

Bariatric *focus*

HELPING PATIENTS STAY FOCUSED ON WEIGHT LOSS EVERY DAY

Linked To Obesity, Type 2 Diabetes, Other Health Concerns

The Deleterious Effects of Soda Consumption

Drinking too much soda could have health consequences ranging from weight gain to osteoporosis to kidney problems, according to the August issue of Mayo Clinic Women's HealthSource.

Soda was once considered an occasional treat, but consumption has steadily increased over the last three decades. Many Americans drink soda every day. Demand is so great that manufacturers produce enough soda to supply the average man, woman and child in America with more than 52 gallons each year.

The publication looked at health effects of sipping too much soda. For example, studies have found an association between Americans' soda-drinking habits and the rising rates of obesity and type 2 diabetes in adults and children.

Sugar overload: Many concerns about soda center on sugar. One 12-ounce soda typically has nine teaspoons of sugar and 140 calories. Research has shown that adults and children who regularly drink

beverages high in sugar tend to have higher calorie intake overall and experience weight gain. As weight increases, so does the risk of type 2 diabetes.

Diet soda no better? Although diet sodas are low in calories, nutrition surveys have shown that those who drink them don't always eat healthier or lose weight. Some data suggest that the artificial sweeteners in diet drinks may increase sugar cravings and encourage poor food choices.

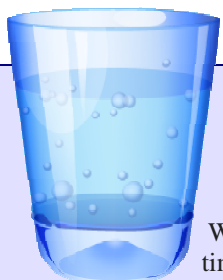
Metabolic syndrome: A study in the journal *Circulation* found that middle aged adults who drink one or more regular or diet sodas daily had an increased risk of developing metabolic syndrome - a cluster of conditions that includes high blood pressure, excess weight gain around the waist, high cholesterol and insulin resistance.

Osteoporosis: Consumption of milk, an important source of calcium, may be less for someone who prefers drinking soda. Lower calcium levels can increase the risk of

osteoporosis, a condition in which bones are weak and prone to fracture. It's possible that the phosphoric acid and caffeine found in soft drinks may promote the loss of calcium in bones.

Kidney stones: Some evidence indicates that sodas are linked to the formation of kidney stones. Drinking two or more diet or regular sodas in one day may increase the risk of chronic kidney disease.

For those trying to lose weight or improve their diet, forgoing soda or indulging only on occasion may be wise. Remember that whether sweetened with sugar, or artificially, our body does not need anything but water. And while switching overnight from soda to water seems impossible, you can opt for baby steps such as cutting back on the number of sodas consumed daily or consuming soda only during predefined meals.



New Study:

Two Cups Of Water Before Each Meal Enhance Weight Loss

While there are lots of anecdotal reports, some going back a long time, that water can help people lose weight, there is surprisingly little scientific evidence. A new clinical trial reported at a recent conference in the US found participants who drank two cups of water before each meal lost an average of 5 pounds more weight over a 12-week calorie controlled diet than those who followed the same diet but did not drink the water. The study enrolled 48 adults aged from 55 to 75 years and randomly assigned each to one of two groups: water drinkers & non-water drinkers.

The authors urged people to cut down on sugary, high calorie drinks and drink more water. The reason drinking water before the meal works is simply because it has zero calories and gives the sensation of feeling partly full before you even start eating, resulting in fewer calories consumed during the meal.

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Support Group Meeting

Thursday

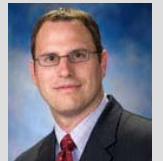
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Our next bariatric surgery support group meeting is Thursday, September 23 at 7 pm See you there!

Featured Speaker

Plastic Surgeon

Joseph Michaels V, M.D.



Location: Conference Center