

Bariatric *focus*

HELPING PATIENTS STAY FOCUSED ON WEIGHT LOSS EVERY DAY

A condition that affects 13 million women in the United States

Reducing urinary incontinence with weight loss

Reducing urinary incontinence can now be added to the extensive list of health benefits of weight loss, according to study published in a recent issue of the New England Journal of Medicine.

The Program to Reduce Incontinence by Diet and Exercise (PRIDE) recruited a total of 338 obese and overweight women who leaked urine at least 10 times per week. The women were randomly assigned to either an intensive six-month weight-loss program of diet, exercise and behavior modification or to a group that received information about diet and exercise, but no training to help them change habits.

The investigators report that women in the intensive weight-loss group lost an average 8% of their body weight and reduced weekly urinary incontinence episodes by nearly one-half (47%). In contrast, women in the information-only group lost an average 1.6% of body weight and had 28% fewer episodes.

Urinary incontinence affects more than

13 million women in the United States and accounts for an estimated \$20 billion in annual health care costs. Obesity is an established risk factor for urinary incontinence, but conclusive evidence for a beneficial effect of weight loss on urinary incontinence has been lacking.

An important finding of the PRIDE trial is the difference between the two groups in the reduction of incontinence. Among women in the weight-loss group, 41% achieved a clinically relevant reduction of at least 70 percent of total incontinence episodes per week, whereas 22% of women in the information-only group achieved the same level of reduction.

At six months, women in the weight-loss group were significantly more satisfied with the change in their incontinence than were women in the information-only group. This was assessed through self-reported perceived change in frequency of incontinence, volume of urine loss, the degree to which incontinence was a problem, and satisfaction with the change in incontinence.



"Studies have documented that weight loss, whether medical or surgical, helps decrease the risk of developing a number of medical illnesses such as type 2 diabetes, high blood pressure, and sleep apnea and can reverse them or improve their control if they have already developed," said J. R. Salameh, MD, medical director of the Bariatric Surgery Center at Virginia Hospital Center. "This new study suggests that a decrease in urinary incontinence is one more health benefit associated with weight loss in overweight and obese women."

True or False?

I shouldn't eat any fat if I want to lose weight?

False: Fat serves many important functions, such as storing energy, transporting certain vitamins and providing flavor and texture to foods. When it comes to weight loss, calories are the bottom line. It is however important to have only a small percentage of your calories from fat. Although it is important to select low-fat or fat-free food options, always make sure that these foods do not have more sugar and calories.

HEALTHY EATING CORNER

CHICKEN AND MUSHROOM SOUP (Calories 239 Protein 21 grams) **Makes 4 Servings**

1 ½ cups onion, chopped
1 lb fresh white mushrooms, chopped
1 bay leaf
½ cup white wine
1 14.4-oz cans of fat-free chicken broth
¼ cup fat-free sour cream

3 garlic cloves minced
½ teaspoon dried tarragon
¼ teaspoon dried thyme
½ lb boneless skinless chicken breast, quartered
1/3 cup dried shiitake mushrooms (about ½ oz)
2 tablespoons fresh chives, chopped

- ✓ Coat the bottom of a large soup pot with cooking spray and sauté onion, garlic & fresh mushrooms over medium heat. Cover & cook for 10 minutes, stirring occasionally
- ✓ Add tarragon, bay leaf, thyme & wine, stirring & scraping bottom of pot to loosen brown bits
- ✓ Lower heat & add chicken, broth & dried mushrooms. Cover & simmer for 30 min.
- ✓ Discard bay leaf and stir in sour cream
- ✓ Puree soup in food processor until smooth. Add salt & pepper to taste; top with chives.