

## 101 Weight Loss Tips for People with Diabetes

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According to the American Obesity Association, an estimated 120 million adults in the United States are obese or overweight, and obesity is a major risk factor in diabetes. 'People who lose even small amounts of weight—five to seven percent of their starting weight (usually ten to twenty pounds)—improve their health by reducing high blood pressure, high blood sugar, high cholesterol, sleep apnea, arthritis, and depression.' By losing weight, people can decrease the risk of acquiring these diseases, and their subsequent morbidities. The authors, all registered dietitians, have written a general guide for weight loss that is geared for diabetics, but may help all those with weight concerns. Each page asks a question on weight loss and then covers a relevant tip.

Using the WAVE concept to lose weight, the authors "have found that it helps to expand your focus to four areas of your life: Weight, Activity, Variety, and Excess." Fad diets, weight management program selection, very low-calorie diets, and meal replacements are just some of the topics discussed in the Weight chapter. The book offers facts about weight loss medication and surgery, outlining the benefits, pitfalls, and risks. Tables and charts provide information on calculating body mass to determine obesity, the benefits and risks of exercise, and the positive and negative predictors of weight loss.

The Activity section talks about exercise (including household chores), stress testing, and leg pains. Variety is the success to eating plans. The authors acknowledge that weight plateaus and eating on vacation and holiday are difficult points for losing weight. They reassure readers that slips are expected, and offer tips for planning ahead and learning skills for ordering in a restaurant to help the dieter get through these times. The last tools confront Excess. Dealing with cravings, food pushers, and emotions can change the patterns of negative eating. A list of resources closes this handy reference.

Every person battling obesity deserves a chance at better health. This book may turn a chore into an achievable positive lifestyle change.

NANCY LEAKE (July / August 2002)

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