

Bariatric *focus*

HELPING PATIENTS STAY FOCUSED ON WEIGHT LOSS EVERY DAY

Losing weight could add years to your life.

Severe Obesity Shortens Life As Much As Lifelong Smoking

Researchers from Oxford University analyzing results from nearly 60 long term studies covering almost a million people worldwide concluded that moderate obesity shortens life expectancy by up to 4 years and severe obesity shortens it by up to 10 years, which is comparable with the effects of lifelong smoking. The analysis was recently published in *The Lancet*.

The researchers used body mass index to assess obesity. Moderate obesity is having a BMI of 30 to 35, and severe obesity is having a BMI of 40 to 50.

The results showed that rates of death were lowest among men and women whose BMI was 23 to 24. This would be for example the BMI of a person 5 ft 7 in tall who weighs about 154 lbs.

When they compared the effect of obesity with that of smoking they found that continuing to smoke is as dangerous as doubling your body weight and three times as dangerous as

moderate obesity. Changing your diet however but keeping on smoking is not the way to increase lifespan. For smokers the key thing is that stopping smoking works.

Researchers found that in countries like Britain and America, carrying excess weight shortens human lifespan. Weighing a third more than the optimum shortens lifespan by about 3 years, and for most people, a third more than the optimum means carrying 50 to 60 pounds of excess weight.

Obesity does increase the rate of death for some types of cancer, but usually it kills by increasing the risk of heart disease and stroke.

In the UK, one in four deaths among the middle aged are from heart attack or stroke, and 1 in 16 cancer deaths are due to being overweight or obese.

In the US, where middle aged people tend to be heavier, these figures are even higher: one in three deaths from heart

attack or stroke and 1 in 12 cancer deaths among middle aged Americans is due to being overweight or obese.

The researchers also concluded that although other measures such as waist circumference and waist-to-hip ratio could add more information to BMI, and BMI to them, BMI itself is a "strong predictor of overall mortality".



Support Group Meeting



Our next gastric banding support group meeting is Thursday, April 16 at 7 pm. Plan to attend!

Have you checked out the new LapBand.com?

Check out the new lapband.com website and take advantage of new partnership with:

Therapeutic Lifestyle Change Program by Lindora®: offers a free, personalized 10-week program in a "virtual clinic" setting with 24/7 access.

Curves®: gives you a free 2-week membership at their nearest location and additional membership discounts. Food, Activity and Health Trackers powered by FitDay™: Online food, activity and health journal.

HEALTHY EATING CORNER

Cauliflower, Mushroom, and Cheddar Casserole

- 3 cups cauliflower, steamed until soft, about 12 minutes
- 1 cup fresh white mushrooms, chopped
- 5 cloves roasted garlic
- ½ lb low-fat cheddar cheese, diced
- Butter-flavored cooking spray
- 2 Tbsp ground soy nuts



Preheat oven to 350 degrees.

In a large bowl, mix cauliflower, mushrooms, roasted garlic, and cheese.

Coat a small nonstick baking dish with cooking spray; pour in cauliflower mixture and sprinkle ground soy nuts on top.

Spray top with cooking spray and bake for 30 minutes.