

Bariatric *focus*

HELPING PATIENTS STAY FOCUSED ON WEIGHT LOSS EVERY DAY

It helps patients shed more pounds than dieting and exercise do, study shows

Lap Band Surgery Can Send Diabetes Into Remission

A recently published study shows promise for obese people suffering from diabetes and who need alternative ways to shed pounds.

As the obesity epidemic continues to expand, cases of diabetes continue to skyrocket. Weight-loss surgery has rapidly grown in popularity in the United States over the past several years. The goal of the operation is to achieve sustained weight loss and improvement in obesity related medical illnesses and quality of life.

In the new study, researchers looked at 60 diabetes patients defined as obese with body-mass indexes between 30 and 40. The patients were randomly assigned to either undergo gastric banding using the LAP BAND system or to try to lose weight through diet and exercise.

After two years, diabetes went into remission in 22 of 30 surgery patients (or 73%) and just four of 30 diet-and-exercise patients (or 13%). Those who had surgery lost an average of 20.7 percent of their body weight, while the dieting group lost only 1.7 percent of their body weight.

The difference appeared to be due to the amount of weight that the patients lost rather than the specific approach they used. In other words, if the diet-and-exercise patients had managed to lose as much weight as the surgical patients, their diabetes may have been as well-controlled. "The problem is that it's hard to lose weight" by using traditional, non-surgical methods, said study author John Dixon, an obesity researcher at Monash University in Melbourne, Australia.

The findings are published in the Jan. 23 issue of the *Journal of the American Medical Association*.

Previous studies have shown that gastric bypass operations can reduce the incidence of diabetes in patients.

Dr. J. R. Salameh, medical director of the bariatric surgery program at Virginia Hospital Center, said the study provides a strong argument that diabetic patients do as well when they undergo the less drastic adjustable gastric banding surgery.



HEALTHY EATING CORNER

ORANGE DREAMSICLE

28 grams protein

- ✓ 1 scoop vanilla whey protein powder
- ✓ 1 scoop sugar-free Sunrise Orange Crystal Light powder
- ✓ 8 ounces skim milk

Mix well in shaker cup or blender.

Alternatives:

*substitute 4 ounces orange juice for 4 ounces milk;
substitute 4 ounces fat-free yogurt for 4 ounces milk.*

BANANA/PEANUT BUTTER SHAKE

12 grams protein

- ✓ 8 ounces fat-free milk
- ✓ 1 tablespoon creamy peanut butter
- ✓ 1/4 - 1/2 banana

Blend until smooth in blender.