

Diet and behavior modification is key to weight loss

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Rau. The chief criteria is that they are 50 or more pounds overweight. Excess weight is people who have suffered a heart attack or stroke in the last six months, have an active ulcer and those who are drug dependent or enrolled in Alcoholics Anonymous.

As it turns out, patients who are currently enrolled are age 41 or older, although patients as young as 11 years old have been treated. The program costs \$240 every four weeks, which includes the lab work, the doctor's visit and group behavioral sessions. The formula costs an additional \$35 a week. Some costs may be covered by Blue

Cross and Blue Shield or other insurance companies, Lucas said.

THE PROGRAM Includes three phases according to a study completed by the staff. In Phase One, a medical history is taken and a physical examination is completed. After that, introductory sessions are held for patients, families and friends to emphasize the commitment required. Additional visits are used to teach record keeping of calorie input and expenditure (exercise). In Phase Two, patients are placed on a supplemented diet which uses a high protein, low carbohydrate diet totaling 300-500 calories per day, supplemented with potassium, yeast and vitamins.

Patients are seen weekly throughout this phase. At each visit their weight and blood pressure are measured, each patient is examined by a physician, blood chemistry is monitored every other week.

Each week, patients also attend a 1½ hour group session run by behavioral psychologists. The behavioral program emphasizes record keeping, exercise, environmental control and alternative response training.

Said Rau, individuals vary in their length of attendance at the second phase depending on the amount and rate of weight loss. The duration of phase two has varied from 8-52 weeks.

In Phase Three, food is reintroduced and weight maintenance is stressed.

Blood pressure and weight are measured weekly. Blood chemistry and physical examinations are done as needed. Also, patients are strongly encouraged to attend weekly group behavioral sessions especially oriented toward individuals in maintenance. These sessions emphasize record keeping, exercise, calorie balancing, environmental control, alternative response training, attendance and nutritional information.

THE FIRST two weeks, Rau said, are the most difficult for the patient. "It seems the rest of the world is eat-

ing." But, she said, the good part is that fasting cuts down on having to make eating choices.

The success rate for the Clinical Nutrition Unit has been 80 percent with a 20 percent dropout rate occurring before the completion of the first 12-week period. There is a lot of turnover, she added.

When establishing an obesity clinic Dr. Lucas said that the important thing is to find out what works for the patient, be it record keeping or exercise. Also to be determined is a way to crack a patient's resistance. Methods might include using phone contact or giving

free care for a week as a reward for marked improvement.

"To collect more information to see what we've done and how to do it better," Dr. Lucas said, they have taken questionnaire surveys to measure patients' long-term success and have found that in order to succeed, patients need to attend the clinic or some other accountable group, exercise daily and keep a regular diet record.

Said Rau, the sweetest reward for patients such as Sue Crocker is a longer, healthier life with an increase in self-esteem.

To learn more about the Clinical Nutrition Unit, call 632-2460.

1-Day workshop gives new techniques to the aged's care-providers

A disheveled obviously confused woman shuffled into the room.

"Someone stole my underwear," she accused, in a loud piercing voice.

The scenario is an example of the challenges the care-provider, the nurse,

the husband, the daughter, the retirement home aid or volunteer, can expect to experience.

At Madonna College Friday, June 24, it will be the scenario acted out by Naomi Fell of Cleveland, a nationally

known social worker and gerontologist who has developed a therapy technique for the "old-old" called "Validation Fantasy."

Fell's techniques will be the subject of a one-day workshop presented by

Madonna College department of gerontology.

"Fell has used her knowledge of the elderly and skills as an actress to demonstrate her relevant and practical techniques throughout the United

States, but not previously in southeastern Michigan," said Karen Ross, coordinator of the workshop.

"Her methods can be implemented by non-professionals as well as those employed in both acute and long-term

facilities for the elderly," Ross said.

The workshop will include discussions on levels of disorientation in the old-old, tasks of the disoriented, patterns of coping, and obstacles to helping.

Work options examined

The Continuum Center, a community service unit of Oakland University, will present a job-hunting workshop in right-center Center, Redford Township 2:30 p.m. Thursday evenings June 2-July 28.

The six-session program, "Careers in Transition," is designed to help people examine other work options. Participants plot the necessary steps to a new career: identify skills, examine work

and personal values, research the job market, write a resume and practice a job interview.

The course costs \$75 and includes a job preference test, structured workbook, and an opportunity to receive individualized help in small groups. Pre-registration is required. For enrollment, contact the Continuum Center at 377-3033.

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