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Happy 150th Canada

Bernstein Diet and Health Clinics is proud to have helped Canadians lose weight for over 40 years.



Dr. Stanley K. Bernstein, M.D.

Canada has a long and proud history of innovation and learning. We wish all of our fellow Canadians a Happy and Prosperous 150th. We look forward to many more years of Innovation.

Our very own Dr. Stanley K. Bernstein, MD, General Practitioner, is an experienced physician in the field of Bariatrics and has been practicing for over 40 years. Bariatrics is the medical management (the study and treatment) of obesity and weight loss. He has been helping people lose weight quickly and safely and to keep it off long term.

Inspired by a passion to actively improve the quality of his patients' lives and frustrated by the poor results of obesity treatment administered by most physicians and commercial diet clinics, Dr. Bernstein spent years researching and developing The Bernstein Diet.

"I want to help people lose weight before they face unnecessary medical problems down the road" – Dr. Bernstein



CANADA 150

It was during these years that he became disappointed with the inadequate results with the methods for the treatment of obesity that he was taught in medical school. After years of development and research, he began administering a unique diet program that generated dramatic results achieving rapid and healthy weight loss.

The Bernstein Weight Loss/Disease Management practice grew primarily by word of mouth over 50 clinics across Canada today. To date, with the network of clinics staffed with specially-trained nurses and doctors, The Bernstein Diet has helped hundreds of thousands of people lose millions of pounds of excess weight, improving their health, longevity and quality of life. ♦

Cancer Changes a Child's Life



So Does Camp

Help Send a Kid with Cancer to Camp

Join us in supporting the Coast to Coast Against Cancer Foundation to raise funds for 3 wonderful camps for kids living with cancer in Ontario.

These camps give children living with cancer a special opportunity to enjoy the great outdoors without the constraints of hospital walls, and with the full on-site medical support of volunteer doctors, nurses and counsellors.

These camps rely solely on donations to operate. They receive no government funding and never charge anything to the families of the children who attend.

On August 18, Warren Bernstein will join hundreds of other cyclists in the CTCACF Tour For Kids 3-day, 400 km ride to raise funds in memory of Tamara Bernstein.

You Can Help:

1. Make a cash donation into the drop box at any of our clinic locations.
2. Visit www.TourForKids.com/Ontario/Donate, click Donate To A Rider or Team and search Warren Bernstein or Tamara's Angels.
3. Or click here to go directly to it <https://secure.e2rm.com/registrator/search.aspx?teamRedirect=752749>

The Coast to Coast Against Cancer Foundation is a national charitable foundation dedicated to improving the quality of life and survival rates of children living with and beyond cancer. 100% of donated funds go directly to camp programs and pediatric cancer research.

Thank you for supporting this great cause!



Weight Loss Research News

Swedish study shows BMI increase through puberty and adolescence is associated with risk of adult stroke in young adult men.

The authors noted that while the rate of strokes in older individuals is decreasing, it is increasing in young adults. To study this increase, they evaluated the incidence of strokes in young adult males, by identifying those with an increasing BMI during puberty and adolescence. The study evaluated data on childhood and young adult BMI along with other national health data in Sweden.

By looking at BMI scores for the population of the Gothenburg region, and cross referencing it to deaths due to stroke, they were able to see that the people with an increase in BMI during their pubescent years were exhibiting a marker for strokes in the future. By also correcting for weight loss due to other factors, they were able to further refine the analysis.

The authors conclude that a BMI increase through puberty and adolescence is associated with an increased risk of stroke in adult men, at least partly via increased blood pressure. They also noted that youth with high BMI's who do not gain weight or who then achieve a healthy weight during puberty and adolescence are not at the same risk of stroke.

Citation: Claes Ohlsson, MD, PhD, Maria Bygdell, PharmD, Arvid Söndén, MSc, Christina Jern, MD, PhD, Annika Rosengren, MD, PhD and Jenny M. Kindblom, MD, PhD , PBMI increase through puberty and adolescence is associated with risk of adult stroke. J Neurology <http://www.neurology.org/content/early/2017/06/28/WNL.0000000000004158.full.pdf+html>

Childhood Obesity

Obesity in children and adolescents is a serious issue with considerable health and social consequences. More teens suffer from diabetes and heart disease than ever before, and as many as 10% of kids over the age of 4 are suspected to have fatty liver disease. See the previous page for new research on BMI increase during puberty and an increased risk of stroke in young adult men.

It's caused by a combination of excessive sedentary behaviour (computer games, TV, videos) and an over-consumption of high calorie foods, and habitual snacking.

The time to treat childhood obesity is now. The sooner children have their weight and eating habits under control, the healthier they will be for the rest of their lives. As a parent, you can prevent them from developing terrible complications as they grow into adulthood.

The Bernstein Clinics are committed to treating the causes and problems of youth obesity, and we offer lower fees for children. Call today, and we'll guide you through the first steps to help them achieve all the same healthy, rapid results as our adult patients. For more information about childhood obesity, visit the Childhood Obesity Foundation at <http://childhoodobesityfoundation.ca/>

Contact us for more information on how our diet program can help you manage chronic health problems. ♦

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

Fruit Smoothie

Instructions:

1. Add water to blender, then add all other ingredients.
2. Blend until smooth.

Ingredients:

- ½ medium apple (approx. 2oz)
- ½ medium orange (approx. 2oz)
- 1/8 cantaloupe (approx. 2oz)
- ½ medium peach (approx. 2oz)
- 1 cup water
- Ice cubes
- Pinch of cinnamon



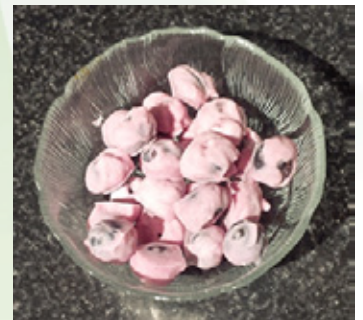
Frozen Yogurt Drops

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 - **Moving August 8th**
To: 1899 Brock Road, Pickering, Ontario, Unit H3
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/>