

Advancing Health Newsletter



The journey to long term weight loss starts with caloric consciousness.

Don't miss Dr. Chee's article on the topic of Obesity in this issue, beginning on Page 1

Special points of interest:

- **September is National Healthy Aging Month & Cholesterol Education Month—Visit these links online for useful health info:**
www.healthyaging.net or www.nhlbi.nih.gov
- **See Low Cost Cholesterol Screening opportunity on Page 4**
- **Find out if you qualify for Free Cardiovascular Screening, Friday, September 23, 2005 see Page 2 for details**

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Obesity: The Not So Hidden Epidemic *Lambert Chee MD FACC*

Obesity is a disease that affects nearly one-third of the adult American population (approximately 60 million). The number of overweight and obese adults in the U.S. now totals around 127 million, or 64.5% of adult Americans. Each year, obesity accounts for at least 300,000 excess deaths in the U.S., the second leading cause of unnecessary deaths. Healthcare costs of American adults with obesity are estimated to be \$100 billion annually.

The body mass index (BMI) is the medical standard used to measure excess weight and obesity. The body mass index (BMI) equals weight in kilograms divided by height in meters squared ($BMI = \text{kg}/\text{m}^2$). A BMI of 18.5 to 24.9 is considered healthy; a BMI of 25 to 29.9 is considered overweight; a BMI of 30 or more is considered obese. (Check your BMI with an easy to use BMI calculator found online: www.cdc.gov/nccdphp/dnpa/bmi/calc-bmi.htm)

Physicians are concerned not only with how much fat a person has, but also where the fat is located on the body. If fat is stored mainly around the waist, that person is more likely to develop obesity-related health problems. In fact, women with a waist measurement of more than 35 inches or men with a waist measurement of more than 40 inches have a higher health risk because of their fat distribution. This excess waist fat (abdominal obesity) is correlated with higher triglyceride levels, lower levels of high density lipids, or HDL (the "good" cholesterol), higher blood glucose levels, higher insulin resistance, and even higher C-Reactive Protein (CRP) levels than someone without excess waist fat. *(continued on page*

A message from our Medical Director:

Dr. Richard Weinstein

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Dear Friends of Diablo Clinical Research,

It is our goal each quarter to provide you with timely health information. This issue focuses on a growing American epidemic, obesity. Our clinic is currently enrolling a number of studies addressing obesity-related health issues including elevated body mass index (BMI), blood sugar, blood pressure, triglycerides, C-Reactive protein (CRP), and diminished levels of HDL (the good cholesterol.) Feel free to give us a call, and a clinic staff member will be happy to review the details of the studies we are conducting, and the class of medications being studied to address these health concerns.

In September, our clinic will host its 2nd Cardiovascular pre-screening event for the nationwide Jupiter study. This important study is looking at the possible link between elevated C-Reactive protein in otherwise healthy adults and an increased chance of developing heart disease. It is through your participation in studies like the Jupiter clinical trial that research can help develop new medications for the prevention of disease. We are proud to contribute to the success of this study, and continue to work towards making a difference in the health of current and future generations.

Sincerely,
Richard L. Weinstein, MD

Obesity: The Not So Hidden Epidemic (continued from page 1)

Medical Director, Diablo Clinical Research

One leading obesity researcher has labeled the waist measurement as the next "vital sign," along with blood pressure, heart rate, pulse, and temperature.

What causes obesity? In scientific terms, obesity is a result of a person consuming more calories than he or she burns on a long term basis. An excess caloric intake of 3,500 calories will result in a pound of fat deposition, regardless of whether those excess calories come from protein, carbohydrates, or fat. (The body has a very efficient method of converting those foods into fat if the calories are not burned off in the form of physical or mental activity.) A person's propensity to gain weight may be based on genetic, environmental, psychological, or other factors. Environmental factors include the level of physical activity, eating habits, food choices, and temperature. Psychological factors include emotions such as anger, sadness, boredom, frustration, depression, and low self-esteem.



Obesity is more than a cosmetic problem; it is a health hazard. Obesity is linked to type 2 diabetes, heart disease, high blood pressure, stroke, liver disease, certain types of cancer, osteoarthritis, and sleep apnea. The treatment of this health hazard depends on the level of obesity, overall health condition of the patient, and the patient's motivation to lose weight. Treatment may include a combina-

tion of diet, exercise, behavior modification, and sometimes weight loss drugs. In some cases of severe obesity, bariatric surgery may be recommended. Both overweight and obese subjects need to look at weight control as a life-long effort, even when ideal weight is attained.

We at Diablo Clinical Research are committed to finding workable and realistic solutions to excess weight and obesity in a caring and

What is Metabolic Syndrome?

Metabolic Syndrome has become increasingly common in the United States. It's estimated that about 47 million adults in the US have it. The syndrome is closely associated with a generalized metabolic disorder called insulin resistance, in which the body can't use insulin efficiently. This is why metabolic syndrome is also called the insulin resistance syndrome.

Some people are genetically predisposed to insulin resistance. Acquired factors, such as excess body fat and physical inactivity, can elicit insulin resistance and metabolic syndrome. Most people with insulin resistance have central obesity. (They carry their excess weight around the waist or abdomen.)

There are no well-accepted criteria for diagnosing the metabolic syndrome. The criteria proposed by the Third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III) are the most current and widely used. According to the ATP III criteria, metabolic syndrome is identified by the presence of three or more of these components:

- ~ **Central obesity** as measured by waist circumference:
 - Men: Greater than 40 inches
 - Women: Greater than 35 inches
- ~ **Blood HDL cholesterol:**
 - Men: Less than 40 mg/dL
 - Women: Less than 50 mg/dL
- ~ **Fasting blood triglycerides** greater than or equal to 150 mg/dL
- ~ **Blood pressure** greater than or equal to 130/85 mmHg
- ~ **Fasting glucose** greater than or equal to 110 mg/dL

The safest, most effective and preferred way to reduce insulin resistance in overweight and obese people is weight loss and increased physical activity. (Adapted from the American Heart Association, www.americanheart.org)

Free Cardiovascular screening

Friday, September 23

Are you at risk?

Research has shown that almost half of all cardiovascular events occur among apparently healthy individuals with low to normal LDL (bad) cholesterol. Recent studies have shown that C-reactive protein (CRP), a marker of inflammation, may be a predictor of cardiovascular events in patients with normal levels of LDL. CRP can be measured with a simple blood test.

You may qualify for a free screen if you are:

~Male 55+

~Female 65+

~No History of prior heart attack, stroke, diabetes, cancer, uncontrolled high blood pressure or acute liver disease, and

~Not currently taking cholesterol lowering medication or oral hormone replacement therapy and...

~Interested in participating in a medical research study that could ultimately help you and others avoid a future heart attack or stroke.

Call for an appointment—space is limited:

925-930-7267

(this screening is for patients not currently enrolled in a clinical study)

Ten Strategies for Healthy and Happy Living Lambert Chee MD FACC

1. **A walk a day will keep the doctor away.**

More and more studies have shown that exercise such as walking leads to a better sense of well being, better self-esteem, less illness, and longer life. If you walk far enough, you may live to be 100!

2. **You are what you eat.**

If you eat more fruits and vegetables, your cholesterol level will be lower, your bowels will be cleaner, and you are likely to live longer. The more fat that you eat, the more likely that it will end up around your middle. Remember that fat contains 9 calories per gram; whereas carbohydrate and protein, only 4 calories per gram. Each 3,500 calories in excess means an extra pound around your middle (or your behind.)

3. **Take your medications—they are the vitamins of life.**

If you need medications for your blood pressure, high cholesterol, diabetes, gout, or any medical condition, take them on a regular basis—not just when you feel like it. The rates of stroke, heart attacks, kidney failure, and peptic ulcers have dropped dramatically because of highly effective medications taken on a regular basis.

4. **Don't smoke.**

Even tobacco companies now admit that cigarette smoking is harmful to your health. Cigarette smoke contains 4,000 byproducts, including over 30 radioactive ones. You have only one set of air filters, your lungs, and unfortunately, they are very difficult to replace. So stay away from cigarettes and cigarette smoke.

5. **Share yourself.**

Spend time with your family, your friends, and members of the community. By listening to their stories, you can learn from their experiences and benefit from them. When we gather together to share stories and listen to each other, the sense of community and the recognition of shared experiences can be profoundly healing: you will feel better, your immune system will be improved, your endorphin levels will be increased, and your aches and pains will be less bothersome.

6. **Let go of useless baggage.**

All of us carry around burdens from the past that weigh us down and hinder our progress in the journey of life. Anger and resentment from events of the past are carried around with us like treasured jewels, when in reality they do us more harm than good. Ann

Landers said it best: Hanging onto resentment is letting someone you despise live rent-free in your head. Remember MIND OVER MATTER; WHAT YOU DON'T MIND, DOESN'T MATTER!

7. **Open your mind, and your feet will follow.**

I see clients in the office (and in the hospital) who tell me, "I can't do it." Right away I know there is more work to be done. Remember ATTITUDE is everything. Many of us go through life telling ourselves, "I can't do this" or "I can't do that." Do you know the story of Col. Sanders of Kentucky Fried Chicken fame? His recipe for fried chicken was rejected by over 1,000 different restaurants before someone gave him the opportunity to try it out. Up until 1954, people thought that it was impossible to run the mile under four minutes, because no one had done it. Roger Bannister, however, did not believe that, and he became the first person to break the four-minute mile.

8. **Be present at the moment.**

In today's world we often don't have "time". There is always work, dirty laundry, dishes, yard work, vacuuming, whatever. But by being present at the moment, that is, realizing that you are here, alive, feeling, breathing, seeing, touching, hearing, you are being present at the moment. These are the moments that define the experience and etch your memory banks. In whatever you do, take a moment to be present, so that your senses can accompany you in full harmony.

9. **Laughter is the best medicine.**

Norman Cousins, a famous writer, developed a form of rheumatoid arthritis in his 50's. Despite the best of medical treatments, his condition became progressively worse. As a last ditch effort he rented hundreds of comedy movies, and watched them many hours a day, laughing along the way. Miraculously, his arthritis was healed, and he credited laughter as the cure. It has been postulated that laughter brings out endorphins, which are the natural painkillers that our bodies put out from time to time.

10. **Just do it.**

If it is not immoral, illegal, or unethical, just do it. Take 6 months off; if not, take 6 pounds off. Call your friend from elementary school. Get a massage. Walk around the Lafayette Reservoir. Visit the Museum of Modern Art. Hike into Kalaulau Valley. Hug someone. Write a book. Read "Love and Survival" by Dean

Weight Loss Research Study: OVERWEIGHT With Metabolic Syndrome?

Diablo Clinical Research and Dr. Richard Weinstein are conducting a clinical research study of an investigational medication that may reduce body weight, and improve the symptoms of metabolic syndrome: high triglycerides, low HDL Cholesterol (good cholesterol), high blood pressure and elevated blood sugar levels.

You may qualify for the study if you:

Have a body mass index (BMI) of 30 to 43 and one of the following:

- | | |
|----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| 1. High triglycerides: >150 mg/dl | 3. Systolic blood pressure \geq 130 mm Hg or Diastolic blood pressure \geq 85 mm Hg |
| 2. Low HDL-C (good cholesterol)
< 40 mg/dl (men) or < 50 mg/dl (women) | 4. Fasting blood sugar level between 110-125 mg/dl |

This is a 2-year study of weight loss and prevention of weight regain.

Enrolled participants will receive **free of charge all study-related:**

- ~ Medication
- ~ Laboratory tests
- ~ Physician evaluations
- ~ Dietary counseling

Study stipend/travel reimbursement is also available. To learn more, please call: **(925) 930-7267**





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Advancing Health Newsletter

We're on the web!
www.diabloclinical.com

Weight Loss Research Study (for untreated type 2 diabetics)

Diablo Clinical Research and diabetes specialist, Dr. Richard Weinstein, are conducting a clinical research study of an investigational medication to test its effectiveness in **controlling blood sugar, and aiding in weight loss** in adults with Type 2 Diabetes.

You may qualify for the study if you:

- Have had **type 2 Diabetes** for ≥ 2 months and ≤ 3 years
- Have **not been taking medications** for your diabetes

Qualified participants receive:

- all study-related medications and medical care
- diet and exercise counseling
- At no cost

Participants also receive compensation for study-related travel.

To learn more, please call: (925) 930-7267



Did you know Diablo Clinical Research conducts clinical studies in many therapeutic areas? See below for a complete list of areas of study, and check our website for currently enrolling studies: www.diabloclinical.com — Please share this newsletter with friends and family, or give us a call to have a copy sent. (925) 930-7267

Areas of Study

- Anxiety & Depression
- Arthritis
- Carpal Tunnel Syndrome
- Cholesterol
- Chronic Pain
- Diabetes
- Disease Prevention
- Fibromyalgia
- Gastrointestinal Disorders
- High Blood Pressure (Hypertension)
- Men's Health
- Neuropathy
- Obesity/Weight Loss
- Osteoporosis
- Sexual Dysfunction
- Women's Health

Did you know if your total cholesterol is 240 mg/dL or greater, your risk of heart attack and stroke is greater? Have your LDL and HDL cholesterol tested to further determine your level of risk. Get your levels checked today—contact the clinic at (925) 930-7267 to learn about:

Low-Cost Testing!

Including: Cholesterol (complete lipid panel + glucose \$30), Blood Pressure (\$5), Bone Density (spine & hip \$75) & PSA (Prostate Specific Antigen \$20)

Special Event: AMERICA'S WALK FOR DIABETES ~ 10/2/05—We need your support! Join or sponsor the Diablo Clinical Research American Diabetes Association (ADA) Walkathon Team and help support the important work of the ADA!! Our clinic is participating in *America's Walk for Diabetes* on Sunday, October 2, 2005 in San Ramon. You can be a member of our team and walk with Diablo Clinical Research friends and families, or support our team with your donation—It's easy.. just visit www.diabetes.org/walk to join or sponsor the Diablo Clinical Research team. Sponsor our team and the ADA with a donation: \$10, \$20, anything you can donate helps the ADA fund research for a cure, prevention of diabetes and its complications, and supports the mission to improve the lives of all people affected by diabetes. **It's simple and convenient to support our team online, or mail your tax-deductible donation (checks made out to the American Diabetes Association) to Rita Ipsen, Diablo Clinical Research, 2255 Ygnacio Valley Rd, Ste. M, Walnut Creek, CA 94598. For more information call the clinic (925) 930 7267 and ask for Rita, or call the ADA at 1 (888) DIABETES. We hope you, your family and friends will join or support us with your contribution on October 2!! GO TEAM**