Slim chance pays off at Obese and Risk Factor Clinic

In HER entire life, Sue Crocker has never felt or looked so good.
"People who have not seen me in a year have not necen me in a year have not recognized me. It's very flattering," said the 35-year old Bloomfield Hills resident.
Over a year ago, Crocker initiated a call to the Obesi and Risk Factor Clinic at Wayne State University, Despite a six-month waiting list, she persevered and was eventually enrolled in their weight loss and maintenance program. She said she is "very, very happy with it' and her determination to stick to the fasting, exercise routines, and new eating habits.
When Crocker started the program state May, she weighted 259 pounds. She word a size 44 me she was a short of the program of the reserved at 152 pounds and a red off the rese welf at 152 pounds and a red off the rese welf at 152 pounds and a red off the rese welf at 152 pounds and a red off the reserved at 152 pounds and a red said cross. She is determined to lose an additional 20 pounds, she said. Another

change has been in her value for herself as someone whose needs matter as
much as any one else.

When she talks Crocker comes
across as an alive, glowing and assertive woman. She said abe never though
of herself as a sky, retting person even
when she was overweight. Now Crockreads the considers herself more assertive.

There was aliways an emphasis on
food in her family's bome as she was
growing up, he said; so she was never
thin and experienced a gradual weight
increase. She doesn't blame framily.
She simply admits the problem was
hers.

Crocker received support from group counseling sessions that are a very im-portant part of the treatment. Mem-bers, she said, would call and give each

When she talks Crocker comes across as an after, glowing and assertive woman. She said she never thought when the said she rever thought of the food was a transfer of the food was as the series. There was always an emphasis on food in her family shome as she was neverthin and experienced a gradual weight increase. She doesn't blame her family. She simply admits the problem was the said, to she her family. She simply admits the problem was the said to she her family. The regime consisted of protein mineral supplements she had to take five lasted 365 days, ahe said.

The PROGRAM she enrolled in at Wayne State began with a fast which lasted 365 days, ahe said.

The regime consisted of protein mineral supplements she had to take five lasted of the food was as tantalizing contained the first the said of the food was so tantalizing contained the said the said to the five and two sons, feeting and the said, the said the first said the said to she was never the said to said the contained the said the sai

A WEEK'S exercise for Crocker consists of a 15 mile a day ride on a stationery bike, a work out on a rowing machine, and walking 2-2% miles at least three times a week in Oakiand Mail before it opens. If she gets a crav-ing for a Snickers bar, she decides if it's really worth it. If it is, she pays the price with extra pedaling time. Crocker has re-ducated her family's palates and changed their habits for the better. She likes to cook meals, cuts

"Taking weight off is the easy part. Changing the bad habits is the hard part. She is held accountable to a 1,500 caloric balanced food plan and records her intake, exercise and calories burned in a 'checkbook."

She also checks in with her maintenance group which meets at Wayne's School of Medicine. Carole Rau, nursing administrator and a Farmington Hills resident, oversees the program. She describes Crocker as a "success story."

"It was wonderful," she said. The closely supervised fasting lasted until Chirstmas of this year when it was replaced by a maintenance program which ahe felt she could handle. Now she follows a sensible diet of her own choosing from the Department of Agriculture.

down on the salt, and substitutes fish and poultry for red meat. If she goes to a fast food restaurant, which she does rarely, she limits herself to one Tace Bell and a diet pop, no burter or margarine. Her food "dos" and "don'ts' loculde low sugar jam, no butter or margarine. The salts of luminosts, responsible to the more shown of the salts of luminosts, responsible to the salts, she salts, she salts, she lasts the home and goes to the library. She said she now knows what triggers her propensible towards sating, feelings like boredom.

CROCKER ENJOYS people and being active. She is a busy member and past president of the Detroit District Denial Auxiliary and is planning the group, but calls ahead to say she regroup, but calls ahead to say she regroup.

Losing pounds the fast way

By Michelle Odrobina

Dr. Charles P. Lucas, chief of endo-

Dr. Chartes P. Lucas, chief of endo-crinology at Harper-Grace Hospital, organized the Wayne State University Clinical Nutrition Unit that has helped Sue Crocker become a success story. Lucas derived his ideas for a local program from weight loss work done by Dr. Victor Veries and Saul Genuth in Cleveland and from others in the

medical field. He said he expanded on their ideas to include maintenance as the main thrust of the unit he started 3½ years ago.

His special interest is in the general field of metabolism and the effects of nutrition and exercise in curing medi-cal problems such as diabetes, hyper-tension and high blood pressure, he ex-plained.

Besides Lucas, who is an Ann Arbor resident, and Carole Rau, nurse admin-

istrator, the medical staff consists of a nursing and administrative staff, physi-cians and behavior psychologists. Since the unit was founded the medical staff have treated a total of 1,500 patients using a protein-sparing modified fast and behavior modification. Currently, there are 172 patients enrolled in fast-ing and maintenance groups. "Just about anyone is eligible," said

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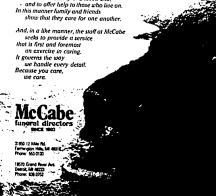
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