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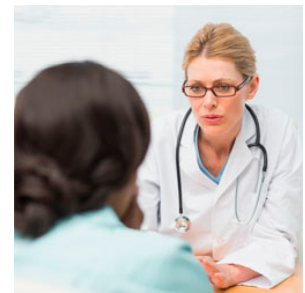
Weight Loss: A Better Solution

Wrapping up our look at the research paper that examined the effectiveness of commercial weight loss studies, I think the authors dropped the ball. Yes, they did what they intended to do: review the research on weight loss programs with the purpose of being able to point physicians to effective programs based on the evidence. But that ends up being lame. All they did was provide an outside source the physicians could recommend; they completely ignored the idea of physicians providing weight loss programs within the medical practice.

Although the authors were all physicians or physicians in training, they think like doctors. If patients have a problem that requires a specialist beyond the physicians' area of expertise, the algorithms dictate they refer the patient.

I don't think that's good enough any more. In an article on managing obesity in a primary care practice, the authors suggested that the "physician lacked the time, training, and incentive (i.e., insurance reimbursement for obesity management) required to deliver a comprehensive lifestyle intervention." (2) I can't disagree with the training part; in the article we've been examining, none of the researchers had any training in nutrition, exercise, or other components of weight loss lifestyles. They were physicians, that's all. They wouldn't consider providing the solution themselves, or they didn't feel it was a viable solution in most primary care practices.

Yet that's where the solution will have to come from. Why would I say that? The most important reason is related to three simple words I hear repeatedly: "My doctor said..." Primary care physicians hold a lot of power, and they aren't using it well enough. Sure it's complicated, takes time, and an entire practice would need to be trained, but it can be done. Two colleagues and I are working to that end and will be rolling out a turn-key program for primary care practices in several months.



What should you do right now if you happen to be in that overweight or obese BMI category? Keep trying weight loss programs until you find one that meshes with your taste in foods and your personality. Whatever type of program it is, as long as the program ends with you permanently changing your eating and activity level, and it's not just a quick weight-loss scheme, give it a try. All you've got to lose is some weight.

If you want to really start learning about how to change your eating habits for good, consider my webinar *The Key to Weight Loss* next week. To build a new eating lifestyle, you need to learn the basics of what you should be eating and why and when. This webinar provides the key you need to unlock your new life. Start the process by joining me next Wednesday.

What are you prepared to do today?

Dr. Chet

References:

1. Ann Intern Med. 2015;162(7):501-512. doi:10.7326/M14-2238.
2. Int J Obes (Lond). 2013 August ; 37(0 1): S3-11. doi:10.1038/ijo.2013.90.



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