

New Hope News

August Edition- 2007

Please Join Us for a Day of Fun Walk From Obesity

Walk Date: Saturday, September 15, 2007

Walk Location: Prairie Stone Sports and Wellness
Center - Hoffman Estates, Illinois

WALK FROM OBESITY™

The **Walk from Obesity** is fun and flexible! Each community can adapt the program material to their own needs. This walk is for everyone; participants can be young or old, active or non-active, thin or obese.

In September 15, 2007 in cities all across America, obesity sufferers and survivors alike join forces and walk to raise money for research, education, prevention and treatment of the life-threatening disease of obesity.

Since its inception, the **Walk from Obesity** has raised more than \$1.6 million to support research and educational programs on behalf of all of those affected by this disease.

Many participants walk on behalf of those unable to do so, because obesity has stolen their mobility, dignity, hope or life.

The ASBS Foundation and Obesity Action Coalition's **Walk from Obesity** was established to give hope to those needing it most.

Walkers raise money by asking friends, family and co-workers to sponsor them. In addition to walker income, funds are raised through sponsorship, matching gifts, corporate contributions and other fundraising activities.

The funds raised through this event support the ASBS Foundation and the Obesity Action Coalition's

Recipe of the Month: Strawberry Yogurt Freeze

Yield

9 servings

Ingredients

- 1 cup (250 ml) crushed strawberries
- 1 cup (250 ml) non-fat plain yogurt
- 1/3 cup (75 ml) SPLENDA* Granular
- 1/2 tsp (2 ml) almond extract
- 2 egg whites
- Double Berry Sauce (see recipe in our desserts section) or sliced

Directions

Combine crushed strawberries, yogurt, SPLENDA* Granular and almond extract. Blend until smooth. Spread in 8-inch (20 cm) square pan. Freeze for 4 hours. Cover pan for longer storage.

To serve, cut into squares and top with sauce or fruit.

Nutritional Information

per serving

- Energy: 31 Cal
- Protein: 2.5 g
- Fat: 0.1 g Carbohydrates: 5 g

independent educational missions and fund programs focused on research, education and advocacy for all those affected by obesity

The **Walk from Obesity** is fun and flexible! Each community can adapt the program material to their own needs. This walk is for everyone; participants can be young or old, active or non-active, thin or obese.

About Obesity

Obesity is a serious, chronic disease affecting more than 32 percent of American adults and 17 percent of American children (an increase of 75 percent over the last 20 years). Every day hundreds of people in the United States will die from obesity and its related health conditions. Obesity is a complex, multi-faceted disease that has been misunderstood by medical professionals, governmental agencies and the general public.

Definition of Obesity

The term "obesity" refers to an increase in body weight from an excess accumulation of stored body fat. This deceptively simple definition does not reflect the complexity of the condition.

Obesity is most commonly calculated using body mass index (BMI). BMI is calculated by dividing a person's weight in kilograms by his or her height in meters, squared. An adult with a BMI of 30 or greater is clinically obese. [To calculate your BMI, please click here.](#)

BMI is not used to determine a person's actual percentage of body fat, but it is a good indicator to categorize weight in terms of what is healthy and unhealthy.

Waist circumference is a less-common method used to measure obesity in an individual. This simple indicator measures your waist circumference by wrapping a tape measure around the area above your hip bone and below your rib cage. For females, a waist circumference of 35 inches or greater is considered unhealthy. For men, a waist circumference of 40 inches or greater is considered unhealthy.

Causes of Obesity

It is a common misunderstanding that an obese individual has directly caused their condition by overeating and/or a lack of willpower. Negative stereotypes have contributed to the lack of adequate support, education, research and treatment for this disease. Obesity is a complex disease with many factors contributing including behavior, environment and genetics.

Health Problems and Co-Morbid Conditions Related to Obesity

People suffering from morbid obesity are at an increased risk for a number of serious health conditions that alone, or in

Help Wanted



New Hope News is looking for some interested people to help with our monthly newsletter. We need you to share your ideas, concerns and any Questions you think would benefit our readers. See Cecilia for more information

***New Hope Surgical
7411 Lake Street Ste# 2100
River Forest IL 60305***

NEEDED: New Hope Testimonials for our Web Site.

News:

New Hope Surgical Group Monthly Newsletter is to keep us informed with our questions and concerns and sometimes yummy recipes. To keep this going we are asking for your help. We are all busy with our own lives, and we understand this. But this is a very important part of our lives too. So please help us keep our newsletter going.

Treatment of Obesity

Weight Loss Surgery. While research continues into non-surgical alternatives to combat morbid obesity, surgery is currently the most effective method of achieving dramatic and sustained weight loss.

Surgical treatment focuses on severely restricting caloric intake while maintaining nutritional needs.

Bariatric surgery is major surgery involving risks and possible complications. Usually, the minimum qualification to be considered a candidate is a Body Mass Index of 40 or greater (at least 100 lbs. above ideal body weight), or a BMI of 35 or greater with two co-existing co-morbidities. Surgery is primarily viewed as a "last

combination, significantly reduce life expectancy, including:

- **Type 2 Diabetes** - Obesity is a major factor in the development of a resistance to insulin, which regulates the body's blood sugar levels. The resulting high level of sugar in the blood causes serious tissue, nervous system and circulatory system damage.
- **Heart Disease** - Excess body weight forces the heart to work harder to meet the body's needs. The strain can cause significant heart and kidney damage and, if accompanied by hypertension (high blood pressure), can lead to heart attack or stroke.
- **Cancer** - Studies have shown that obesity increases the risk of prostate cancer in men and uterine and breast cancer in women.
- **Osteoarthritis** - Excess weight causes strain and inflammation of the joints, especially the hips, knees and ankles, causing pain and decreased mobility.
- **Respiratory Problems** - Fat stored in the neck can cause obstruction of the air passage, especially during sleep. Sleep apnea caused by interruptions in breathing can result in a variety of problems, including fatigue, daytime drowsiness, headaches, heart failure and even death.
- **Depression** - Many obese people face the unfortunate reality of daily discrimination in an appearance-oriented society. In addition, disappointment from repeated failure at dieting and unnecessary feelings of guilt and frustration at physical pain and limitations can result in severe depression.

option" to alleviate the chronic, debilitating disease of morbid obesity.

Individuals must be highly motivated. Extensive dietary, exercise and medical guidelines must be followed for one's lifetime after surgery.

Once the decision to have surgery is made, there are several different procedures available, each with associated benefits and risks. Today, the preferred procedures include:

- Gastric Bypass Roux-en-Y
- Laparoscopic Adjustable Gastric Banding (LAGB)

Mission Statement

New Hope Surgical strives to restore health in those suffering from morbid obesity and its related diseases. We are committed to serving our patients with the highest quality minimally invasive, laparoscopic weight loss surgery, compassionate support groups, beneficial nutritional consultations, and valuable psychological consultations. We desire to give hope to individuals who have been affected physically, mentally, and emotionally by morbid obesity. Our goal is to improve our patient's long-term quality of life by increasing their weight loss and decreasing the severity of their co-morbidities.