

# WEIGHT MATTERS

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## Success Story

John Bessant

John Bessant waded into a clear, rushing stream in the Colorado Rockies. He caught six slippery trout one day, four the next, then cooked up a tasty dinner for his Texas traveling buddies — the Noisy Boys.



For the first time in six years Bessant was physically able to go fishing.

Bessant enrolled in the Methodist Weight Management Center's Medical Weight Management program nearly four years ago. At 360 pounds, he felt like "a doddering old man who even walked stooped over." He took medicine for high blood pressure and cholesterol, type 2 diabetes and rheumatoid arthritis. His knees were shot.

Now, at 66 and weighing a healthy 216 pounds, he has regained his energy and zest and given up most meds. "Every day, I get up and feel as good as or better than the day before," Bessant said. "You never realize exactly how poor your health is or how poorly you feel carrying around that extra weight until you get rid of it."

Through Methodist's fasting and lifestyle change program, Bessant lost 144 pounds, which he has maintained for two years. He remains in the Living IT program, attending weekly lectures and speaking to others just beginning their weight loss journeys.

"Methodist emphasizes the lifestyle and behavioral changes needed to control weight, and they give you the tools to do it," he said. "Every week I learn something new."



Treatments such as weight loss surgery and medical weight management are proven to be effective, and help hundreds of thousands of people regain their health each year. Still, more than 60 million Americans — one third of the population — remain obese. This number directly correlates with the dramatic rise in diabetes and high blood pressure over the past few decades. When making the choice between living with obesity and undergoing medical or surgical treatment, most people cite one factor: the cost of treatment.

When considering the actual cost of treatment, it's important to look at another reality: the comparatively higher

## New "Step LITE" program helps dieters

"Step LITE," a new program offered by the Methodist Weight Management Center in Houston, presents a realistic approach to nutrition and lifestyle changes for people who are serious about losing weight.

"The program will feature a weekly weigh-in as well as group sessions that will deal with issues like goal setting, healthy eating, grab and go eating, stress reducers and lifestyle changes," said Sue Thompson, the center's director. "The sessions are lead by licensed

costs of obesity and obesity-related complications.

- Health care costs, including out-of-pocket expenses, for managing diabetes are 2.3 times higher than for a patient without diabetes. (Statistic provided by the American Diabetes Association)
- Over a lifetime, medications and treatments for high blood pressure can cost patients more on average than their out-of-pocket cost for obesity treatment. A single treatment for a major complication of high blood pressure, such as heart attack, stroke, atherosclerosis, gallbladder disease and other conditions, often costs more than obesity treatment — in some cases, twice as much.
- The World Health Organization estimated that in 2002, approximately 2.6 million deaths worldwide could be directly attributed to obesity. That is a major reason why obesity and related conditions often result in higher health insurance premiums and higher life insurance premiums. Of course, the greatest benefit of obesity treatment cannot be measured in dollars: an increase in the quality — and quantity — of your years of life!

dietitians and counselors, a feature that makes the program different from others."

The individual weight loss plans include the center's New Direction® products, which include bars, beverages, soups and snacks, along with a simple meal plan. "This program is designed for participants who would like to lose 30 pounds or less."

For more information, please call 713-441-5964 or visit [methodiststeplite.com](http://methodiststeplite.com).

## Living In Training (Living I.T.)

Losing weight and keeping it off forever is a lifetime journey. The Weight Management Center's Living In Training program – Living I.T. for short – gives patients a long-term maintenance program without borders.



Stefanie Barthmare

Besides classes on stress management, nutrition and cooking, breathing, medication, lifestyle management and other topics, Living I.T. provides whatever an individual patient might need to stay on track or get back on track after a temporary detour. The elective program lasts as long as a weight loss patient wants it to last.

“We want to be a beacon of hope or of support that allows our patients to feel that no matter the circumstances or situation, there is a place to come back to when you need it,” said Stefanie Barthmare, M.Ed., a licensed professional counselor and head of Living I.T. “Our patients face challenges and have concerns about old behaviors and coping with stress.

“As facilitators and clinicians, we’re

really patient-directed as far as the way in which we provide resources and also the way we provide feedback and offer suggestions,” Barthmare said. She addresses many of the issues her patients face in a biweekly newsletter and recently started one of Methodist's first blogs, available on the Internet at <http://weightloss.mymethodistblog.com>.

Maintaining weight loss takes commitment to lifestyle and behavior changes, and patients often need suggestions and support, especially during the celebratory, but stressful weeks between Halloween and New Year's Day, according to Barthmare.

“There aren't very many new struggles — the struggles are ones we have visited before,” she said. “But in revisiting them from a different vantage point, we garner new knowledge or insight that we can put into practice.”

Barthmare tells her patients the little things they do and the everyday moments of healthy living and wellness eventually incorporate themselves into their life routines. As she wrote in one of her latest blog: “It's not a matter of how quickly we get there but rather that we are on the path.”



### FREE Orientation Sessions

To learn more about the Methodist Weight Management Center, sign up to attend a FREE upcoming orientation session. To register, please call 832-667-LOSE (5673) or visit [www.methodistweightmanagement.com](http://www.methodistweightmanagement.com).

**new**  
**direction**  
weight control system

The Methodist Weight Management Center is the only approved weight loss center in the Houston area to use New Direction® products.

## Pecan Crusted Chicken With Sautéed Spinach

### Ingredients

- 1/2 C pecan halves
- 2 slices whole wheat bread, torn into pieces
- 2 egg whites, lightly beaten
- 1 lb chicken breasts
- 1 tsp fresh thyme leaves (1/4 tsp dried thyme)
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 1 tbsp olive oil; 1 tsp olive oil
- 1 clove garlic, chopped
- 2 tbsp freshly squeezed lemon juice (about 1 lemon)
- 1 bunch fresh spinach

### Directions

1. Preheat oven to 425 degrees F. Lightly coat a rimmed baking sheet with light cooking spray.
2. Put pecans in food processor and chop. Add bread and pulse to fine crumbs. Transfer to shallow dish. Put egg whites in another dish and beat lightly. Sprinkle chicken with thyme, salt, and pepper.
3. Dip a piece of chicken into egg whites and then roll in crumbs, pressing to adhere. Place on prepared baking sheet. Repeat with remaining chicken. Drizzle chicken with oil. Bake 15 to 20 minutes, until crumbs brown and chicken is no longer pink in thickest part.
4. While chicken is in the oven, heat olive oil in pan and add garlic until aromatic, 1-2 minutes. Sauté spinach until gently wilted, 2-3 minutes. Serve chicken on a bed of spinach and garnish with crushed toasted pecans.

This dish is a great way to step into the fall season with healthy fats! The pecans offer heart healthy fats with monounsaturated and polyunsaturated oils. The nutrient-rich spinach when paired with citrus, offers a reduced form of iron that the body can absorb. This low-carbohydrate recipe provides protein, fiber, and healthy fat to contribute to satiety and blood sugar control.