet, and cold hands and feet. Other signs can be dry skin, brittle nails, wounds (like scrapes) that heal slower, and muscle cramps that may worsen with walking. Men may have trouble getting or keeping an erection.

Varicose veins may appear as tiny lines on the skin that are bluish-purple. They may also appear as veins that are "bulging" when the valves aren't working. Swelling and edema may also occur when circulation is impaired, especially in the legs.

In critical situations, people with poor circulation could experience chest pain, difficulty breathing or symptoms of a stroke if there is a blockage in an artery. In cases such as these, call 911 and get to a hospital immediately.

How is Poor Circulation Diagnosed?

First, if you are experiencing any of these signs or symptoms, it's crucial that you make an appointment with your healthcare provider. Poor circulation is often a symptom of another disease or condition, which is why it's important to communicate with your physician, nurse practitioner or physician associate. Your healthcare provider will ask for your history, do a physical exam and likely run some tests to determine the cause of your symptoms.

Some of those tests include an ultrasound or a special blood pressure test that measures the blood pressure in your arm and leg. More invasive testing may be needed, such as an angiography, CT scan or cardiac stress test. You will also likely need blood tests.

Treatment for Poor Circulation

A healthcare provider will base treatment on what is causing the poor circulation. Procedures may include opening a blocked artery with an angioplasty or bypass, removing a blood clot, or removing problematic varicose veins.

Treating diseases that cause a risk of poor circulation is also a primary focus. This includes addressing overweight and obesity, high blood pressure and diabetes. Your provider may prescribe medications to treat these chronic diseases and recommend compression stockings.

Poor Circulation continued on page 20

How Can I Prevent Poor Circulation?

- ✓ Avoid or stop smoking
- ✓ Keep your blood pressure within a healthy range
- ✓ Manage your blood sugar
- ✓ Discuss your concerns with a healthcare provider

What Treatments Can I Do at Home?

Almost all the recommendations for treating poor circulation are geared toward improving your cardiovascular health. These recommendations are designed to keep the blood flowing easily through the body and to reduce inflammation and damage to the blood vessels.

- Stop smoking.
- Wear compression stockings if recommended by your healthcare provider.
- Eat more vegetables and whole foods to increase your fiber intake. The American Heart Association recommends reducing the amount of saturated fat in your diet and limiting added sodium. If you are being treated for obesity, check with your healthcare provider or dietitian to develop a healthy and sustainable way of eating.
- Drink water. Blood is made of half water, so staying hydrated can help your blood flow.
- Measure your blood pressure at home and aim for a reading at or near 120/80 mmHg. If your reading is higher, make an appointment with your healthcare provider to discuss options.
- Stand up at least once every hour if you sit a lot.
- Walk around if your job has you on your feet most of the day, even if it's just marching in place.
- Increase your physical activity. Yoga, walking, swimming and biking are just a few exercises that can greatly improve poor circulation.
- Consider getting a mini trampoline. Jumping for 10-15 minutes a day will stimulate your lymphatic system.
- Take baths or showers with hot water or try out a sauna! Hot water and saunas can open up blood vessels for a short period of time. Check with your healthcare provider first to see if they approve of you being in the heat.



Improving Poor Circulation

Poor circulation can be the result of many different diseases or conditions. It's important to recognize the signs and symptoms of poor circulation and to talk to a healthcare provider if you have concerns.

Once poor circulation has a diagnosed cause, work on a treatment plan with your healthcare provider and look at what measures you can take at home to help. Just pick one or two to start with. You can work toward better circulation in many ways and improve your overall health in the process.

About the Author:

Angela Golden, DNP, FNP-C, FAANP, FOMA, is the past president of the American Association of Nurse Practitioners (AANP). She is a current fellow of AANP and the Obesity Medicine Association (OMA). Angela owns NP Obesity Treatment Clinic in Flagstaff, Arizona, where she provides evidence-based obesity treatment. She earned the OMA's NP/PA Certificate of Advanced Clinical Education and the Specialist Certification of Obesity Professional Education, both of which are internationally recognized certifications.

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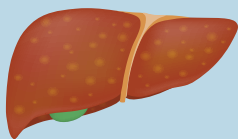


What Are NAFLD and NASH?

by Jeff McIntyre

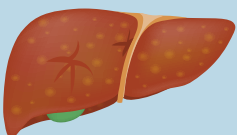
As the Vice President of Liver Health Programs at the Global Liver Institute, I support liver patients, caregivers, those at-risk and others concerned about liver health to find solutions for every stage of liver disease. With the rising number of people living with obesity and other cardiometabolic disorders, liver health has gained the growing attention of medical professionals, scientists and the general public as we work to better screen, diagnose, treat and prevent liver disease.

Nonalcoholic fatty liver disease (NAFLD)



Fat accumulates in the liver

Nonalcoholic steatohepatitis (NASH)



Fat plus inflammation and scarring

What are NAFLD and NASH?

Nonalcoholic fatty liver disease (NAFLD) is a condition in which fat builds up in the liver. If left untreated, NAFLD can lead to serious liver problems such as nonalcoholic steatohepatitis (NASH). NASH is caused when that extra fat turns into inflammation (swelling in the liver) and fibrosis (scarring) of the liver.

NAFLD and NASH can affect people of any age, including children. It is more common in people who live with certain health conditions, including obesity, and conditions that may be weight-related such as type 2 diabetes, high blood pressure and high cholesterol. While NAFLD and NASH occur in all populations, they are more common in Hispanic, Asian and White populations than in the African American population. Further research supports that Hispanic individuals of Mexican origin have one of the highest incidences of NAFLD and NASH. Globally, NAFLD affects one in four people, with some differences according to geography, ethnicity and socioeconomic status.

"If left untreated, NAFLD can lead to serious liver problems such as nonalcoholic steatohepatitis (NASH)."

Are NAFLD and NASH Common?

Unfortunately, NAFLD and NASH are very common. Research estimates that about 25% of people worldwide have NAFLD, with the highest rates in South America, the Middle East, Asia, the United States and Europe. Still, these conditions are often under-identified and undertreated. This is due to a lack of disease awareness, stigma about liver disease, symptoms that are difficult to identify, current screening procedures, and limited treatment and management options.

If severe enough, NASH can lead to cirrhosis or liver cancer, potentially requiring a liver transplant. Livers for transplants usually come from people who have recently passed away. The waiting period for these livers can be long, ranging from less than 30 days to five years in the U.S. alone.

The importance of addressing liver disease is greater than ever. As global overweight and obesity rates have nearly tripled since 1975, with more than 1.9 billion adults affected, NAFLD is one of the most chronic and progressive forms of liver disease in adults and children worldwide. NASH is expected to become the leading cause of liver transplants in the U.S. between 2020-2025.

What Are the Signs and Symptoms of NASH?

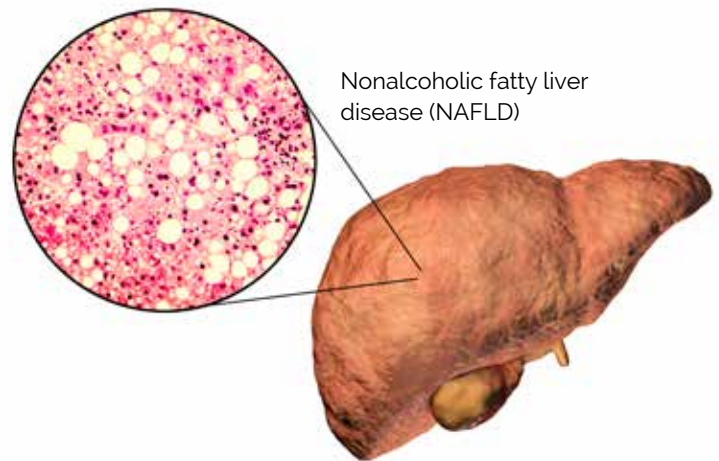
Individuals with NASH may report fatigue (tiredness that does not resolve with rest), changes in skin color or abdominal pain. Cirrhosis is an advanced liver disease that can be caused by NASH. If it develops, these symptoms may be observed via jaundice (yellowing of the skin and whites of eyes), itchy skin, swelling of the abdomen and dark urine. Many individuals do not display symptoms in the early stages. Once major damage to the liver has occurred, signs of NASH may become more obvious.

What Causes NAFLD and NASH?

Experts don't know exactly why some people accumulate fat in the liver while others do not. Similarly, there is a limited understanding of why some fatty livers, but not all, develop inflammation that progresses to cirrhosis.

As with many metabolic or cardiovascular disorders, NAFLD and NASH can both be linked to overweight, obesity, insulin resistance, high blood sugar and high levels of fats — particularly triglycerides in the blood.

These combined health problems appear to promote the deposits of fat in the liver. For some people, this excess fat acts as a toxin to liver cells, causing liver inflammation and NASH, which may lead to the buildup of scar tissue in the liver.



Complications

One of the main complications of NAFLD and NASH is cirrhosis, which is late-stage scarring of the liver. Cirrhosis occurs in response to liver injury, such as inflammation caused by NASH. As the liver tries to stop inflammation, it produces areas of scarring. With continued inflammation, fibrosis spreads to take up more and more liver tissue.

If the process is not interrupted, cirrhosis can lead to:

- Fluid buildup in the abdomen (ascites), swelling of veins in your esophagus (esophageal varices) that can rupture and bleed, confusion, drowsiness, slurred speech (hepatic encephalopathy) and liver cancer
- End-stage liver failure, which means the liver has stopped functioning

If diagnosed with cirrhosis, you may be at an early or late stage of liver disease. Here is how your healthcare provider will determine the difference:

- If you have fat but no inflammation or tissue damage, the diagnosis is NAFLD.
- If you have fat, inflammation and liver damage, the diagnosis is NASH.
- If you have a type of scar tissue in your liver called fibrosis, you may be developing cirrhosis.

NAFLD & NASH continued on page 27

For adults with obesity or some adults with excess weight and weight-related medical problems, along with a reduced-calorie meal plan and increased physical activity

Lose weight and keep it off

Actor portrayal.

This is Wegovy® This is me



What is Wegovy®?

Wegovy® (semaglutide) injection 2.4 mg is an injectable prescription medicine that may help adults with obesity (BMI ≥ 30) or some adults with excess weight (BMI ≥ 27) (overweight) who also have weight-related medical problems to help them lose weight and keep it off. Wegovy® should be used with a reduced calorie meal plan and increased physical activity.

- Wegovy® contains semaglutide and should not be used with other semaglutide-containing products or other GLP-1 receptor agonist medicines
- It is not known if Wegovy® is safe and effective when taken with other prescription, over-the-counter, or herbal weight loss products
- It is not known if Wegovy® can be used safely in people with a history of pancreatitis
- It is not known if Wegovy® is safe and effective for use in children under 12 years of age

Important Safety Information

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

Wegovy® may cause serious side effects, including:

- **Possible thyroid tumors, including cancer.** 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 rodents, Wegovy® and medicines that work like Wegovy® caused thyroid tumors, including thyroid cancer. It is not known if Wegovy® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people

- Do not use Wegovy® 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)

Do not use Wegovy® 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)
- you have had a serious allergic reaction to semaglutide or any of the ingredients in Wegovy®

Before using Wegovy®, tell your healthcare provider if you have any other medical conditions, including if you:

- have or have had problems with your pancreas or kidneys
- have type 2 diabetes and a history of diabetic retinopathy
- have or have had depression, suicidal thoughts, or mental health issues
- are pregnant or plan to become pregnant. Wegovy® may harm your unborn baby. You should stop using Wegovy® 2 months before you plan to become pregnant
- are breastfeeding or plan to breastfeed. It is not known if Wegovy® passes into your breast milk

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Wegovy® may affect the way some medicines work and some medicines may affect the way Wegovy® works. Tell your healthcare provider if you are taking other medicines to treat diabetes, including sulfonylureas or insulin. Wegovy® slows stomach emptying and can affect medicines that need to pass through the stomach quickly.

FDA-APPROVED WEGOVY® IS THE #1 PRESCRIBED ONCE-WEEKLY WEIGHT-MANAGEMENT MEDICINE*

ADULTS ON AVERAGE
ACHIEVED ~15% WEIGHT LOSS

~35^{LB}

~232 LB STARTING WEIGHT

- People taking placebo in the study (not on medicine) lost an average of 6 lb (or ~2.5% body weight)
- Average starting weight in both groups: ~232 lb[†]

*Based on US sales data as of October 22, 2022.

[†]Results are from a 68-week medical study of adults with obesity (BMI ≥30) and adults with excess weight (BMI ≥27) who also had weight-related medical problems including high blood pressure or high cholesterol. People with type 2 diabetes were excluded. Both groups received instruction for a reduced-calorie meal plan and increased physical activity. 7% of people taking Wegovy® (92 people) left the medical study due to side effects, compared to 3.1% of people taking placebo (20 people).

ONCE-WEEKLY

wegovy®

semaglutide injection 2.4 mg

- **83% of adults** taking Wegovy® **lost 5% or more** weight, compared to 31% taking placebo
- **66% of adults** taking Wegovy® **lost 10% or more** weight, compared to 12% taking placebo
- **48% of adults** taking Wegovy® **lost 15% or more** weight, compared to 5% taking placebo

ABOUT 1 IN 3 ADULTS ACHIEVED 20% WEIGHT LOSS

46^{LB}

CALCULATED FROM ~232 LB STARTING WEIGHT

- **30% of people** taking Wegovy® **lost 20% or more** weight, compared to 2% of people taking placebo, in a supportive measure

Check your cost and coverage
at [Wegovy.com](https://www.wegovy.com) before asking
your health care provider
for Wegovy®



Important Safety Information (cont'd)

What are the possible side effects of Wegovy®?

Wegovy® may cause serious side effects, including:

- **inflammation of your pancreas (pancreatitis).** Stop using Wegovy® 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.** Wegovy® may cause gallbladder problems, including gallstones. Some gallstones may need surgery. Call your healthcare provider if you have symptoms, such as pain in your upper stomach (abdomen), fever, yellowing of the skin or eyes (jaundice), or clay-colored stools
- **increased risk of low blood sugar (hypoglycemia) in patients with type 2 diabetes, especially those who also take medicines for type 2 diabetes such as sulfonylureas or insulin.** This can be both a serious and common side effect. Talk to your healthcare provider about how to recognize and treat low blood sugar and check your blood sugar before you start and while you take Wegovy®. Signs and symptoms of low blood sugar may include dizziness or light-headedness, blurred vision, anxiety, irritability or mood changes, sweating, slurred speech, hunger, confusion or drowsiness, shakiness, weakness, headache, fast heartbeat, or feeling jittery
- **kidney problems (kidney failure).** In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration), which may cause kidney problems to get worse. It is important for you to drink fluids to help reduce your chance of dehydration
- **serious allergic reactions.** Stop using Wegovy® and get medical help right away, if you have any symptoms of a serious allergic reaction, including swelling of your face, lips, tongue, or throat; problems breathing or swallowing; severe rash or itching; fainting or feeling dizzy; or very rapid heartbeat
- **change in vision in people with type 2 diabetes.** Tell your healthcare provider if you have changes in vision during treatment with Wegovy®
- **increased heart rate.** Wegovy® can increase your heart rate while you are at rest. Tell your healthcare provider if you feel your heart racing or pounding in your chest and it lasts for several minutes
- **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

The most common side effects of Wegovy® may include: nausea, diarrhea, vomiting, constipation, stomach (abdomen) pain, headache, tiredness (fatigue), upset stomach, dizziness, feeling bloated, belching, gas, stomach flu, heartburn, and runny nose or sore throat.


Wegovy® is a prescription medication. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

FDA, US Food and Drug Administration.

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

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February 2023



Brief Summary of information about WEGOVY® (semaglutide) injection	How should I use WEGOVY®?
<div data-bbox="153 219 464 306">  semaglutide injection 2.4 mg </div> <div data-bbox="485 161 786 368"> <p>Rx Only This information is not comprehensive. How to get more information:</p> <ul style="list-style-type: none"> • Talk to your healthcare provider or pharmacist • Visit www.novo-pi.com/wegovy.pdf to obtain the FDA-approved product labeling • Call 1-833-Wegovy-1 </div>	<p>How should I use WEGOVY®?</p> <ul style="list-style-type: none"> • WEGOVY® is injected under the skin (subcutaneously) of your stomach (abdomen), thigh, or upper arm. Do not inject WEGOVY® into a muscle (intramuscularly) or vein (intravenously). • Change (rotate) your injection site with each injection. Do not use the same site for each injection. • Use WEGOVY® 1 time each week, on the same day each week, at any time of the day. • If you take too much WEGOVY®, you may have severe nausea, severe vomiting and severe low blood sugar. Call your healthcare provider or go to the nearest hospital emergency room right away if you experience any of these symptoms.
<p>What is the most important information I should know about WEGOVY®?</p> <p>WEGOVY® may cause serious side effects, including:</p> <ul style="list-style-type: none"> • Possible thyroid tumors, including cancer. 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 rodents, WEGOVY® and medicines that work like WEGOVY® caused thyroid tumors, including thyroid cancer. It is not known if WEGOVY® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people. • Do not use WEGOVY® 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>What are the possible side effects of WEGOVY®?</p> <p>WEGOVY® may cause serious side effects, including:</p> <ul style="list-style-type: none"> • See “What is the most important information I should know about WEGOVY®?” • inflammation of your pancreas (pancreatitis). Stop using WEGOVY® 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. WEGOVY® 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"> ◦ pain in your upper stomach (abdomen) ◦ yellowing of skin or eyes (jaundice) ◦ fever ◦ clay-colored stools
<p>What is WEGOVY®?</p> <p>WEGOVY® is an injectable prescription medicine that may help adults and children aged 12 years and older with obesity, or some adults with excess weight (overweight) who also have weight-related medical problems to help them lose weight and keep the weight off.</p> <ul style="list-style-type: none"> • WEGOVY® should be used with a reduced calorie meal plan and increased physical activity. • WEGOVY® contains semaglutide and should not be used with other semaglutide-containing products or other GLP-1 receptor agonist medicines. • It is not known if WEGOVY® is safe and effective when taken with other prescription, over-the-counter, or herbal weight loss products. • It is not known if WEGOVY® can be used safely in people with a history of pancreatitis. • It is not known if WEGOVY® is safe and effective for use in children under 12 years of age. 	<ul style="list-style-type: none"> • increased risk of low blood sugar (hypoglycemia) in patients with type 2 diabetes, especially those who also take medicines to treat type 2 diabetes mellitus such as sulfonylureas or insulin. Low blood sugar in patients with type 2 diabetes who receive WEGOVY® can be both a serious and common side effect. Talk to your healthcare provider about how to recognize and treat low blood sugar. You should check your blood sugar before you start taking WEGOVY® and while you take WEGOVY®. Signs and symptoms of low blood sugar may include: <ul style="list-style-type: none"> ◦ dizziness or light-headedness ◦ blurred vision ◦ anxiety ◦ irritability or mood changes ◦ fast heartbeat ◦ sweating ◦ slurred speech ◦ hunger ◦ confusion or drowsiness ◦ feeling jittery ◦ shakiness ◦ weakness ◦ headache • kidney problems (kidney failure). In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration) which may cause kidney problems to get worse. It is important for you to drink fluids to help reduce your chance of dehydration.
<p>Do not use WEGOVY® if:</p> <ul style="list-style-type: none"> • 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). • you have had a serious allergic reaction to semaglutide or any of the ingredients in WEGOVY®. Symptoms of a serious allergic reaction include: <ul style="list-style-type: none"> ◦ swelling of your face, lips, tongue or throat ◦ problems breathing or swallowing ◦ severe rash or itching ◦ fainting or feeling dizzy ◦ very rapid heartbeat 	<ul style="list-style-type: none"> • serious allergic reactions. Stop using WEGOVY® and get medical help right away, if you have any symptoms of a serious allergic reaction including: <ul style="list-style-type: none"> ◦ swelling of your face, lips, tongue or throat ◦ severe rash or itching ◦ problems breathing or swallowing ◦ very rapid heartbeat ◦ fainting or feeling dizzy • change in vision in people with type 2 diabetes. Tell your healthcare provider if you have changes in vision during treatment with WEGOVY®. • increased heart rate. WEGOVY® can increase your heart rate while you are at rest. Your healthcare provider should check your heart rate while you take WEGOVY®. Tell your healthcare provider if you feel your heart racing or pounding in your chest and it lasts for several minutes.
<p>Before using WEGOVY®, tell your healthcare provider if you have any other medical conditions, including if you:</p> <ul style="list-style-type: none"> • have or have had problems with your pancreas or kidneys. • have type 2 diabetes and a history of diabetic retinopathy. • have or have had depression or suicidal thoughts, or mental health issues. • are pregnant or plan to become pregnant. WEGOVY® may harm your unborn baby. You should stop using WEGOVY® 2 months before you plan to become pregnant. <ul style="list-style-type: none"> ◦ Pregnancy Exposure Registry: There is a pregnancy exposure registry for women who use WEGOVY® during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Talk to your healthcare provider about how you can take part in this registry or you may contact Novo Nordisk at 1-800-727-6500. • are breastfeeding or plan to breastfeed. It is not known if WEGOVY® passes into your breast milk. You should talk with your healthcare provider about the best way to feed your baby while using WEGOVY®. <p>Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. WEGOVY® may affect the way some medicines work and some medicines may affect the way WEGOVY® works. Tell your healthcare provider if you are taking other medicines to treat diabetes, including sulfonylureas or insulin. WEGOVY® slows stomach emptying and can affect medicines that need to pass through the stomach quickly. Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.</p>	<ul style="list-style-type: none"> • 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. <p>The most common side effects of WEGOVY® in adults or children aged 12 years and older may include:</p> <ul style="list-style-type: none"> • nausea • stomach (abdomen) pain • dizziness • stomach flu • diarrhea • headache • feeling bloated • heartburn • vomiting • tiredness (fatigue) • belching • runny nose or sore throat • constipation • upset stomach • gas <p>Talk to your healthcare provider about any side effect that bothers you or does not go away. These are not all the possible side effects of WEGOVY®. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.</p> <p>This Medication Guide has been approved by the U.S. Food and Drug Administration. Issued: 12/2022</p> <p>Manufactured by: Novo Nordisk A/S, DK-2880 Bagsvaerd, Denmark More detailed information is available upon request. Available by prescription only. For more information, go to startWegovy.com or call 1-833-Wegovy-1. WEGOVY® is a registered trademark of Novo Nordisk A/S. © 2023 Novo Nordisk All rights reserved. US23SEMO00001 January 2023</p>

"People with NASH have a higher risk of developing other conditions such as metabolic disorders and cardiovascular disease."

NAFLD & NASH continued from page 23

What Happens if I Am Diagnosed With NASH?

People with NASH have a higher risk of developing other conditions such as metabolic disorders and cardiovascular disease. Cardiac-related deaths are one of the leading causes of death for people living with NASH or NAFLD.

Currently, there are no approved medications for NAFLD/ NASH in North America or Europe. Fortunately, there are several promising therapies in late-stage clinical trials. Many experts believe that several of the medications used to treat obesity and diabetes may have positive effects on NAFLD. Research shows that when some individuals lose 7-10% of their body weight, they can dramatically reduce liver inflammation.

The more serious NASH becomes, the more difficult it is to manage. The amount of fat in the liver can be reduced through nutrition, physical activity and adequate sleep. This can help NAFLD and NASH at all stages. While there are no approved therapies at the moment, lifestyle modification through nutrition and physical activity is recommended.

Questions?

If you are concerned that you may be at risk for NAFLD or NASH, there are several questions you can ask your healthcare provider to address your risk.

- I have obesity (and/or diabetes, high cholesterol, etc.). Should I be checked for NAFLD or NASH?
- Can my NAFLD be reversed or is this a lifelong condition?
- What do I need to change about my nutrition and/or physical activity habits?
- What are my options for treatment beyond nutrition and physical activity?
- How do I know if my condition is getting better or worse?
- Have you checked if I have any liver scarring (fibrosis) using non-invasive tests, such as serum or imaging tests?
- Should I keep taking my current medications, such as statins or diabetes medications?
- Can I participate in a clinical trial?



How the Global Liver Institute Can Help:

At the Global Liver Institute, we unite partners from all areas of liver health to find solutions for every stage of liver disease, including NAFLD and NASH. On June 8th, 2023, the Global Liver Institute will host International NASH Day with events, screenings, educational panels and liver health activities to promote awareness and education for patients, those at-risk, caregivers and others touched by these progressive and chronic diseases. For more information, visit GlobalLiver.org or InternationalNASHDAY.org.

About the Author:

Jeff McIntyre is the Global Liver Institute's (GLI) Vice President for Liver Health Programs. In this position, he oversees GLI departments in liver cancer, pediatric and rare liver diseases, NAFLD/NASH, and the global campaign 'Liver Health is Public Health.' With over 20 years of public health and advocacy experience, Jeff has worked with leading public health member associations, national physical activity and nutrition campaigns, and international obesity organizations to improve public health and chronic disease outcomes.

Springtime **FUN** with Your Family

by Michelle "Shelly" Vicari



Spring is finally here, and the warmer weather offers plenty of opportunities for us to get back outside. Here are some fun activities that will help your family enjoy the best of the season!

Enjoy the Signs of Spring

The signs of spring are happening all around us. Buds and leaves are appearing on trees and plants are popping through the soil. There are snails, worms and frogs everywhere. You may spot the first butterflies of the season. Watch for bunnies and squirrels playing in the trees. Listen for birds returning from their winter vacation homes. Head out for a walk and see which signs of spring you can spot. Take photos! Encourage a family member in a different part of the country to do the same. Compare and discuss the similarities and differences between them. Taking in the nature around you and exploring it with your family is always a great activity, but especially during the spring months.



Start a Garden

There is something magical about watching a tiny seed grow into a plant. Springtime is the perfect time to plant a vegetable garden or create a garden that attracts butterflies. No space for a garden? Use a container to plant herbs or make Eggheads.

How to Make an Egghead:

Take some eggshells and try cracking off just the top so you have plenty of fillable space. Wash out the eggshells and sit them back in the egg box. Draw fun faces on them and add some googly eyes! Then, place a damp cotton ball inside each eggshell and sprinkle seeds inside (chia, cress, radish, alfalfa and grasses all sprout quickly). Be sure to cover the cotton ball to get a full "head of hair" when they begin to grow.

Feed The Birds

In the spring, birds returning from long migrations are busy building nests and laying eggs. Their singing and twittering signal that spring has truly arrived. Set up a bird feeder in your backyard, on your patio or on your balcony, then document which feathered friends visit most frequently. How many birds did you spot this week? How many new species visited? It's fun to keep track. You can learn more about birds at birds.cornell.edu and peek at live feeder cams around the country.



Go On a Hike

Spring is a great time to go on a hike. There's no better way to cure the cabin fever we get from being cooped up all winter than to get out and explore nature. Be sure to plan a hike that is friendly to everyone in the group's skill level. A great website to find trails in your area is AllTrails.com,

which allows you to filter by skill level, distance and accessibility. Always stay on marked trails. Depending on the age of your children, it's probably best to plan a morning hike when energy levels are higher. Bring some snacks and plenty of water.

Play in the Rain

The weather is still unpredictable, but don't let spring showers stop you from enjoying the outdoors. Put on your rain gear and play in puddles! See who can make the biggest or silliest splash. Dance in the rain. Collect rain in different containers and listen to the sounds of raindrops as they hit a metal, plastic or glass container. Yes, everyone will get a little wet and a little dirty, but you'll make great memories.



Have a Picnic

There has to be no better spring outdoor activity than going on a picnic. Grab a blanket, pack a lunch or some snacks, head to a park and enjoy the sunshine. Have fun on the playground, then toss down your blanket, lay on your backs and watch the clouds go

by. Take turns describing what you see. Can you find any animal shapes? What else do the clouds look like?

No clouds in the sky? Read one of these books about springtime:

- Flower Garden - Eve Bunting
- Planting a Rainbow - Lois Ehlert
- Frog and Toad Are Friends - Arnold Lobel
- Little Cloud - Eric Carle
- Make Way for Ducklings - Robert McCloskey

Fun With the Whole Family

I hope you will consider trying a few of these activities with your family to welcome and celebrate spring! With each changing season, it's always important to find activities that are suitable and joyful for the whole family.

About the Author:

Michelle "Shelly" Vicari, Past OAC Chair, majored in Child Development and Family Studies as well as Political Science at San Diego State University. She was the former Curriculum Director of the largest National Association for the Education of Young Children (NAEYC) accredited Child Care Centers in Southern California. She has authored many curriculum guides for teachers working with young children and was lucky enough to once meet Mr. Fred Rogers!

Dear Doctor +

What's the Matter with Pet Obesity?



by Ernie Ward, DVM, CVFT *Dr. Ernie Ward*

Pet obesity matters, and there's a lot you can do to help your pet live a long and healthy life. For nearly 30 years, I've focused my veterinary practice on pet obesity. During this time, I've witnessed the subject evolve from "fat cats are happy cats" to "obesity is the number one health threat to pets." I've observed veterinarians move from ignoring the seriousness of pet obesity to making nutritional evaluations a standard of care. Despite these efforts and advancements, over half our nation's dogs and cats remain at unhealthy weights and body conditions.

The Controversy Behind Pet Obesity and Nutrition

Do you want to know the most disputed topic pet parents discuss? Pet food. My nonprofit organization, the Association for Pet Obesity Prevention (APOP), conducts prevalence surveys to measure the number of pets with obesity in addition to pet owner and veterinary professionals' attitudes about important nutritional topics.

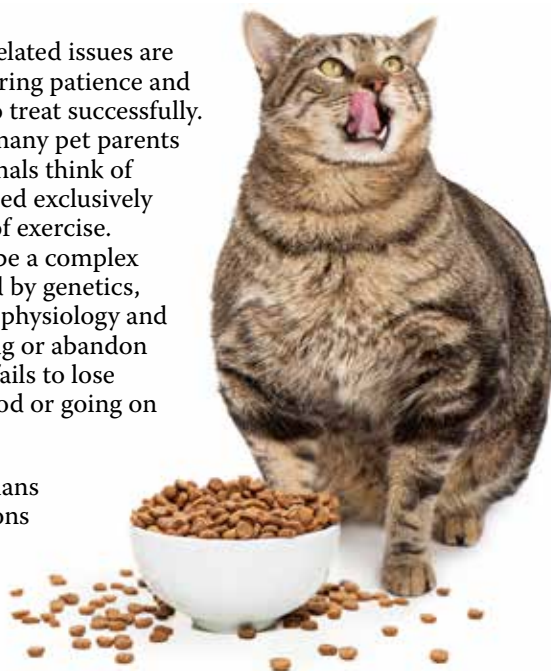
Many pet owners seem genuinely confused and often outspoken about concepts such as whether or not grains and corn are healthy, if wet or dry diets are more nutritious, the safety and benefits of raw meat diets and how food is used to help pets with diseases such as obesity. Perhaps it's because many believe "food is love" that the issue of pet food gets heated and personal. I often joke that if you want to start an argument, you only need to ask someone what the best pet food is.

These deeply held beliefs and fears of offending pet parents lead many veterinarians to avoid discussing nutrition and obesity. Many veterinarians and veterinary technicians refuse to broach the subject, which puts pets at risk. These days, I spend a lot of time teaching veterinary professionals how to discuss pet obesity with compassion, sensitivity and empathy. Pet parents and veterinary professionals must be able to discuss nutrition, pet food and healthy weights to prevent and treat obesity and weight-related issues.



Pet obesity and weight-related issues are complicated, often requiring patience and multiple interventions to treat successfully. To complicate matters, many pet parents and veterinary professionals think of pet obesity as being caused exclusively by poor feeding or lack of exercise. Few consider obesity to be a complex disease that is influenced by genetics, environment, individual physiology and other factors. Many shrug or abandon their efforts when a pet fails to lose weight after changing food or going on walks.

Unfortunately, veterinarians have few treatment options to recommend other than changes in diet and lifestyle. We lack medications or surgical interventions to assist a dog or cat in achieving a healthy body condition. That's not to say diet and exercise don't work; it just makes effectively treating pet obesity more challenging.



Pet Weight-loss Requires Both Art and Science

When offering evidence-based nutrition advice, we need to accept that pet nutrition is as much art as it is science. Even though our understanding of canine and feline physiology is greater today than 50 years ago, we're still unable to precisely tailor nutrition to an individual pet (or person). We apply general beliefs about digestion, metabolism and biology in various combinations until we find the perfect food fit. Sometimes, we get lucky when our first diet and activity recommendation strikes weight-loss gold. Other times, the pet is still accumulating weight six months later. This leads me to my first bit of pet weight-loss advice: be patient, flexible and creative.

Pet Weight-loss Requires Patience, Flexibility and Creativity

For pet owners, I recommend ruling out medical conditions, getting guidance from a veterinarian and getting the whole family on board. Cat weight-loss, if too rapid, can result in serious health risks, including a life-threatening liver failure known as hepatic lipidosis.

The first element of this treatment ethos is to give change time. When adjusting a pet's diet, activity or lifestyle, I teach veterinary professionals to "check for a change in 90 days." Too often, veterinarians and pet owners are looking for instant results. If a 22-pound cat doesn't lose two pounds in two weeks or a 100-pound Lab fails to shed five, we tend to declare failure and switch approaches (or the pet parent gives up in frustration). That's a mistake in most cases.

Dear Doctor continued on page 35

Platinum

Novo Nordisk

Gold

American Society for Metabolic & Bariatric Surgery

Bariatric Advantage

Boehringer Ingelheim

Eli Lilly and Company

Pfizer

Potomac Currents

Silver

Amgen

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Ethicon

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Medtronic

Ro

Bronze

Allurion

Calibrate Health

Found

Geisinger Healthcare System

ReShape Lifesciences

Rocky Mountain Associated Physicians

Wondr Health®

Patron

Bariatric Medicine Institute

Billings Clinic

BonusLife

ConscienHealth

Gainesville Medical Obesity Specialty Clinic

HorizonView Health

New Life Center for Bariatric Surgery

ProCare Health

Rhythm Pharmaceuticals

The Better Weight Center

The Obesity Society

Weight & Life MD

Woman's Hospital

Platinum: \$100,000 and up
Gold: \$50,000 - \$99,999
Silver: \$10,000 - \$49,999

Bronze: \$5,000 - \$9,999
Patron: \$1,000 - \$4,999

List as of 03/02/2023



Reduce hunger and control cravings with CONTRAVE®

Not an actual patient at time of photo.

What is CONTRAVE?

Along with diet and exercise, CONTRAVE is a prescription weight-loss medicine that may help some adults with a BMI ≥ 30 kg/m² (obese) or with a BMI of ≥ 27 kg/m² (overweight) with at least one weight-related medical problem such as high blood pressure, high cholesterol, or type 2 diabetes, lose weight and keep the weight off.

It is not known if CONTRAVE changes your risk of heart problems or stroke or of death due to heart problems or stroke.

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

CONTRAVE is not approved to treat depression or other mental illnesses, or to help people quit smoking (smoking cessation).

IMPORTANT SAFETY INFORMATION

CONTRAVE can cause serious side effects including:

Suicidal thoughts or actions: One of the ingredients in CONTRAVE is bupropion. Bupropion has caused some people to have suicidal thoughts or actions or unusual changes in behavior, whether or not they are taking medicines used to treat depression. Bupropion may increase the risk of suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.

If you already have depression or other mental illnesses, taking bupropion may cause it to get worse, especially within the first few months of treatment.

While taking CONTRAVE, you or your family members should pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when you start taking CONTRAVE or when your dose changes.

Stop taking CONTRAVE and call a healthcare provider right away if you or your family members notice any of the following symptoms, especially if they are new, worse, or worry you: thoughts about suicide or dying;

attempts to commit suicide; depression; anxiety; feeling agitated or restless; panic attacks; irritability; aggression, anger, or violence; acting on dangerous impulses; an extreme increase in activity and talking; other unusual changes in behavior or mood; trouble sleeping.

CONTRAVE is not approved for use in children under the age of 18.

Do not take CONTRAVE if you have uncontrolled high blood pressure; have or have had seizures; use other medicines that contain bupropion such as WELLBUTRIN, WELLBUTRIN SR, WELLBUTRIN XL, APLENZIN and ZYBAN; have or have had an eating disorder called anorexia or bulimia; are dependent on opioid pain medicines or use medicines to help stop taking opioids, or are in opiate withdrawal; drink a lot of alcohol and abruptly stop drinking, or use medicines called sedatives (these make you sleepy), benzodiazepines, or anti-seizure medicines and stop using them all of a sudden; are taking or have taken medicines called monoamine oxidase inhibitors (MAOIs) in the past 14 days; or are allergic to any of the ingredients in CONTRAVE.

Tell your healthcare provider about all of your medical conditions including if you have: depression or other mental illnesses; attempted suicide; seizures; head injury; tumor or infection of brain or spine; low blood sugar or low sodium; liver or kidney problems; high blood pressure; heart attack, heart problems, or stroke; eating disorder; drinking a lot of alcohol; prescription medicine or street drug abuse; are 65 or older; diabetes; pregnant or planning to become pregnant; or breastfeeding.

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

CONTRAVE may cause serious side effects, including:

- **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. **Do not take any other medicines while you are taking CONTRAVE unless your healthcare provider has said it is okay to take them.** If you have a seizure while taking CONTRAVE, stop taking CONTRAVE and call your healthcare provider right away.

Everyone has different challenges when it comes to weight loss.
Don't let stress eating sabotage your success.

Ask your doctor how CONTRAVE can
help you **lose weight** and **keep it off**.



Scan the QR Code to **Pay \$99 or Less***
+ **Free Shipping†** for **CONTRAVE**.

*The price of CONTRAVE is \$99 per month with free shipping through the CurAccess Program. If your insurance covers CONTRAVE, it may cost less. CurAccess Program is offered by our partner pharmacies. Subject to patient eligibility.
†Free shipping through the CurAccess Program is offered by a third-party partner.


Contrave®
(naltrexone HCl/bupropion HCl)
8 mg/90 mg • Extended-Release Tablets

Control starts now.

IMPORTANT SAFETY INFORMATION (cont'd)

- **Risk of opioid overdose.** Do not take large amounts of opioids, including opioid-containing medicines, such as heroin or prescription pain pills, to try to overcome the opioid-blocking effects of naltrexone. This can lead to serious injury, coma, or death.

Get emergency medical help right away if you take opioids and you:

- have trouble breathing
- become very drowsy with slowed breathing
- have slow, shallow breathing
- feel faint, very dizzy, confused, or have unusual symptoms
- **Sudden opioid withdrawal.** People who take CONTRAVE must not use any type of opioid including street drugs, prescription pain medicines, cough, cold, or diarrhea medicines that contain opioids, or opioid dependence treatments, for at least 7 to 10 days before starting CONTRAVE. Using opioids in the 7 to 10 days before you start taking CONTRAVE may cause you to suddenly have symptoms of opioid withdrawal when you take it. Sudden opioid withdrawal can be severe, and you may need to go to the hospital. Tell your healthcare provider you are taking CONTRAVE before a medical procedure or surgery.
- **Severe allergic reactions.** 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, fever, swollen lymph glands, painful sores in your mouth or around your eyes, swelling of your lips or tongue, 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.** 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, or tiredness. Your healthcare provider may need to stop treating you with CONTRAVE if you get signs or symptoms of a serious liver problem.
- **Manic episodes.** 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 may include: eye pain, changes in vision, swelling or redness in or around the eye. Talk with your healthcare provider to find out if you are at risk for angle-closure glaucoma and to get treatment to prevent it if you are at risk.
- **Increased risk of low blood sugar in people with type 2 diabetes mellitus who also take medicines to treat their diabetes (such as insulin or sulfonylureas).** You should check your blood sugar before you start taking CONTRAVE and while you take CONTRAVE.

The most common side effects of CONTRAVE include nausea, constipation, headache, vomiting, dizziness, trouble sleeping, dry mouth, and diarrhea. These are not all of the possible side effects of CONTRAVE.

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

Please see the Brief Summary of Prescribing Information on the adjacent page.



CONTRAVE® is a registered trademark of Currax Pharmaceuticals LLC.
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<p>Summary of Important Information about CONTRAVE® (naltrexone HCl/bupropion HCl) Extended-Release Tablets</p> <p>Rx Only</p> <p>The risk information provided here is not comprehensive. To learn more, talk to your healthcare provider or pharmacist. Visit CONTRAVE.com or call 1-800-793-2145 to get FDA-approved product labeling, including Medication Guide.</p>	<p>How should I take CONTRAVE?</p> <ul style="list-style-type: none"> Take CONTRAVE exactly as your healthcare provider tells you to. Your healthcare provider will change your dose if needed. Swallow CONTRAVE tablets whole. Do not cut, chew, or crush CONTRAVE tablets. Do not take CONTRAVE with high-fat meals. It may increase your risk of seizures. If you miss a dose of CONTRAVE, wait until your next regular time to take it. Do not take more than 1 dose of CONTRAVE at a time.
<p>What is the most important information I should know about CONTRAVE?</p> <p>CONTRAVE can cause serious side effects, including:</p> <ul style="list-style-type: none"> Suicidal thoughts or actions. One of the ingredients in CONTRAVE is bupropion. Bupropion has caused some people to have suicidal thoughts or actions or unusual changes in behavior, whether or not they are taking medicines used to treat depression. Bupropion may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment. If you already have depression, or other mental illnesses, taking bupropion may cause it to get worse, 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: <ul style="list-style-type: none"> thoughts about suicide or dying attempts to commit suicide new or worse depression new or worse anxiety feeling very agitated or restless panic attacks new or worse irritability acting aggressive, being angry, or violent acting on dangerous impulses an extreme increase in activity and talking other unusual changes in behavior or mood trouble sleeping <p>While taking CONTRAVE, you or your family members should:</p> <ul style="list-style-type: none"> Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when you start taking CONTRAVE or when your dose changes. Keep all follow-up visits with your healthcare provider as scheduled. Call your healthcare provider between visits as needed, especially if you have concerns about symptoms. <p>CONTRAVE has not been studied in and is not approved for use in children under the age of 18.</p>	<p>What should I avoid while taking CONTRAVE?</p> <ul style="list-style-type: none"> 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 chance of having a seizure.
<p>What is CONTRAVE?</p> <p>CONTRAVE is a prescription medicine used with a reduced calorie diet and increased physical activity that may help some obese or overweight adults, who also have weight related medical problems, lose weight and keep the weight off. It is not known if CONTRAVE changes your risk of heart problems or stroke or of death due to heart problems or stroke. It is not known if CONTRAVE is safe and effective when taken with other prescription, over-the-counter, or herbal weight loss products. CONTRAVE is not approved to treat depression or other mental illnesses, or to help people quit smoking.</p>	<p>What are the possible side effects of CONTRAVE?</p> <p>CONTRAVE may cause serious side effects, including:</p> <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> take higher doses of CONTRAVE take CONTRAVE with certain other medicines have certain medical conditions <p>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.</p> <ul style="list-style-type: none"> 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. Do not take large amounts of opioids to try to overcome the opioid-blocking effects of naltrexone. This can lead to serious injury, coma, or death. If you have used opioid street drugs or opioid-containing medicines in the past, using opioids in amounts that you used before treatment with naltrexone can lead to overdose and death. You or someone close to you should get emergency medical help right away if you: <ul style="list-style-type: none"> have trouble breathing become very drowsy with slowed breathing have slow, shallow breathing 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 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: <ul style="list-style-type: none"> rash itching hives fever swollen lymph glands painful sores in your mouth or around your eyes swelling of your lips or tongue chest pain 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: <ul style="list-style-type: none"> stomach area pain lasting more than a few days dark urine yellowing of the whites of your eyes tiredness
<p>Do not take CONTRAVE if you:</p> <ul style="list-style-type: none"> have uncontrolled hypertension. have or have had seizures. use other medicines that contain bupropion. have or have had an eating disorder called anorexia or bulimia. are dependent on opioid pain medicines or use medicines to help stop taking opioids, or are in opiate withdrawal. drink a lot of alcohol and abruptly stop drinking, or use medicines called sedatives, benzodiazepines, or anti-seizure medicines and you stop using them all of a sudden. are taking medicines called monoamine oxidase inhibitors (MAOIs). Do not start CONTRAVE until you have stopped taking your MAOI for at least 14 days. are allergic to naltrexone or bupropion or any of the ingredients in CONTRAVE. 	<ul style="list-style-type: none"> 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). One of the ingredients in CONTRAVE, bupropion, can cause some people to have visual problems. Signs and symptoms of angle-closure glaucoma may include: <ul style="list-style-type: none"> eye pain changes in vision swelling or redness in or around the eye Increased risk of low blood sugar in people with type 2 diabetes mellitus who also take medicines 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.
<p>Before taking CONTRAVE, tell your healthcare provider about all of your medical conditions, including if you:</p> <ul style="list-style-type: none"> have or have had depression or other mental illnesses. (such as bipolar disorder) have attempted suicide in the past have or have had seizures have had 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 liver problems have high blood pressure have or have had a heart attack, heart problems, or have had a stroke have kidney problems are diabetic taking insulin or other medicines to control your blood sugar have or have had an eating disorder drink a lot of alcohol abuse prescription medicines or street drugs are over the age of 65 are pregnant or plan to become pregnant. Losing weight while pregnant may harm your unborn baby. Stop taking CONTRAVE if you become pregnant. Tell your healthcare provider if you become pregnant or you think you may be pregnant during treatment with CONTRAVE. 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. 	<p>The most common side effects of CONTRAVE include:</p> <ul style="list-style-type: none"> nausea constipation headache vomiting dizziness trouble sleeping dry mouth diarrhea <p>These are not all of the possible side effects of CONTRAVE. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.</p>
<p>Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. CONTRAVE may affect the way other medicines work and other medicines may affect the way CONTRAVE works, causing side effects.</p>	<p>Distributed by: Currax™ Pharmaceuticals LLC, Brentwood, TN 37027 CONTRAVE® is a registered trademark of Currax™ Pharmaceuticals LLC All other trademarks are the property of their respective owners. © 2022 Currax™ Pharmaceuticals LLC This Brief Summary is based on CON-LC116.02, 11/2021. CON-1295-001 02/2022</p>

The mammalian body is a master of physiological adaptation. If you cut calories or increase activity too fast, the body responds with systemic shifts, metabolic plateaus and behavioral outcries. If it were simple, we wouldn't continue to diagnose so many pets and people with obesity.

Bottom line: you have to give change time to work. And for weight-loss, that's about 90 days.

• Patience

Ninety days is a realistic and reliable indicator of whether or not a weight-loss strategy works for most pets. If we check too soon, we may fail to allow a healthy adaptation. If we check too late, we miss an opportunity to intervene. A good place to start is to schedule the first veterinarian recheck after two to three months, unless there are medical conditions with your pet's heart, thyroid, blood pressure, respiratory system or joints.

• Flexibility

Flexibility in treatment is critical to pet weight-loss success. I can't tell you the number of patients I've seen feeding the same "prescription diet" for a year or more, despite their pet failing to lose weight. If it's broken, fix it.

• Creativity

We treat individuals, not averages.

For successful weight-loss, you often have to become creative and open-minded. Being "dogmatic" in a pet weight-loss program is problematic. I've seen many dogs and cats respond to low-calorie, higher-protein and fiber formulations that initially failed on low-calorie, lower-protein, higher-fiber diets. Sometimes it's added exercise, supplements, or weighing each meal that moves the needle.

Of course, I have a preferred initial weight-loss approach. If it doesn't yield positive results, I try something else to find the right solution for the individual pet. Sometimes I must try two or three combinations of diet, exercise and supplements before seeing noticeable changes in body composition. And then we often have to change again as metabolic adaptations occur.

This "outcome uncertainty" is the most frustrating part of treating obesity for many veterinarians and pet parents. We prefer absolutes, direct actions and predictable effects. Rarely do these apply to pet nutrition and weight-loss efforts. To overcome plateaus and poor results, always be willing to get creative and work closely with your veterinary healthcare team.

Home Pet Body Condition Checkup

Curious if your pet needs to shed a few pounds? Try these at-home tests.



• Rib Run

You should easily feel your pet's ribs under a thin layer of skin. If you're pushing through a layer of fat that prevents you from feeling their ribs, chances are your pet is too heavy.

• Tummy Test

Does your dog or cat's tummy sag and dip toward the floor? Be sure not to confuse a cat's primordial pouch, a normal skin flap meant to hang down, with abdominal fat. Sorry, doggos — no such excuse for you. Pets with a healthy body condition will have an underbelly that is taut, tight and trends upward instead of dragging down.

• Waist Watch

When you look down at your pet, you should see a subtle hourglass silhouette instead of a round shape without any definition in the waist.

The Journey Begins

Ultimately, your veterinarian will create a nutrition plan to help your pet safely and successfully reach a healthy body condition. Make sure you understand how many daily calories your pet needs. Should you measure or weigh your pet's meals? (I prefer weighing.) Ask about proper feeding and treating strategies, the role of "people foods" in the plan, and so on. I also recommend keeping a food, treat and exercise journal to track your actions. Whatever you do, strive to include your entire family. Too often, I've seen a pet's health journey get sidetracked because of a careless family member.

There's a lot that matters with pet obesity. While there are many questions you need answered by your veterinarian, your pet's diet and body condition should be discussed during every exam. The few minutes you spend on food and weight could be the key to gaining additional years of life and love. That's why pet obesity matters a lot.

About the Author:

Ernie Ward, DVM, CVFT, is an award-winning veterinarian, internationally known speaker, impact entrepreneur, author of several books, columnist and media personality. A 1992 graduate of the University of Georgia, he was voted Speaker of the Year at both VMX and WVC conferences, the 2018 Veterinary Journalist of the Year, and has received many veterinary and civic recognitions throughout his career. Dr. Ward currently serves as Veterinary Medical Lead for Basepaws by Zoetis and as Founder and President of the Association for Pet Obesity Prevention.

Navigating Misleading Food Marketing

by Kristen Smith, MS, RDN

Making healthy decisions in the grocery store has become more difficult than ever. As new products continue to hit the shelves, it has become increasingly challenging to navigate many of the health claims found on food packaging and within labels. Buzzwords on the outside of the packaging and vague descriptions can lead to significant confusion when making food choices.



Buzzwords

Food companies often use health buzzwords, labels or claims to appeal to consumers' health, lifestyle, ethical and environmental goals. It's common to see lifestyle and health claims such as "gluten-free," "vegan" or "no sugar." These labels and claims can help a consumer spot what foods may fit into their lifestyle, but they don't always tell the entire story.

For example, the packaging may say "high in fiber" but not mention the specific product is higher in sugar. Other health-related labels such as "gluten-free" can help support individuals with certain dietary restrictions due to medical conditions, but they may not necessarily benefit general consumers who aim for better nutrition.

Packaging Color and Design

Packaging color and design also play a role in consumer food choices. Some marketing experts believe the color of the packaging may be indicative of health factors. For example, many think a green package may signify that the product is organic or vegetarian, while blue represents “calm” and “fresh.” Food package design plays a huge role in food choices for both parents and children. Children are often influenced by cartoon characters or other flashy graphics. However, it’s common for products with attractive packaging to lack health benefits.

Food product and packaging claims can influence consumers’ purchasing decisions as well as portion sizes. It’s common for consumers to skip reading the food label and use the marketing claims on the front of the packaging as their decision-making guide. If a consumer is trying to lose weight but desires a cookie, they are more inclined to choose something labeled “high fiber” or “oatmeal” without realizing the product could still contain high amounts of sugar and trans fats. They are also more likely to eat larger portions because they believe they are making a healthier choice. Regardless of what is on the outside or front of a package, you should still look over the food label.

The Importance of Reading the Label

While it’s easy to quickly glance at food packaging to make informed choices, don’t forget the importance of reading food labels. Knowing what to specifically look for when reading food labels and ingredient lists can make grocery shopping a lot quicker and less burdensome. You can quickly look at the label to determine how much fat, sugar and carbohydrates are in the product.

For example, if you’re trying to eat more fiber and a food package claims it’s a high-fiber product, turn the package over and make sure the label indicates at least three to five grams of fiber per serving. It’s also important to scope out the ingredient list to better understand all the ingredients within the product. Specifically, check out the first three to five ingredients that are listed. Product ingredients are listed by quantity from the highest to the lowest amounts. This means that the first ingredient is what the manufacturer used the most of.

Once you are aware of misleading food marketing and how packaging can get your attention, you should find it easier to navigate the grocery store and make choices that are consistent with your health goals. It may also help you to follow these tips and tricks with your children to minimize filling your cart with food items that lack nutritional value.

Food Marketing continued on page 38

“Food product and packaging claims can influence consumers’ purchasing decisions as well as portion sizes.”



Processed



WHOLE FOOD



SUPER Food



Food Marketing continued from page 37

How to Better Understand Food Claims

Learn which food marketing phrases can help you stick to your health goals and which terms won't be all that helpful.

- **Natural:** Products claiming to be “all natural” generally sound appealing. However, the package label might not indicate the product is naturally produced in the way you would expect it to be. According to the U.S. Food and Drug Administration (FDA), the label “natural” is meant to indicate that nothing artificial or manufactured has been added to the product. The policy does not include food production and manufacturing methods such as pesticide use or pasteurization.
- **Processed:** The labels “processed” and “unprocessed” are commonly confused. The term “processed food” doesn’t just refer to unhealthy packaged foods with lots of additives. Foods labeled as “processed” indicate the food has experienced some type of change from its original form. Most people don’t realize foods such as roasted nuts, cut and peeled fruit, and tofu are processed because they aren’t in their original form.
- **Local:** Many people prefer to purchase locally produced foods to promote environmental sustainability and help support the local economy. While it’s often thought that food bought closer to home is fresher and has little to no pesticides or additives, this isn’t always the case. There is no defined distance for what foods can be considered “local.”
- **Whole Food:** The label “whole food” typically indicates that a food has not been processed or refined and appears close to its original form. Most people label foods such as fresh produce, dairy, whole grains and meat as “whole foods.” No regulatory definition for “whole food” exists, however. Most foods considered to be “whole foods” are typically nutrient-dense and offer many health benefits.
- **Wheat/Multigrain:** Product packaging may claim “wheat” or “multigrain” but still not contain 100% whole wheat because it is made with enriched flour. To verify whether a product is made with whole grains, check out the ingredient list and choose something with at least three to five grams of fiber per serving.
- **Gluten-free:** The “gluten-free” dietary trend has increased in popularity over the past decade. Many people believe eating “gluten-free” foods will give them health benefits. Typically, only individuals with celiac disease or certain food allergies and intolerances will benefit from following a gluten-free diet. Some gluten-free products contain more calories and fat than their gluten-containing counterparts.
- **Superfood:** The term “superfood” may make a food appear to be healthier than other options. However, the term doesn’t really provide any helpful information. Currently, there is no definition of a “superfood.” Eating a variety of fruits, vegetables and whole grains helps us meet our nutritional needs. One “superfood” alone does not help us do this.



How to Manage Misleading Marketing With Your Children

Navigating the grocery store and maintaining your family's health can be challenging with misleading and attractive food marketing. Here are some tips and tricks for managing a trip to the grocery store with your child.

- Spend the majority of your shopping time in the outer perimeter of the store or in areas where food packaging design is minimized (like beans, pasta or canned vegetables). Talk to your children about how foods not in packages or in plain packaging such as fresh fruits, vegetables and whole-grain pasta can be healthy for their bodies.
- Encourage your children to eat the rainbow. Referring to foods as a rainbow may help excite them about eating a variety of choices. Different fruits and vegetables provide different nutrients and have different flavors. Aim for diversity!
- Spend the bulk of your shopping time in areas where healthier products can be found. Most grocery stores group together healthier products, which tend to have fewer misleading claims, toward the end of an aisle or in a separate section.
- Allow your children to pick a few items at the grocery store. You can't avoid all misleading packaged goods, but you can strive for balance. Teaching your children balance rather than avoidance at a young age can lay the foundation for a healthy eating pattern for years to come.

Conclusion

With misleading marketing, attractive packaging and the use of popular phrases like "gluten-free," it can be difficult to sift through false food claims. If you're able to, spend a little more time reading the ingredients and the labels on food products before settling on a specific food or brand.

About the Author:

Kristen Smith, MS, RDN, is a bariatric surgery program coordinator in Atlanta. She has been a practicing registered dietitian for nearly two decades and is a national spokesperson for the Academy of Nutrition and Dietetics. Kristen's nutrition expertise has been featured in interviews on Good Morning America, The New York Times, WebMD, US News and much more.

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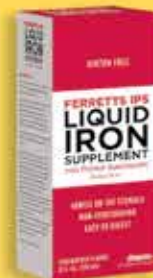
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The Importance of **MENTAL FITNESS**

by Connie Stapleton, PhD



FITNESS AND MENTAL HEALTH: HOW DO THEY GO TOGETHER?

Fitness, according to the American Psychological Association (APA) Dictionary of Psychology, is having the skills it takes — the strength, agility and flexibility — to do what needs to be done in a person's daily life without overly exerting themselves and still having enough energy to engage in activities they enjoy. Maintaining physical fitness includes the behaviors necessary to lose weight and maintain weight-loss: making healthy food choices, eating reasonable portion sizes, getting enough sleep, drinking plenty of water and consistently engaging in physical exercise.

Mental health, as defined by the APA, is “a state of mind characterized by emotional well-being, good behavioral adjustment, relative freedom from anxiety and disabling symptoms, and a capacity to establish constructive relationships and cope with the ordinary demands and stresses of life.”

Mental fitness, then, is having the skills to live as a well-adjusted adult. Attributes of maintaining mental fitness include:

- ✓ Knowing how to respond to people in situations in an appropriate way
- ✓ Communicating directly
- ✓ Setting boundaries with self and others
- ✓ Using healthy coping skills
- ✓ Engaging in healthy acts of self-care

BECOMING PHYSICALLY FIT AND MENTALLY FIT TAKES WORK!

You need to learn and practice good habits to increase both your physical and mental fitness. People working to lose weight and improve their overall physical fitness do so by:

- Engaging in exercise
- Drinking water
- Preparing and eating healthy foods in healthy portion sizes
- Getting enough sleep
- Eating on a regular schedule

The same physical activities necessary to lose weight are required to maintain weight-loss. To live at a weight that is healthy for your body means learning, practicing and sustaining these physical behaviors. People who do this end up with good overall physical fitness.

Good mental fitness is equally important in the process of losing weight and remaining at a healthy weight. Improving mental fitness also means learning, practicing and maintaining healthy emotional habits. Healthy emotional behaviors include:

- Getting professional help to address depression, anxiety, attention deficit disorders and other clinically diagnosed conditions
- Learning healthy coping skills to prevent emotional eating
- Developing a positive mindset
- Getting rid of self-sabotaging thoughts and behaviors

Losing weight and maintaining a healthy weight require implementing and practicing both physical and mental fitness skills. Mental fitness skills help tremendously to encourage ongoing physical fitness. Having healthy goals and a positive outlook will strengthen your commitment to engaging in regular physical activity. Learning to set boundaries and establish healthy self-care practices will also reinforce physical fitness behaviors.

THE CONNECTION BETWEEN MIND AND BODY

Research supports a strong connection between emotions and their impact on the body. Consistently feeling stressed, anxious or depressed can have a negative impact on your immune system and other bodily functions. Positive emotions, on the other hand, are linked to pain reduction, improved immunity and a longer life. Learning how to improve your mental fitness can help you follow through with the physical behaviors and habits that result in weight-loss and weight maintenance. The mind-body connection is key to being able to live a healthier life.

About the Author:

Connie Stapleton, PhD, is a licensed psychologist who has worked in the field of bariatric medicine for the past 15 years. She has published several books on the topic of bariatric surgery and is a national and international speaker for both patient and professional audiences. Dr. Stapleton's primary focus is helping patients address emotional and psychological issues related to maintaining a healthy weight following bariatric surgery.



“ Learning how to improve your mental fitness can help you follow through with the physical behaviors and habits that result in weight-loss and weight maintenance. ”



Staying Healthy for You and Your Baby

by Roger E. Adams, PhD, CISSN, ACE-CPT

**Disclaimer: It's important to consult with a healthcare provider before starting or continuing any exercise routine during pregnancy.*

Being pregnant is a lot to carry. Extra weight and extra stress are two common additions to any pregnant woman's daily life. Therefore, adding and maintaining an exercise program may feel unattainable for women currently creating new life (that is a lot of physical work already!). Even so, it's important to maintain an active lifestyle. Exercise is extremely beneficial for pregnancy. It can reduce morning sickness, back and joint pain, and even fatigue.

Listen to the Experts

According to the American College of Obstetricians and Gynecologists (ACOG), it's safe for healthy pregnant women who aren't experiencing complications and aren't in high-risk groups to continue or start some serious sweat sessions.





How to Stay Upright and Avoid Injury While Pregnant

If you are or have been pregnant, you've probably noticed that your balance and center of gravity shifts while you bake your bundle(s) of joy. Added weight places pressure on the joints and can affect your balance and dexterity, so pregnant women need to take extra care while working out. Unless you did high-impact exercise on a regular basis before becoming pregnant, exercises like running and jumping should be avoided once you reach the middle of your second trimester.

Low-impact Aerobic Exercises

Swimming, prenatal yoga and stationary cycling are all excellent low-impact exercises that can keep you moving with little impact on your body.

Pick Things Up and Put Them Down

In addition to aerobic exercise, building muscle through strength training is the best thing you can do to get fit today and after your baby is born. Strength training while pregnant will not only build muscle and keep added fat gain to a minimum, but it will also help improve your balance and posture. Plus, it will make getting around with extra weight in those later months easier. If you were already lifting weights before your pregnancy, you can probably continue (consult your physician), but avoid exercises that put pressure on your pelvic floor. Once you hit the middle of your second trimester, you should sit up while lifting and avoid exercises where you are lying flat on your back because this may restrict blood flow to the uterus.



“Being pregnant is a lot to carry. Extra weight and extra stress are two common additions to any pregnant woman’s daily life.”

Don’t Be Too Hard on Yourself

Physical exertion will be challenging enough without adding self-doubt about how you look or what others think of you while working out. Remember, you’re doing the hardest physical activity in the gym – making a person – and every woman’s body is different. If you can’t make it to the gym, don’t worry; working out at home or going for a walk outside is still beneficial for you and your baby.

How to Know You’re Not Overdoing it

The American College of Obstetricians and Gynecologists (ACOG) recommends pregnant women engage in at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week. I use the Talk Test Perceived Exertion Scale because bodies are different and at different levels of fitness, and because not everyone has access to a heart rate monitor while active. If possible, I highly recommend getting and using a heart rate monitor and drawing a correlation between the Talk Test Perceived Exertion Scale and your personal beats per minute (bpm).

Staying Healthy continued on page 44

The Talk Test Perceived Exertion Scale:

Level 10	Maximum Effort Activity This level feels impossible to keep going. You are completely out of breath and unable to talk. You cannot maintain this level for more than a few seconds.
Level 9	Very Hard Activity It is very hard to maintain exercise intensity at this level. You can barely breathe and can speak only a few words.
Level 7-8	Vigorous Activity At this level, you may feel physically uncomfortable and short of breath, but able to speak a complete sentence.
Level 4-6	Moderate Activity You will breathe heavily at this level but can still carry on a short conversation. You may find this level to get progressively more challenging as you continue exercising.
Level 2-3	Light Activity You should feel like you can stay at this level for hours, easily breathing and able to carry a full conversation.
Level 1	Very Light Activity Very little exertion will be felt at this level; more than sitting but less than walking.

Even if 150 minutes (2.5 hours) each week sounds like a lot, you can spread it out over the week and even break up your daily goals into smaller chunks of time during the day as your schedule allows. Remind yourself that some exercise is always better than no exercise. Do your best!

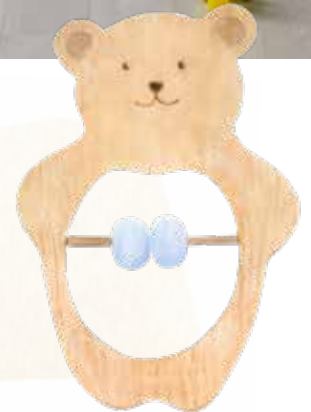


“Eating whole foods and drinking plenty of water can help keep weight gain at a minimum and ensure you and your baby get all the nutrients you need.”

Physical activity during pregnancy can include:

1. **Brisk Walking:** Brisk walking is a low-impact exercise great for pregnant women that is easy on the joints and can be done almost anywhere. It's a great way to improve your cardiovascular fitness and circulation, and it can help alleviate some pregnancy-related aches and pains.
2. **Swimming:** Swimming is a great low-impact exercise during pregnancy. It provides a full-body workout that strengthens your muscles and heart and will help relieve aches and pains in the back and joints. Not a swimmer? Just tread water for a little bit or simply walk around in the pool. The resistance of the water will provide a great workout!
3. **Cycling:** Cycling on a stationary bike is another low-impact exercise that is safe to do during pregnancy. It's a great way to improve cardiovascular fitness, build and maintain leg muscles, and increase strength in the lower body. As you progress later in your pregnancy, it may be more comfortable to switch to a recumbent-style stationary bicycle.
4. **Strength Training:** Building muscle and maintaining strength while pregnant is essential for having a smooth pregnancy and easier delivery. Strength training will help your body get stronger as you gain extra weight and your balance changes. Working with a certified personal trainer early in your pregnancy can teach you what is safe to do and what you should avoid.
5. **Prenatal Yoga:** Prenatal yoga is a gentle form of exercise that helps improve flexibility, strength and balance. It also helps alleviate stress and tension in the body.
6. **Pelvic Tilts:** Pelvic tilts are a great exercise for strengthening the core and pelvic floor muscles during pregnancy. These muscles can become weak during the later stages of your pregnancy. To perform this exercise, stand with your feet shoulder-width apart and your back against a wall. Slowly tilt your pelvis forward and backward, squeezing your glutes and abdominal muscles as you do so.

I can't overstress the importance of consulting with your doctor as soon as possible before beginning any exercise program, as certain conditions may require modifications or restrictions. During pregnancy, your body goes through many changes which can affect the way you respond to exercise.



Healthy Diet = Healthy Body


Staying hydrated and eating a healthy and balanced diet is important for you and your baby's health. Eating whole foods and drinking plenty of water can help keep weight gain at a minimum and ensure you and your baby get all the nutrients you need. Fill your diet with lots of colorful fruits and vegetables, moderate amounts of whole grains for energy, plenty of lean protein and dairy, and healthy fats from olive oil and avocados.

Including exercise in your new pregnancy routine is a great way to keep yourself healthy, give your baby a great start at life, and make a new healthy habit you can continue after you welcome your baby into the world. It's never too late to start an exercise program, even when pregnant!

About the Author:

Roger E. Adams, PhD, CISSN, ACE-CPT, is the owner of *Eatrightfitness*, an evidence-based private practice in Oklahoma City that focuses on weight management, sports performance nutrition and wellness coaching. He has more than 23 years of experience working with clients in person and remotely to achieve better health and fitness. Additionally, Dr. Adams speaks at business seminars, health fairs and nonprofit organizations about the ever-changing field of nutrition and fitness. Dr. Adams holds a doctorate in nutrition from Texas Woman's University and is a certified personal fitness trainer by the American Council on Exercise (ACE). More information about Dr. Adams is available at EatRightFitness.com.

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ASMBS: American Society for Metabolic and Bariatric Surgery.

*Patients may redeem this offer ONLY when accompanied by a valid prescription. Offer is valid up to a maximum benefit of \$150. Offer is not valid for patients whose prescriptions are reimbursed in whole or in part under Medicaid, Medicare, Medigap, VA, DoD, TRICARE, or any other federal or state programs (such as medical assistance programs) or where otherwise prohibited by law. Offer is not valid in VT or where prohibited in whole or in part. This offer may be amended or ended at any time without notice.

†ASMBS Integrated Health Nutritional Guidelines for the Surgical Weight Loss Patient — 2016 Update: Micronutrients.

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- ▶ Calcium with D₃ and magnesium dietary supplement
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