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Get the Most from Your Program

Consistency is Key – A Follow-Up:

In our February issue, we explained why it is important to your success to be consistent and regular with your visits to the clinic, with the reminder that you may find it helpful to visit the clinic every day if you need the additional support.

Since then, our clinics have seen a considerable increase in the number of patients coming in every day. From our observation, these patients report:

- o having an easier time adhering to the diet and making fewer errors
- o more accountability keeps them more focused
- o increased motivation by seeing results every day
- o increased rate of weight loss

Remember, the cost of the program does not change whether you come in 3, 4 or 5 days per week, so we welcome you come in as often as you need to. Our dedicated team of nurses and doctors is looking forward to seeing you tomorrow! ♦



Weight Loss Research News

16.5% weight reduction in obese individuals can put off knee surgery for half of them.

In Canada the number of obese adults was about 23.1% according to the 2004 Canadian Community Health Survey. Many morbidly obese individuals with knee OA require a total knee replacement (TKR) surgery to improve their quality of life. However, those with a BMI of 35 kg/m² or greater have higher chances of poorer post-operative outcomes after a total joint replacement than those within a normal or overweight BMI range. The post-operative outcome for these individuals tends to be affected negatively by their weight. Therefore, many surgeons refuse to operate on obese patients until they have lost weight. However, after losing considerable amount of weight these individuals show reduced knee pain, increased functional performance and improvements in quality of life

Citation: Coriolano K, Aiken AB, Harrison MM, Pukall CF, Brouwer BJ, et al. (2013) Changes in Knee Pain, Perceived Need for Surgery, Physical Function and Quality of Life after Dietary Weight Loss in Obese Women Diagnosed with Knee Osteoarthritis. *J Obes Weight Loss Ther* 3: 174. doi; <http://dx.doi.org/10.4172/2165-7904.1000174> ♦

Overweight and obese people who lost a substantial amount of weight over a 48-month period showed significantly lower degeneration of their knee cartilage, according to a new study published online in the journal *Radiology*.

The research team investigated the association between weight loss and the progression of cartilage changes on MRI over a 48-month period in 640 overweight and obese patients (minimum body mass index [BMI] 25 kg/m²) who had risk factors for osteoarthritis or MRI evidence of mild to moderate osteoarthritis. Data was collected from the Osteoarthritis Initiative, a nationwide research study focused on the prevention and treatment of knee osteoarthritis. Patients were categorized into three groups: those who lost more than 10 percent of their body weight, those who lost five to 10 percent of their body weight, and a control group whose weight remained stable.

The results showed that patients with 5 percent weight loss had lower rates of cartilage degeneration when compared with stable weight participants. In those with 10 percent weight loss, cartilage degeneration slowed even more.

Journal Reference:

Benedikt J. Schwaiger, Alexandra S. Gersing, John Mbapte Wamba, Michael C. Nevitt, Charles E. McCulloch, Thomas M. Link. Can Signal Abnormalities Detected with MR Imaging in Knee Articular Cartilage Be Used to Predict Development of Morphologic Cartilage Defects? 48-Month Data from the Osteoarthritis Initiative. *Radiology*, 2016; 281 (1): 158 DOI: <http://dx.doi.org/10.1148/radiol.2016152308> ♦

Cancer Prevention

June 5 is National Cancer Survivors Day. In 2015, it was estimated that 539 Canadians would be diagnosed with cancer every day. Almost 30% of all Canadian deaths in 2011 were attributed to cancer.

Prostate cancer accounts for 24% of all new cancer cases in men, and breast cancer accounts for 26% of all new cancer cases in women.

37% of Canadians diagnosed with cancer are not expected to survive 5 years after a diagnosis. The survival rates for prostate and breast cancers have greatly improved, although colorectal cancer still has a survival rate of only 64%.

While each type of cancer is unique and has different risk factors, we know that a common risk factor of breast, colon, and prostate cancers is obesity. The sooner you lose ALL the excess weight, the less probability you have of developing these deadly tumours.

For more information about cancer prevention, visit the Canadian Cancer Society at <http://www.cancer.ca/> ♦

Managing Sleep Apnea

Sleep apnea is a serious disorder that causes your breathing to stop repeatedly while you sleep. These pauses last 10 to 30 seconds and can happen many times through the night.

The most common type of sleep apnea is Obstructive Sleep Apnea, which happens when the upper airway becomes blocked during sleep. Relaxed throat muscles, a narrow airway, a large tongue or extra fatty tissue in the throat can also block the airway. Men are affected by sleep apnea at approximately 4 times the rate of women.

Symptoms of sleep apnea include daytime sleepiness, loud snoring followed by silent pauses, gasping or choking during sleep, morning headaches, irritability or mood changes, and poor concentration or memory loss.

Being overweight is a risk factor for sleep apnea. Losing as little as 20 lbs can greatly reduce the number of sleep apnea episodes that happen each night.

Do you need a CPAP machine to help you breathe at night? Every one of our patients who suffer from sleep apnea has been able to eliminate the use of this device as a result of using our diet and achieving their healthy weight goal. Another pleasant benefit is that many of these patients stop snoring too!

For more information about sleep apnea, visit the Lung Association: <https://www.lung.ca/> ♦

Recipes of the Month

Spinach and Cherry Tomato Pasta

77% of men are magnesium deficient. Consider this pasta for Father's Day dinner! (Author: L.B.)

Instructions:

1. Prepare noodles according to package instructions.
2. Saute spinach and garlic over medium heat until the garlic browns and the spinach wilts (appx. 5 minutes).
3. Add the tomatoes, basil and thyme, cover and cook until tomatoes start to burst.
4. Combine noodles with sauce.
5. Serve and enjoy.

Ingredients:

- 4 oz 110 g baby spinach
- 4 oz 110 g cherry or grape tomatoes
- 2 garlic cloves, chopped
- 1/3 cup fresh basil
- 1 tsp 5 ml thyme
- 4 oz Shirataki Miracle Noodles (Angel Hair Pasta)
- PAM



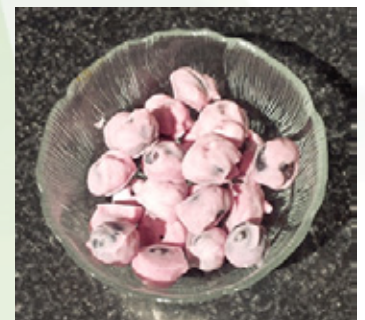
Frozen Yogurt Drops

Instructions:

1. Place yogurt in a bowl.
2. Stir in blueberries, making sure they are fully coated.
3. Place wax paper on a cookie sheet.
4. Place each coated blueberry on the cookie sheet.
5. Place cookie sheet in the freezer.
6. Once frozen, pop coated blueberries off the wax paper and eat!

Ingredients:

- 2.5 oz 75 g blueberries, fresh
- 1 container (100 g) Danone Silhouette 0% Stirred Greek Yogurt: Strawberry Kiss



Clinic Hours Update

Our clinics with extended hours.

Ontario

Monday to Friday – 6:00am - 8:00pm.

[Barrie Clinic](#) 74 Cedar Pointe Dr.
[Erin Mills Clinic](#) 6465 Millcreek Drive
[Ajax Clinic](#) 100 Westney Rd. S
[Hamilton Clinic](#) 1024 Upper Wentworth Street,
[Huntclub Clinic](#) 2430 Bank Street,
[Mississauga Clinic](#) 4557 Hurontario St.,
[Oakville Clinic](#) 300 North Service Rd. West,
[Scarborough](#) 4651 Sheppard Ave. East,
[Woodbridge Clinic](#) 200 Whitmore Road,
[Yorkdale Clinic](#)
Moved from: Yorkdale Mall,
To: 3240 Dufferin Street, Toronto, ON
M2A2T3 (Orfus Rd & Dufferin St.)

Monday to Friday – 6:00am - 2:00pm.

[Burlington](#) 2000 Appleby Line,
[Etobicoke](#) 170 N Queen St,

British Columbia

Monday to Friday – 6:00am - 2:30pm.

[West Broadway Clinic](#) at 1558 West Broadway,

Monday to Friday – 6:00am - 8:00pm.

[Langley Clinic](#) at 20159-88th Avenue,

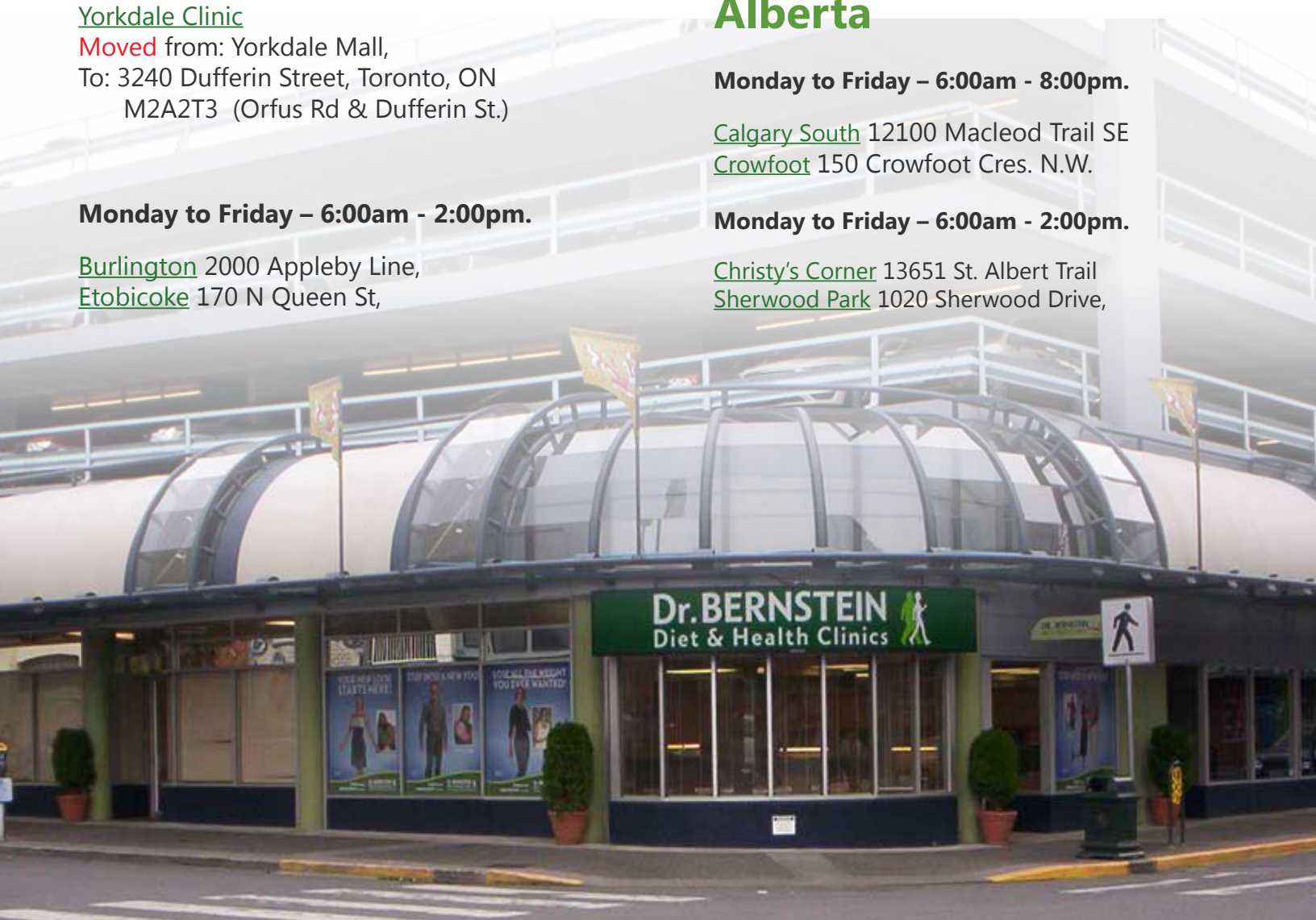
Alberta

Monday to Friday – 6:00am - 8:00pm.

[Calgary South](#) 12100 Macleod Trail SE
[Crowfoot](#) 150 Crowfoot Cres. N.W.

Monday to Friday – 6:00am - 2:00pm.

[Christy's Corner](#) 13651 St. Albert Trail
[Sherwood Park](#) 1020 Sherwood Drive,



We're Hiring!

Clinic Support & Administration

We are always looking for skilled people to join our team. Opportunities exist for personal and professional growth, in one of our administration and support team positions. Your chance to make a contribution to our patients' success range from entry level to management positions in areas such as: Finance; Human Resources; Contact Centre; Warehousing/Logistics; Operations & Nursing Support; & Information Technology.

Nurses & Medical Receptionists

Are you tired of working unstable shifts & weekends? Are you looking to improve the balance between your work and family life? If you answered YES then we have the opportunity for you! As part of our highly skilled team, you will be closely monitoring our patients' health, educating them on proper nutrition and motivating them to achieve their goals and maintaining their healthy weight for the rest of their lives!

Physicians

Are you ready for a rewarding change of pace? With our dedicated and streamlined approach to patient care and clinic operations, the convenience of regular day-time working hours and attractive compensation, we present a significant lifestyle opportunity for today's doctors. All while making a positive difference in so many of your patients' lives.

For a list of current openings, and to apply online, visit
<https://www.drbdiet.com/careers/>