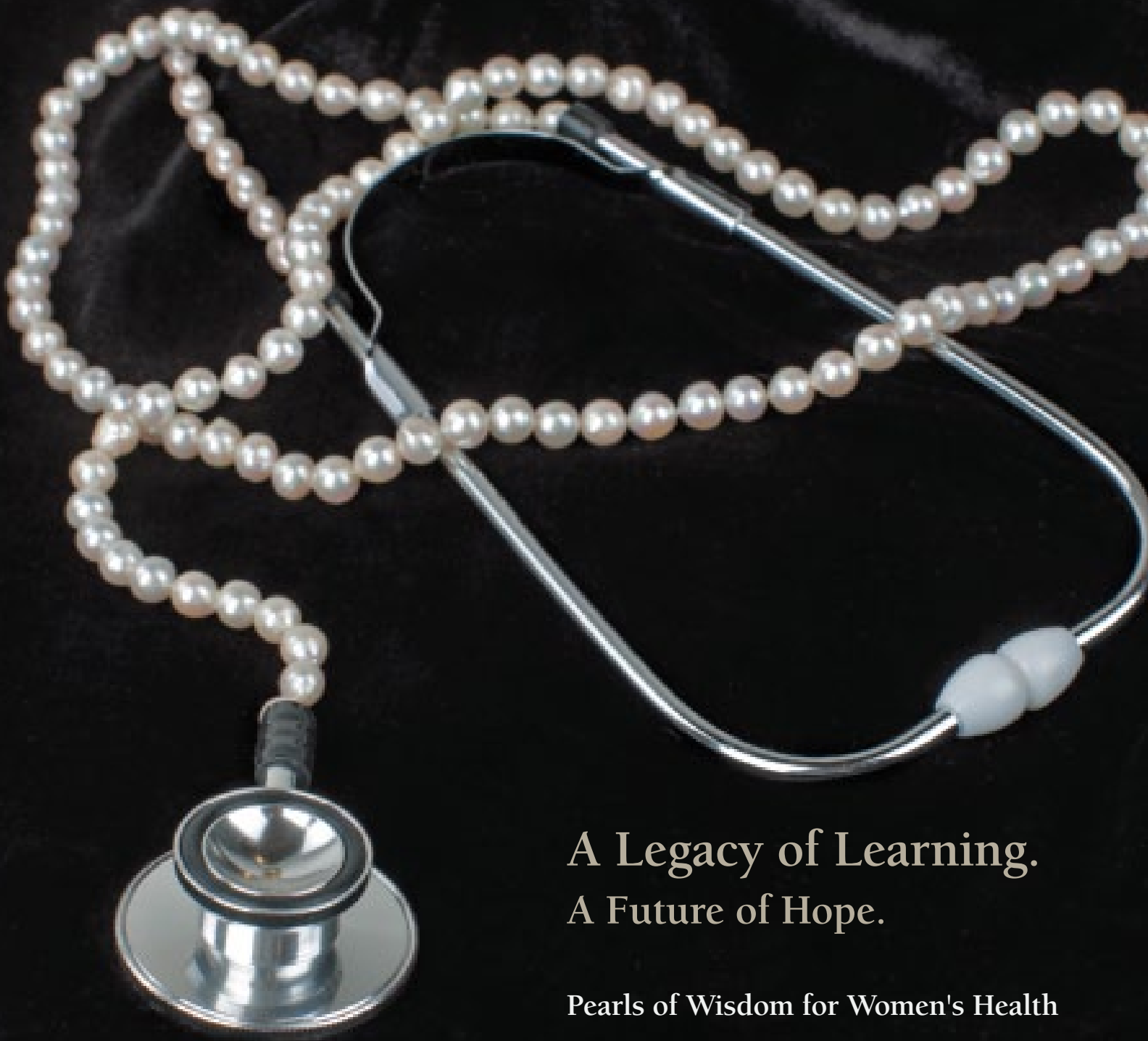


Winter 2010

# Frontiers

The University of Tennessee Medical Center and The University of Tennessee Graduate School of Medicine



*A Legacy of Learning.  
A Future of Hope.*

**Pearls of Wisdom for Women's Health**

For Alumni and Friends



# Weight

## MANAGEMENT SERVICES

No one could argue that obesity isn't a major health problem in the United States. Indeed, this past August the Centers for Disease Control and Prevention announced that Tennessee was tied with Alabama for second place in the nation's obesity rankings, following first-ranked Mississippi.

The CDC defines obesity in adults as a body mass index (BMI) of 30 or greater. "This means that a person who's 30 pounds overweight may be obese," says Gregory J. Mancini, MD, medical director of the Tennessee Weight Loss and Surgery Center. Most health professionals agree serious health problems, including diabetes, high blood pressure, high cholesterol, and sleep apnea, are often directly related to obesity. That's why weight control is crucial to maintaining good health and avoiding chronic health problems.

The University of Tennessee Medical Center offers programs and services to help people take control of their weight. These offerings range from community health education programs to nutritional consultation to weight-loss surgery.

*Gregory J. Mancini, MD, medical director of the Tennessee Weight Loss and Surgery Center.*

Height	Weight Range	BMI	Weight Status
5' 9"	124 lbs or less	Below 18.5	Underweight
	125 lbs to 168 lbs	18.5 to 24.9	Normal
	169 lbs to 202 lbs	25.0 to 29.9	Overweight
	203 lbs or more	30 or higher	Obese

Educational programs like the Healthy Living Kitchen and Grocery Store Tours help individuals learn to make good food choices. The Healthy Living Kitchen is a quarterly cooking class that teaches participants how to prepare delicious and nutritious food while learning culinary techniques and vital information about such things as portion control and safe food preparation. Grocery Store Tours are led by the medical center's registered dietitians, who share tips on healthy grocery shopping, comparing food labels, and selecting items for specific eating plans as they walk through store aisles.

Registered dietitians at the medical center offer individualized nutritional assessment and counseling for both inpatients and outpatients. The counseling sessions include analyses of dietary selections and cooking methods, tips for eating out and grocery-shopping, tools to track daily food intake, and tasty, low-fat recipes. Customized

nutritional plans can help people manage their weight, lower blood cholesterol, reduce triglyceride levels, and prevent or slow the development of diabetes.

Medically managed weight-loss solutions are available through the Tennessee Weight Loss and Surgery Center at the medical center. The focus is on lifestyle changes such as healthier eating and exercise, as well as bariatric surgery for those who qualify. A multidisciplinary team consisting of surgeons, dietitians, exercise specialists, and administrative staff works with each individual to create a weight-loss program that addresses his or her needs and has lasting effects.

Achieving and maintaining weight control can be a lifelong struggle. But with the help of the proven programs at the University of Tennessee Medical Center, a healthy weight and a healthy life are within reach.

*Susan Wyatt*



## Managing Weight - A Patient's Story

"It scared me to death – I went to my car and cried," says Melissa Erby, a 31-year-old employee of the pet-products company PetSafe. Erby had just completed a biometric screening conducted by the medical center's Network Development program, where she'd discovered that she had high blood pressure. "Diabetes, heart problems, and high blood pressure run in my family," she says. "So after I stopped crying, I said to myself, 'I have to take control of my health.'"

As part of its wellness program, PetSafe partnered with The University of Tennessee Medical Center to do biometric screenings of the company's employees. The process included checks on cholesterol, height, weight, and blood pressure and healthy-lifestyle counseling. During Erby's screening, Lora Yoakum, RN, Network Development nurse at the medical center, made her an appointment with a primary care physician so she could get help in controlling her blood pressure. Her nutritional counseling began with Janet Seiber, RD, LDN, CDE, and Janet Hinkle, MS, RDLN, CDE, registered dietitians at the medical center. They assessed Erby's diet and made suggestions for healthy grocery shopping, food preparation, and meals.

Erby smiles as she recalls taking her niece and nephew grocery-shopping for a picnic. "They kept asking me if we were making healthy choices, and they chose grapes, not junk."

She adds, "Nutritional counseling taught me that I can do this by just changing what I eat." And the change has paid off. In just three months, she's lost 12 pounds. "I want to be healthy," she says. "I don't want to have to be on insulin or take a pill every morning for my blood pressure."

