

Need Simple Solutions for Weight Management?

Free April 26 Seminar Offers Advice for Attaining and Maintaining a Healthy Weight

Being overweight or obese can have a significant impact on your overall health. Some of the serious health conditions associated with being overweight or obese can include diabetes, heart disease, high blood pressure, gallstones, breathing problems and certain cancers.

According to the National Institutes of Health (NIH), more than two-thirds (68.8 percent) of American adults are considered overweight or obese. More than one-third (35.7 percent) of adults in America are considered to be obese.

"If you are overweight or obese, you are not alone," says Stacey Barrie, MD, FACOG, a board-certified specialist in obstetrics and gynecology with Washington Township Medical Foundation. "On a standard day in my office, conducting about 10 well-woman exams, almost every patient has concerns about her weight, whether it's losing the extra 'baby fat' she gained while pregnant or simply maintaining a healthy weight to avoid developing health problems. Counseling patients about weight management has become an important part of my medical practice over the years."

To help both men and women in the community benefit from Dr. Barrie's expertise in weight management, Washington Hospital is offering a free Health & Wellness seminar on

Wednesday, April 26, from 1 to 3 p.m. The seminar will be held in the Conrad E. Anderson, MD, Auditorium located in the Washington West Building at 2500 Mowry Ave. in Fremont. At the seminar, Dr. Barrie will offer tips for attaining and sustaining a healthy weight.

"The primary focus of my presentation will be to offer advice on good nutrition and food accountability," Dr. Barrie explains. "We need to be accountable for what food we put in our mouths and when – perhaps by keeping a food diary. Being mindful about our eating is the key to achieving and maintaining a healthy weight. I also will touch on medications and surgical procedures available for helping with weight loss, but those medical interventions are not the main emphasis of the seminar."

Dr. Barrie believes that evaluating the types of food people eat is a major factor in their ability to manage their weight.

"I recommend that people eat 'real food' – lots of fresh vegetables and a reasonable amount of lean proteins – and to avoid processed foods, saturated fats and added sugars," she says. "I also advise people to pay attention to proper portion sizes. Everybody should have a kitchen scale to learn what the ideal 3-ounce portion size of a

chicken breast looks like, for example. I will go over ideal portion sizes and caloric intake for both weight loss and weight maintenance. I hope to help people learn how to make small changes that will make a big difference over time, acknowledging that you can't expect to lose a lot of weight quickly and manage to keep it off."

In discussing the advantages of "mindful eating," Dr. Barrie counsels people to "unplug" from their electronic devices while eating and really pay attention to their meals and conversations with other people.

"It's important not to be distracted by electronics such as television and cellphones while you sit there and stuff yourself," she notes. "Children, especially, are really prone to electronic distractions, and parents need to model good eating behaviors for them. We have a firm policy with our two kids to sit down to dinner together and focus on the food and conversation with no TV on and no cellphones. I am the only one who gets a 'pass' on the cellphone rule when I have to be on call for emergencies or deliveries, but even then I do not keep the phone at the dinner table."

Dr. Barrie also will discuss exercise and physical movement as a component of a healthy lifestyle and weight management.

"Exercise is important, but the



Stacey Barrie, MD, is leading a free community seminar focused on weight management. The seminar takes place on Wednesday, April 26, from 1 to 3 p.m. in the Conrad E. Anderson, MD, Auditorium, which is located at 2500 Mowry Ave. (Washington West) in Fremont. To register for the seminar, call (800) 963-7070.

bigger part of the equation is nutrition," she stresses. "We really need to re-think our relationship with food, and that means paying attention to how much pie goes into your 'pie-hole' while you're not really being mindful about your eating patterns."

LEARN MORE:

To register for the free weight management seminar on April 26, visit whhs.com/seminars or call (800) 963-7070.

One of the simplest ways to determine whether you are overweight is to calculate your body mass index, also known as

BMI. The BMI is based on your weight and height. Various calculators for BMI can be found on the internet, including a simple calculator available from the NIH.

In general, people who are considered a "normal" weight have a BMI between 18.5 and 25. People who are considered overweight would have a BMI between 25 and 30, while people with a BMI over 30 would be considered obese.

To calculate your own BMI using the NIH calculator, visit https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi-calc.htm