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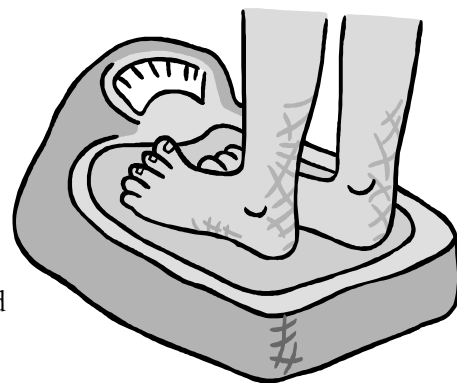
# WEIGHT LOSS OPTIONS

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Are you having difficulty finding a weight loss program that is safe and effective? Many people struggle with their weight. You may have tried several different weight loss programs. Maybe one that your friend tried and lost 10 pounds in one week, or a liquid diet you saw advertised on television that promised you would lose a dress size over the weekend.

Excessive weight is a primary health concern and risk factor in coronary heart disease, diabetes, gall bladder disease, arthritis, and peripheral vascular disease. Below are different weight loss options available at The Cleveland Clinic. A registered dietitian, the nutrition expert, supervises each program and assists you in implementing your weight loss plan.

Since people have different rates of metabolism, lifestyles and tolerance for change, weight loss plans must be individualized. The dietitian continues support through regular follow up appointments in order to discuss your progress, continue with diet education, and provide encouragement to do your best. As registered dietitians, we realize weight loss can make a significant contribution to improving general health and well-being. We are certain that one of the following options will be right for you.



## Conservative Weight Loss

Conservative weight loss programs are tapered to each individual in order to break new habits, reduce the total calories eaten and incorporate physical activity. This increases the energy used while reducing the total energy (calories) consumed. The body then compensates for the energy deficiency by using fat stores, which results in weight loss. The goal of conservative weight loss is to lose one-half to one pound of weight per week to reach a healthy body weight. Research has shown that a 10 percent weight loss over a six month period results in better long term weight maintenance than a more rapid weight loss. Work closely with a registered dietitian to reduce calorie intake through meal planning and portion control, and develop new eating behaviors to keep your weight off.

## The Moderate Protein Plan

A moderate protein weight loss plan is designed to limit carbohydrates, calories, and fat while including lean sources of protein. Scientific studies have shown that substituting protein for carbohydrates in a weight loss program results in decreased appetite, improved body composition through the maintenance of lean body mass, and a reduction in excess water weight. Research from the Joslin Clinic recommends the 40-30-30 plan for those who have metabolic syndrome or diabetes and have to lose weight.

Carbohydrate foods provide vitamins, minerals, and fiber. Food sources that are high in carbohydrates include breads, cereals, fruit, vegetables, and dairy products. Scientific studies have shown that 130 grams of carbohydrates are needed for fundamental body functions. The moderate protein dietary plan meets these requirements. Unlike other low-carbohydrate diets, this plan does not result in ketosis, which is a medically unstable metabolic state that can have serious health consequences. Instead, this diet plan reduces overall calories to achieve weight loss while increasing lean protein. Increase protein to decrease appetite and maintain lean body mass (muscle) while losing weight.

## The "Protein-Sparing Modified Fast" Diet Program

The protein-sparing modified fast (PSMF) is an aggressive weight loss program designed for rapid weight loss. It incorporates medical, nutritional, and behavioral components. While on the PSMF program, only lean meat, seafood, and poultry, along with a limited amount of low-carbohydrate vegetables, are consumed. Carbohydrates and additional fat are eliminated during this program. The high-protein intake prevents the body from using its own protein stores from muscles, tissues, and cells for energy. Thus the program is a "modified" fast.

Carbohydrates are usually your body's primary source of energy. Since carbohydrate sources are limited, fat becomes the primary fuel source for the body. The rapid breakdown of fat produces ketones that spill into the urine. The result is called ketosis. Ketones in the urine are desirable on this program. While in ketosis, most people have increased satiety and decreased appetite, which is a benefit of the program. A large amount of water in your body is stored with carbohydrates and used for carbohydrate digestion and absorption. Since carbohydrate intake and storage are severely depleted, dehydration is a health concern. To reduce dehydration, adequate quantities of fluid, sodium, and prescription potassium are required each day. Eating foods that contain too many carbohydrates can stop ketosis, which not only means less weight reduction but also increases the danger of shifts in the body's fluids and electrolytes.

The PSMF program is an aggressive weight loss program. The fluid and electrolyte shifts associated with being in ketosis require your physician's approval prior to beginning this program. To make an appointment, call the Department of Endocrinology at 216-444-6568 or 1-800-223-2273, extension 45686; or contact your Cleveland Clinic doctor at any of the Cleveland Clinic Family Health Centers.

*This information is not intended to replace the medical advice of your doctor or health care provider. Please consult your health care provider for advice about a specific medical condition.*

## Bariatric Surgery

A person may be a candidate for bariatric surgery if he or she is at least 100 pounds over his or her ideal body weight, between the ages of 16 and 70, and if traditional weight loss methods, including supervised weight loss programs, have failed. The Cleveland Clinic Bariatric and Metabolic Institute (BMI) will carefully evaluate all patients being considered for surgery. Nutritional counseling with a registered dietitian and behavioral counseling are conducted, and patients are required to attend at least one support group session prior to surgery.

The Roux-en-Y gastric bypass and the lap band are the two forms of bariatric surgery performed by Cleveland Clinic surgeons. Weight loss occurs as a result of malabsorption of calories taken in and restriction of the amount of food your new pouch can hold.

Although bariatric surgery has an excellent long-term track record for helping morbidly obese individuals maintain weight loss, it is just a tool. Individuals need to be prepared to make a commitment to permanent dietary and lifestyle changes. If you are interested in learning more about our program, please call the BMI at (216) 445-2224 or 1-800-CCF-CARE, extension 52224.

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### THE CLEVELAND CLINIC

9500 Euclid Avenue  
Cleveland, Ohio 44195

DEPARTMENT OF NUTRITION THERAPY  
Appointments: (216) 444-3046  
1-800-CCF-CARE (1-800-223-2273) ext. 43046  
[www.clevelandclinic.org](http://www.clevelandclinic.org)

Hearing Impaired (TTY) Assistance: (216) 444-0261