

# Weight Matters

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## Diabetes and Obesity – A Dangerous Duo

An estimated 80 percent of patients diagnosed with Type 2 diabetes – also called adult-onset diabetes – are overweight. The U.S. Centers for Disease Control and Prevention (CDC) says this most common form of diabetes has tripled in the last 30 years, with more than 20 million Americans, or 7 percent of the population, suffering from the disease. In Type 2 diabetes, the body resists its own insulin and cannot use it properly to energize cells. People often call diabetes high blood sugar, because glucose levels rise above the safe level.

Over time, high blood sugar can damage the eyes, kidneys, nerves and blood vessels, and account for a host of life-threatening health issues, from heart disease to blindness.

Researchers have learned there is a genetic predisposition to insulin resistance. Although they don't know the exact genetic cause, it is clear that certain environmental situations help trigger it, and the top two are:

- Increased body fat, particularly abdominal obesity
- Reduction in physical activity or a sedentary lifestyle

Combined, these two risk factors can nearly guarantee Type 2 diabetes. Patients can't control family health histories, but they can work to control obesity through better nutrition, diet and exercise.

Type 2 diabetes used to be most common among the middle-aged population, often showing up in the early 50s and becoming more common after 65. However, a surge in cases of diabetes in children has prompted national and international education campaigns on ways to prevent the disease.

Web sites with helpful diabetes information include:

National Diabetes Education Program: [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

National Institute of Diabetes and Digestive and Kidney Diseases: [www.niddk.nih.gov](http://www.niddk.nih.gov)

American Diabetes Association: [www.diabetes.org](http://www.diabetes.org)

## Success

### Nancy and Jim Davis

Food tempted school principal Nancy Davis every minute of the day. Surrounded by crackers, cupcakes and all the treats kids love, she watched her weight climb to nearly 290 pounds.

"I felt I was out of control," she said.

Her husband, a 63-year-old retired Houston police officer, was about the same weight when the two decided it was time to regain control. In August 2004, Jim and Nancy Davis enrolled in the Medical Weight Management Program at Methodist Willowbrook Hospital.

It changed their lives. Nancy lost and is keeping off 150 pounds. At 64, she is off all diabetes medication.

"I've become more outgoing and not afraid to talk to people," she said. "And I can go into a store and buy clothes, and that is a big deal."

Jim lost 100 pounds, has a higher energy level and more initiative to tackle projects. He traded in his size 52 pants for size 38, and his body mass index fell nearly 14 points to 26.

The couple now has the right tools to fight back. They credit the program's food and weight logs as part of the road-map to success. The nutrition information they learned makes them smarter food shoppers.

They encourage others to stick with the program. "You're on the right train, on the fast track, and all you've got to do is stay on board to be successful and achieve your goals," Jim said.



free

### FREE Orientation Sessions

To learn more about the Methodist Weight Management Center, sign up to attend a FREE upcoming orientation session. To register, please call 832-667-LOSE or visit [www.methodistweightmanagement.com](http://www.methodistweightmanagement.com).

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The Methodist Weight Management Center is the only approved weight loss center in the Houston area to use New Direction® products.

## Keeping it Off – Tips to Maintain Weight Loss

People who lose a lot of weight – 25 pounds or more – say it sometimes takes time before euphoria hits. Emotions don't always keep pace with weight loss.

To make sure those pounds stay off in time for euphoria to hit, here are some tips to keep off the weight:

1. Commit to exercise. Keep track of your exercise and don't stop.
2. Know your numbers. Weigh yourself regularly; get your Body Mass Index updates; read nutrition labels and count calories.
3. Avoid dangerous foods. Don't look at or buy the foods that are a problem for you.
4. Plan meals. Write out weekly meals and shop for what you plan to eat. Don't allow excuses for quick stops at fast food restaurants.
5. Use a little imagination. Make an iced smoothie with all healthy foods and drinks; use good china and cloth napkins; celebrate the thinner you by eating with a little flair.



## TV cameras chronicle patients' weight loss quests

Since his bariatric surgery, 27-year-old Allen Mata expects to lose half his body weight and walk for the first time in five years. But during this time, he also is gaining something else: celebrity status.



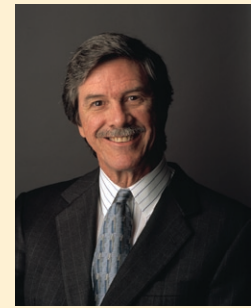
**Dr. Robert Davis talking to the TLC crew.**

one of a group of channels in the Discovery family.

"I wanted to participate in the show to give hope to other people like me," says Mata, who weighed more than 800 pounds when he was admitted to Methodist. "I want them to see that you shouldn't give up, that there is a way to get help and live your life."

"Big Medicine" airs Mondays at 8 p.m. (CDT) from Monday, May 28, to Monday, August 20. To learn more about the show, please visit [www.methodisthealth.com/bigmedicine](http://www.methodisthealth.com/bigmedicine).

## Dr. Peter Jones



Miracles walk through the door of Methodist's Weight Management Center every day. Medical Director Dr. Peter Jones witnesses successful weight loss patients walk away from wheelchairs, discard medications and even regain enough health to receive lifesaving organ transplants.

"In many cases, the person's weight has created incredible barriers to health and quality of life," Jones said. "Weight loss can be an overwhelming, life-changing experience."

All patients in the medical or surgical weight loss programs see Jones at least once, but often several times. Working with a team of nurses, dietitians and counselors, Jones reviews patients' health histories and medications to devise the best treatment strategies.

Obesity is linked to a host of health problems, including Type 2 diabetes, a disease Jones sees frequently. A genetic predisposition to insulin resistance can be unmasked by increased body fat, particularly abdominal obesity, Jones said. Increased abdominal fat and a sedentary lifestyle are an especially dangerous mix.

"It's why weight loss and reduction in abdominal obesity can make such a dramatic difference," Jones said. "In some situations, weight loss alone can be enough to suppress the genetic tendency for insulin resistance."

Jones' average patient has a Body Mass Index between 35 and 40 "and embarks on a journey that for most folks seems insurmountable." Jones and his team give patients guidance, information, coaxing, support and accountability. "The control of their health is in their hands," he said. "But we're here to coach and advise along the way."