



Comprehensive Center for Women's Medicine - A Multispecialty Holistic Practice

Get a Jump Start on the #1 New Year's Resolution BEFORE the Holidays

Obesity – The Silent Epidemic of American Adults and Children

As we approach the holidays, let's reflect on one of the most serious epidemics of the New Millennium. Obesity affects 33.8% of adults and 17% of children in America. Many more are on track to obesity as over 65% of Americans are overweight. We see it everywhere we turn – from schools and offices to malls and recreation areas. What we do not always note are the 40 million Americans who suffer from the metabolic syndrome and do not even know it.

The condition is a cluster of cardiovascular risk factors and obesity coupled with lack of exercise are the key components. Individuals with metabolic syndrome have 9 to 30 times increased risk to develop type 2 diabetes and 2 to 4 times increased risk to develop heart disease. Studies show that those affected are three times more likely to die of coronary heart disease than those without it. While its prevalence increases with age, it is present in 24% of American adults over age 20 and over 44% of those over age 50. But most ominously for our nation's future health status, it is present in 28.7% of overweight adolescents.

The syndrome involves at least three of the following five risk factors: a blood glucose level of 110 or greater, blood pressure of 130/85 or higher, a waistline of 35 in or higher for women and 40 in or higher for men, a low HDL (good) cholesterol – less than 50 for women and less than 40 for men and triglyceride levels of 150 or higher. This condition is present in 86% of diabetics.

Many researchers who have studied this condition all agree that weight management through a healthy diet and a multidisciplinary approach to lifestyle changes is needed to conquer this epidemic. While many different programs exist, the most successful ones only boast 20% success rate in achieving the desired goal of risk factor reduction in their participants.

At CCWM we have successfully implemented metabolic detoxification and First Line Therapy program combined with a careful selection of high quality nutritional supplements to help hundreds of patients achieve better and longer lasting outcomes.

If you recognize yourself or someone you know and care about in the description of this syndrome, you can proactively take action. So, with the holidays approaching, you can stay ahead of those pounds and achieve now what others will be seeking at the beginning of the New Year.

Even as little as 5 to 10% reduction in body fat may mean a dramatic reduction of health risks that can affect outcomes for those 300,000 Americans whose premature death related to obesity and its consequences could be prevented.

To your health!

Your Wellness Team at CCWM

Vesna V. Skul, MD, FACP
Danuta K. Hoyer, MD
Helen Shidler, APN/CNP
Helen Stein, RN

FirstLineTherapy

Factors That Lead to Unhealthy Body Composition

There is no single cause of unhealthy body composition. Excessive fat accumulation can result from an imbalance between the calories you take in and the calories you burn; lack of physical activity; lifestyle influences such as a high-fat, high-sugar diet; overeating; excess alcohol intake; chronic use of corticosteroids; hormone imbalance; and other metabolic factors.

The Consequences of Unhealthy Body Composition

Unhealthy body composition and excess body weight often lead to obesity, which is associated with serious health consequences including:

- Heart disease
- Stroke
- High blood pressure
- High cholesterol
- Metabolic syndrome
- Diabetes
- Back pain
- Respiratory problems
- Certain types of cancer
- Kidney disorders
- Estrogen-related problems
- Gallbladder disorders
- Excess fatigue
- Osteoarthritis
- Sleep apnea
- Urinary incontinence

Top Doctors for Women

Dr. Skul, Dr. Hoyer
and Dr. Walker
were all voted “Top
Doctors for Women”
by *Chicago Magazine*



U.S. News Top Doctors

The Nation's Best Doctors

Vesna Skul, MD

Nationally ranked in 11
specialties. High-performing
in 2 specialties.

Danuta Hoyer, MD

Nationally ranked in 11
specialties. High-performing
in 2 specialties.

Jean Walker, MD

Nationally ranked in 11
specialties. High-performing
in 2 specialties.



Doctors listed in U.S.
News Top Doctors with
an icon (all 3 CCWM
doctors) are among the
top 1% in the nation in
their specialty.

Faster than diet alone

“In 180 overweight subjects with the metabolic syndrome after a 2-year lifestyle program focusing mainly on a Mediterranean-style diet there was a **48% net reduction** in the prevalence of the syndrome.”

Giugliano and Esposito, *Arterioscler. Thromb. Vasc. Biol.* 2006; 26:e30.

Recipe Corner

Low-Fat Squash Casserole

Squash is rich in antioxidants and beta carotene. A 1-cup serving provides 25 percent of the daily recommendation for vitamin C, has 18 calories and contains virtually no fat.

Ingredients

8 cups sliced yellow squash
6 oz. Italian turkey sausage, no casing
2 minced garlic cloves
1/2 cup chopped onion
1/2 cup fat-free sour cream
1/3 cup provolone cheese
1 can condensed reduced-fat, reduced-sodium cream of mushroom soup
2 slices day-old bread
1/4 tsp. salt
1/4 tsp. black pepper
Cooking spray

Preparation

Preheat oven to 350 degrees. Put squash and 1 tbsp. water in a microwave-safe bowl. Cover with plastic wrap, and cook in the microwave on high for 6 minutes. Drain and set aside. Cook the sausage, garlic and onion in a large nonstick skillet over medium-high heat until brown. Drain any excess fat from the mixture. Place the bread in a food processor and pulse until you have 1 cup of coarse crumbs.

Cooking

In a large bowl combine the squash, sour cream, cheese, salt, pepper, sausage mixture and half the breadcrumbs. Coat a 2-qt. casserole dish with cooking spray, and add the squash mixture. Top with remaining breadcrumbs, and spritz with cooking spray. Bake at 350 degrees for 30 minutes.

Nutritional Information

The recipe yields 12 servings. Each 2/3-cup serving has 85 calories and 2.9 g fat. It also has 4.8 g protein, 10.3 g carbohydrate and 1.8 g fiber.