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Weight Loss Research News

'Fat But Fit' Is A Myth, Study Confirms.

By Meera Senthilingam, CNN, August 14, 2017 (Edited for space)

<http://www.cnn.com/2017/08/14/health/fat-but-fit-myth-heart-disease-study/index.html>

The idea that you can be overweight or obese yet healthy -- if factors such as your blood sugar, blood pressure or cholesterol levels are normal -- is a myth, according to a new study, published in the European Heart Journal.

Carrying those extra pounds can increase risk of coronary heart disease by up to 28% even if your other results appear normal, further disproving the notion that people can be "fat but fit."

"We conclude that there is no such thing as being healthy obese," said Camille Lassale, an epidemiologist from Imperial College London's School of Public Health, now based at University College London, who led the research. "You are at an increased risk of heart disease." Previous studies have found that some obese or overweight people lack the health issues that often come with this added weight, such as high blood pressure or signs of fat in the blood that could clog arteries, classing them as "metabolically healthy."

But more recent studies have gone against this belief, showing that people with excess weight still have a greater chance of developing heart disease than those with a normal weight.

Weight Loss Research News cont'd

Lassale's team conducted the largest study to date investigating the impact on heart health when people are overweight or obese, as well as when they are "metabolically unhealthy," such as having elevated blood pressure, blood sugar, triglycerides (which store fat in your body) and waist size or having reduced levels of HDL cholesterol, the "good" form, which the body needs. These factors combine to cause metabolic syndrome, which increases risk of various heart-related conditions, including heart disease and stroke.

But the researchers then looked within the group classified as "metabolically healthy" -- without risk factors such as high blood sugar. They found that within this seemingly healthy group, people who were overweight or obese had a greater risk of heart disease than normal weight people: 26% increased risk in those who were overweight and 28% increased risk in those who were obese.

"Even if you are classified as metabolically healthy, excess weight was associated with an increased risk of heart disease," Lassale said. "It's another brick in the wall of evidence that being healthy overweight is not true."

The risk is much higher in the unhealthy group, Lassale added, but she highlighted the need for those without signs such as high blood pressure not to rest on their laurels. "(They) seem to be at an intermediate risk," she said. "We saw that they went on to develop (more) heart attacks."

"This reinforces the fact that obesity in itself is a risk factor," Lassale said. "Every effort should be made by health professionals to advise on lifestyle changes regardless of these metabolic factors." These factors are likely to become abnormal if weight is not controlled, she added.

"This study provides robust evidence that there is no such thing as 'healthy obesity,' " said Metin Avkiran, associate medical director at the British Heart Foundation, who was not involved in the study. "The take-home message here is that maintaining a healthy body weight is a key step towards maintaining a healthy heart."

<https://doi.org/10.1093/eurheartj/ehx448> ♦

September 29 is World Heart Day

Lose Weight And Help Your Heart

Did you know that an overweight person's heart has to work harder to pump blood? This is a growing concern because being overweight or obese are major risk factors for heart disease and stroke. By achieving and maintaining a healthy weight, you can significantly reduce your risk of heart disease and stroke. A healthy weight can also help control other conditions such as high blood pressure, high blood cholesterol and diabetes.

There are many factors to be managed during weight loss, so we feel it is critical that the entire process is monitored carefully. Without proper medical supervision and dietary coaching, you may experience short term weight loss, but won't have the tools and knowledge to keep it off long term.

At Bernstein Diet & Health Clinics we work with everyone who wants to lose weight. We also do a Framingham Risk Score for our patients, to help with early detection and prevention of Cardiovascular Disease. Our nursing staff and physicians can help you learn more about what your Framingham Risk Score is and what it means.

Whether you have a few pounds or a few hundred to lose, give us a call at 1.888.372.3438 to discuss your options. ♦

*Individual weight loss may vary. Call for details. Compliance with our program is required.

Managing Arthritis

September is Arthritis Awareness Month. The term Arthritis refers to over 100 conditions that affect the joints, surrounding tissues, and other connective tissues. While it is most common in adults aged 65 or older, it can affect anyone of any age, race, or ethnic group.

Two of the most common forms of arthritis are osteoarthritis and rheumatoid arthritis.

Osteoarthritis involves cartilage erosion mostly around the knees, hips, hands and fingers, and spine.

Rheumatoid arthritis is an autoimmune disease where the body attacks normal joint tissues, typically in the hands and wrists, but can also cause stiffness and inflammation on other areas of the body.

Symptoms of arthritis include:

- Joint pain
- Swelling or tenderness
- Crunching feelings or sounds
- Fatigue, occasional fever
- Stiffness after sleeping or sitting

The chances of getting OA generally increase with the amount of weight the body's joints have to bear. The knee is particularly affected because it is a major weight-bearing joint.

Losing weight is the easiest and simplest form of treatment to control arthritis symptoms and other health related problems.

If you're overweight or obese, aim to achieve a normal healthy weight. You should lose weight to achieve a body mass index of 25 or lower.

Many of The Bernstein Diet & Health Clinic patients find that painful arthritic symptoms are reduced or even disappear with weight

loss. Many patients have reduced their need for anti-arthritic prescriptions. And sometimes they end up not needing their prescriptions at all. It is amazing how the loss of extra pounds can remove excruciating symptoms that they have been suffering over the years and change the quality of life.

After losing a significant amount of weight (70+ lbs), many of our patients have been able to cancel replacement joint surgery because of their pain relief and increased movement. If you do require surgery, prior weight loss will improve your speed of recovery.

For more information about arthritis, visit the Arthritis Society at <http://www.arthritis.ca/> ♦

September 21 is World Alzheimer's Day

Alzheimer's disease is the most common form of dementia, and the number of people suffering from Alzheimer's is expected to quadruple by 2050.

Obesity has been associated with an increased chance of developing this disease. The earlier you lose weight, the better your chances at prevention.

Speak to your physician to discuss how your diet plan can reduce your risk of Alzheimer's disease.

For more information about preventing Alzheimer's disease, visit the Alzheimer Society of Canada at <http://www.alzheimer.ca/> ♦

Recipes of the Month

Chilled Watermelon Gazpacho

Instructions:

1. Combine all ingredients in a blender and blend until desired thickness.
2. Chill in refrigerator for at least one hour.
3. Serve and enjoy.

Ingredients:

- 8 oz 230 g Watermelon, chopped
 - 2 oz 60 g Tomato, peeled and chopped
 - 2 oz 60 g Cucumber, chopped
 - 2 oz 60 g Onion, chopped
 - 2 oz 60 g Green pepper, chopped
 - 1/2 Jalapeno, chopped
 - 2 tbsp 30 ml White Vinegar
 - 1/2 tsp 2.5ml Salt
-

Thai Mixer Stuffed Chicken

Instructions:

1. Preheat oven to 350°F.
 2. Saute onion, zucchini, galangal, artichoke, red pepper until softened and fragrant.
 3. Remove galangal and mash mixture together.
 4. Lightly mix $\frac{3}{4}$ tbsp basil and $\frac{3}{4}$ tbsp cilantro in to mixture.
 5. Spoon mixture evenly on to chicken and roll tightly. Tie off with cooking rope.
 6. Bake for 20-25 minutes until chicken golden brown.
 7. Sprinkle with remaining basil and cilantro.
- Serve on bed of raw spinach .

Ingredients:

- 3.5 oz 100 g Chicken breast (flattened) or Large Shrimp
- 3 oz 90 g Zucchini (skin removed)
- 2 oz 60 g Artichoke
- 1 oz 30 g Onion (very finely diced)
- 1 oz 30 g Red pepper (very finely diced)
- 1 oz 30 g Spinach
- 1 tbsp Thai basil, fresh (chopped)
- 1 tbsp Cilantro, fresh (chopped)
- 1 chunk (approx. $\frac{1}{2}$ in.) Galangal thinly sliced

Clinic Hours Update

Our clinics with extended hours.

Ontario

Monday to Friday – 6:00am - 8:00pm.

[Etobicoke](#) 170 N Queen St
[Barrie Clinic](#) 74 Cedar Pointe Dr.
[Erin Mills Clinic](#) 6465 Millcreek Drive
[Ajax Clinic](#) 100 Westney Rd. S - **Moved 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](#) 3240 Dufferin Street

Monday to Friday – 6:00am - 2:00pm.

[Burlington](#) 2000 Appleby Line,

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 -
Temporarily Closed for repairs.

[McKenzie Towne](#) 4916 - 130th Ave SE -
Temporarily extended hours.

[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/>