OSU offers Optifast weight-loss program

By Melinda Juchem
Lantern staff writer

Ohio State will be one of five universities nationwide to offer Optifast, a low-calorie liquid weight loss program, by mid-March.

"The program is known for being the product that helped Oprah Winfrey lose all that weight," said Dr. Thomas Odoriso, an OSU professor of internal medicine.

The Optifast program is part of a new Diabetes, Atherosclerosis and Applied Nutrition Outpatient Clinic to be located on the fourth floor of McCambell Hall, 1581 Dodd Drive, Odoriso said.

The majority of patients in the program are type two diabetics, who constitute about 90 percent of all diabetes patients. Currently, 2,000 type two diabetics are being treated in the University Hospital Diabetes Clinic.

The College of Medicine is funding the project with $221,345, $194,345 of which will cover construction of the clinic.

The program is being managed by the Division of Endocrinology and Metabolism in cooperation with University Hospitals, Odoriso said.

"Optifast is unique because we can investigate the causes and treatments of obesity and the metabolic changes that occur with obesity during and after weight loss," said Dr. James Falko, medical director of Optifast and a professor of internal medicine and medical biochemistry.

"Optifast is good for people who need to lose a lot of weight fast, if someone's having surgery or for people who need a strict diet regimen, but should only be used as a last resort," said Amy Lee, a registered administrative dietician who works for the Dial-A-Dietician program.

The University Health Plan is covering a portion of the cost for OSU faculty and staff members, but Kindrick said clinic personnel are not sure if student health insurance will cover any of the cost of the program.

The program is receiving a lot of interest from current patients of the University Hospitals Diabetes Clinic, but is not limited to those patients.

Participants will meet in a group once a week for 21 weeks, visit a physician, attend a class taught by a behaviorist and meet with a clinical psychologist to assure adherence to the program, Kindrick said.

The program starts with a week of orientation. The patients are on the liquid for 12 weeks, and for the following nine weeks continue meeting with their group before gradually being taken off the liquid, Kindrick said.

The Optifast program allows patients to eat between 400-800 calories per day, but the Ohio State program recommends eating 800 because the same amount of weight loss can be achieved eating 800 calories per day as eating 400, Falko said.

One in five people over the age of 20 are overweight, and more than half of those people weigh more than 30 percent of their ideal body weight, Falko said.

"The reason we want to start this is because people who are obese have a greater chance of heart disease, sudden death, fatty liver, and arthritis," he said.

Research shows 'morbid obesity' can cause problems with knees, foot arches, compromised breathing, and some people even become socially incapacitated, Odoriso said.

The "Oprah Winfrey syndrome" of regain is one of the negative effects of the program, Odoriso said.

"One of the reasons patients regain the weight is because they discontinue the program after they've lost weight, and they think they're cured," Falko said.

Patients will stop eating almost completely, then start eating the usual amount and the type of foods they are used to eating, which is called the yo-yo syndrome, Lee said.
COLUMBUS, Ohio -- Dr. James M. Falko (43220), and Dr. Shirley A. Kindrick (43202) have been named medical director and program director, respectively, of the Optifast Weight Management Program at The Ohio State University Hospitals. The very low-calorie weight loss program is recognized nationwide as the most complete and safest for individuals wishing to lose excess weight.

The Optifast program provides a combination of rapid weight loss, behavior modification, nutrition education, and exercise, all under medical supervision.

Falko and Kindrick will direct a program that will provide weight loss counseling for individuals and also work closely with the patients of the Diabetes, Atherosclerosis and Applied Nutrition Clinic at University Hospitals.

Falko is a physician and professor of internal medicine in the Division of Endocrinology and Metabolism and directs the clinical training program for endocrine postdoctoral fellows.

He received his medical degree from Ohio State and served his residency at University Hospitals. He also served as a research -more-
fellow at Washington University in St. Louis. He is the author of numerous articles in the field of metabolism.

Kindrick was formerly a public health nutritionist with the Ohio Department of Health, a position she held for nine years.

She received a doctorate in human nutrition in 1980 from Ohio State and is also a registered dietitian with the American Dietetic Association.

Both Falko and Kindrick are regarded as authorities on dieting and weight loss and have made numerous presentations on obesity and nutritional needs for adults, infants and children.

The phone number for the Optifast Weight Management Program is 292-1001.

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Contact: David Crawford, Hospitals Communications, 614-459-3909
Insurance program helps employees shed weight

By Peggy Gales
Lantern staff writer

Ohio State faculty and staff members who participate in the university’s health insurance program have nothing to lose but weight.

Under the OSU health plan, partial insurance coverage is available for faculty and staff members who are interested in the Optifast program, a comprehensive weight-management program. Qualifying faculty and staff members are those who suffer from diabetes, metabolic disorders or obesity.

The program, which began March 1, involves 50 faculty and staff members, said Shirley Kindrick, program director of Optifast.

Optifast, is affiliated with OSU Hospitals through the divisions of Endocrinology and Metabolism and Sandoz Nutrition.

OSU hospital administrators wanted to offer a weight management program to the public and to hospital patients who need to reduce their body weight, explained Kindrick.

Qualifying faculty and staff members are those who need to lose 50 pounds or more, Kindrick said. Anything under 50 pounds is considered cosmetic and will not be covered.

“If we can reduce the chance of employees experiencing more serious conditions and possibly having to be hospitalized because of obesity, then we will be saving money in the long run,” said Nancy Gettinby, coordinator of the health plan.

The program differs from others by providing a trained medical team to monitor health signs and guarantee weight loss, Kindrick said.

Participants in the 21-week program will begin with diets containing only five Optifast supplements per day for about four weeks. After the initial fasting phase, sensible meals are gradually reintroduced into the diet, Kindrick said. The program is designed to change eating behaviors and achieve an ideal body weight, she said.

Nutritional instruction and accurate monitoring of calorie intake are provided to help maintain good eating habits, Kindrick said.

Endocrinologists, specialists in metabolic disorders, clinical psychologists, nutritional counselors and registered nurses are all part of the medical team that provides the monitoring for the program.

The health plan will cover one-half the cost of the medical history, full coverage of the lab work and 70 percent of the behavioral therapy after a $150 deductible.

Once a person completes the program he or she will not be eligible for coverage for the program again.

OSU administrators think the program will not only increase employee effectiveness and efficiency but will prove to be cost effective, said Gettinby.

Don Bowers, assistant dean of the College of Dentistry, participated in a 18-week program and lost 30 pounds. Although he was not covered by the health plan, Bowers said the program was well worth the money.
Sept. 14, 1993

VOLUNTEERS SOUGHT FOR STUDY TO EVALUATE EXERCISE REGIMENS

COLUMBUS, Ohio -- People who exercise less than five days per week are being sought for a study at The Ohio State University Hospitals to evaluate the effects aerobic exercise and weight training have on weight loss and metabolism.

The study is designed for people enrolled in the Optifast weight reduction program at Ohio State and who are available for up to three days per week for 10 weeks to take part in exercise sessions.

Participants will be placed into one of three study groups and take part in either periodic aerobic exercise, weight training, or limited stretching exercises.

Study participants will receive free metabolic and body composition measurements, 10 weeks of structured exercise sessions, and an individualized exercise program to assist in successful maintenance of weight loss.

The study is being conducted by the Exercise Physiology Department at Ohio State and the Comprehensive Weight Management Program.

For additional information call 292-1001.

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Contact: David Crawford, Hospitals Communications, 293-3737
OSU to conduct test of fat-blocking drug

The Ohio State University Medical Center is seeking volunteers to help determine the effectiveness of a new, fat-dissolving drug.

Orlistat blocks absorption and allows fat to pass through the body. In recent tests, study participants have lost an average of 11 pounds in three months.

A meeting for interested people will start at 7 p.m. Wednesday in Rhodes Hall auditorium at OSU.

The eligibility criteria are strict, said Shirley Kindrick, director of the medical center's Comprehensive Weight Management Program.

"We've screened so many people who have not qualified," she said.

Participants must be older than 18, 25-75 pounds overweight and in good health.

The 18-month study will require eating three meals a day with 30 percent of the calories from fat. It will include 26 office visits for each participant.

"There's a one-in-four chance of receiving a placebo," Kindrick said.

The drug's side effects have included gastrointestinal upset and flatulence.

The OSU Medical Center is one of 16 sites participating in a national trial of the drug.
Obesity can always be safely reversed

By Bruce Edwards
Lantern staff writer

Thousands of Americans are persecuted every day, not because of their beliefs or race, but because of their size.

Obesity is one of the most common health problems in the United States.

A successful treatment for obesity can reduce the risk of heart disease and diabetes and restore a person’s self-esteem, according to the Comprehensive Weight Management Program at the OSU Medical Center.

"Obesity is a major contributor to all causes of mortality,” said Louis Flanbaum in a news release. Flanbaum performs weight-loss surgery at the medical center.

People are considered obese when they weigh 20 percent more than their ideal body weight; it is estimated that 20 to 25 percent of the population is considered obese.

Normal body fat should range from 15 to 20 percent for men, and from 20 to 27 percent for women.

"Complications and health problems caused by obesity increase as weight increases,” Flanbaum said. "These risks become much greater as weight approaches and exceeds 100 pounds above a person’s ideal body weight.”

Surgery is sometimes an option.

Gastric bypass surgery, perfected by OSU surgeons, is recommended for patients who are more than 100 pounds overweight. The surgery is 75 percent successful in maintaining long-term weight control.

A medically-supervised diet, behavior modification or exercise and nutritional intervention are usually effective treatments for people less than 100 pounds over ideal body weight.

The cost of medically-supervised weight reduction may seem expensive, but long-term medical care costs for debilitating disorders can be much greater, said Shirley Kindrick, director of the weight management program. The costs of treating disorders and diseases associated with obesity is estimated at $39.3 billion annually.

"Diet in a can is not the answer to long-term weight loss,” Kindrick said. "You need to look at why the weight came on in the first place, and then make some long-term lifestyle changes.”

Kindrick said the weight management program has a plan that lets patients make partial payments, in case they cannot pay all at once.

"We now have an arrangement where the participants can pay on a monthly, or even weekly basis,” she said. "We don't want anyone to be excluded from the benefits of weight reduction because of price.”

A standard 26-week program costs $25 per week for faculty, staff and students. The program is offered to the general public for $45 per week.

The comprehensive weight management program at Ohio State is the only program in Central Ohio providing patients with access to several weight control methods, including surgery. The program has just completed its third year of operation.
OSU Medical Center Comprehensive Weight Management has a variety of programs to meet anyone’s weight loss needs!

- All of our comprehensive programs are personalized to your needs with an emphasis on lifestyle changes through behavior modification, nutrition education, and exercise to support your long-term weight management goals.

- Our staff are certified professional clinicians, providing the highest quality of weight management care available.

- Our programs have a strong medical foundation to support your health and well-being!

**Weight management care at University Medical Center offers you many advantages:**

- The internationally recognized health care provided at The Ohio State University Medical Center is available to you, right here in central Ohio.

- The University Medical Center has more than 20 years of experience in obesity treatment innovation. As a major academic medical center, you benefit from our specialized clinical research and treatment protocols.

- The medical monitoring for the Comprehensive Weight Management Program is provided by preventive cardiologists - physicians who focus on disease prevention including obesity.

- We offer the only surgical treatment of obesity in central Ohio. Our board-certified general surgeons are active in treatment, clinical nutrition, and obesity research.

Make the commitment to long term weight management and take the first step to success. Call 293-2888 to schedule a free orientation session. Our program director will explain each treatment program in more detail and determine which will best fit your needs.
## OSU Medical Center
### Comprehensive Weight Management Programs

#### LEARN (Lifestyle, Exercise, Attitudes, Relationships, Nutrition)
- Appropriate for individuals with any weight loss need
- Structured behavioral change
- Uses normal food
- 15 weekly group meetings
- Program led by registered dietitians

#### Why Weight?
- Appropriate for individuals with any weight loss need
- Guided support group for compulsive eaters
- 26 weekly group meetings
- Program led by a behaviorist and a dietitian
- Emphasis on changing one's relationship with food rather than weight loss

#### Modified VLCD (Very Low Calorie Diet)
- Appropriate for individuals with at least 40 pounds to lose
- 26 weekly group meetings
- Uses three liquid supplements a day plus a meal of 450 calories
- Medically monitored
- Team approach using physician, nurse, behaviorist, dietitian, and exercise physiologist
- One year of maintenance available at no charge

#### VLCD (Very Low Calorie Diet)
- Appropriate for individuals with at least 50 pounds to lose
- 26 weekly group meetings
- Uses five liquid supplements a day in place of food
- Medically monitored
- Team approach using physician, nurse, behaviorist, dietitian, and exercise physiologist
- One year of maintenance available at no charge

#### Drug Therapy
- Appropriate for individuals with a BMI of 30 and above
- Uses the latest drug therapy approved by the FDA
- Used in conjunction with other weight loss programs

#### Surgery (Gastric Bypass/Gastroplasty)
- Appropriate for individuals with at least 100 pounds to lose
- Central Ohio's only surgical treatment program for clinically severe obesity
- Team approach using surgeon, dietitian, behaviorist, and physician
- Pre-surgical nutritional/behavioral change component
- Monthly support group available
WEIGHT MANAGEMENT PROGRAM OPENS DOORS AT NEW CENTER

COLUMBUS, Ohio -- The Ohio State University Comprehensive Weight Management Program has relocated to space within The Ohio State University Medical Center's new Center for Wellness and Prevention, 2050 Kenny Road, just south of Woody Hayes Drive.

Located inside the J. Leonard Camera Center, the weight management program provides all of the services offered at the former location, McCampbell Hall, along with greater access to convenient parking. The new phone number for the center is 293-2888.

Certified health care professionals at the center provide all forms of weight management programs including behavioral modification and comprehensive treatment for patients requiring surgical intervention. Other services are instructional classes, food supplement programs and the availability of the latest medications approved for weight loss.

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Contact: David Crawford, Medical Center Communications, 293-3737