

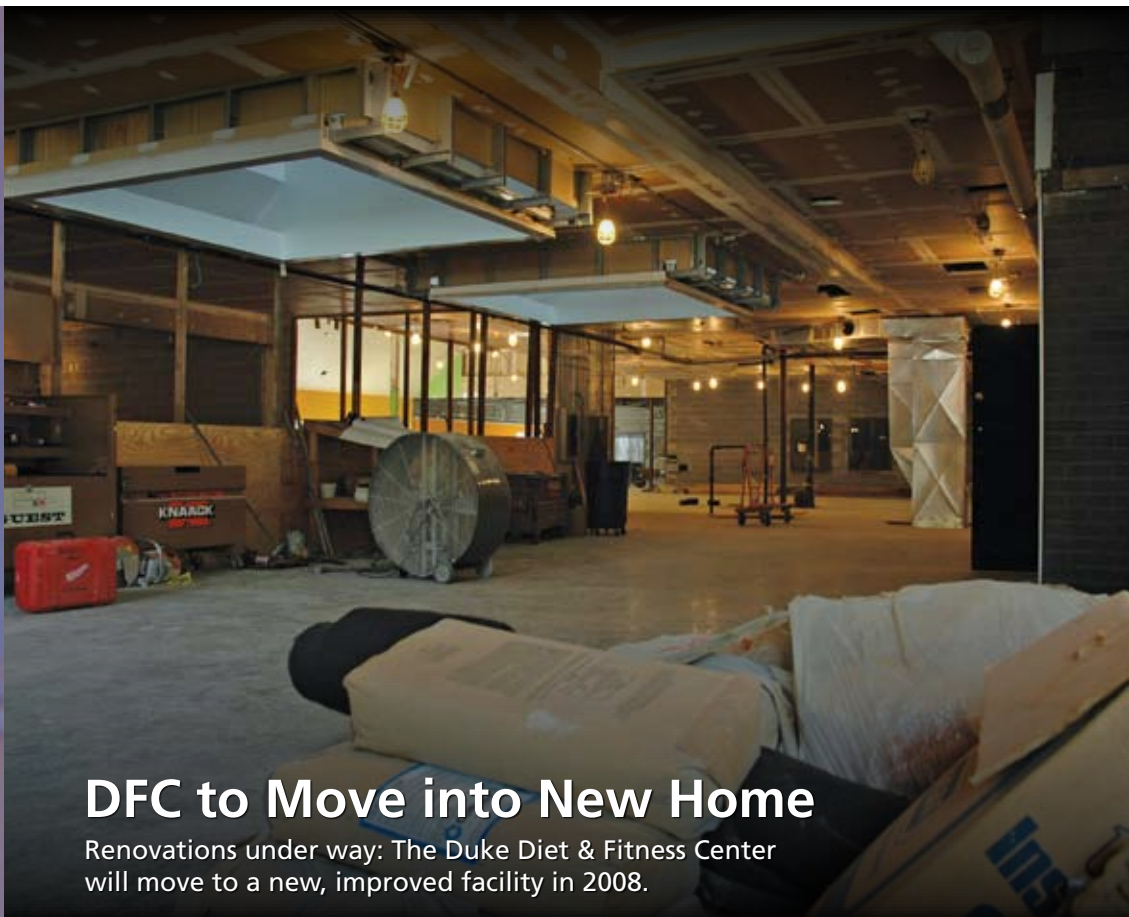


Duke Diet & Fitness Center

Healthy Herald

Winter 2007

LIFE-ENHANCING INFORMATION FROM THE DUKE DIET & FITNESS CENTER



DFC to Move into New Home

Renovations under way: The Duke Diet & Fitness Center will move to a new, improved facility in 2008.

The dream of a new home for the Duke University Diet & Fitness Center is becoming a reality.

On August 1, 2007, Duke University Health System entered into an agreement with the owners of an athletic club near the Duke University Hospital and Clinics and the Duke Center for Living to acquire that facility and make it the new home of the Duke Diet & Fitness Center. The location is on Douglas Street, right off of Erwin Road, a few blocks from the Duke University Hospital and many other Medical Center buildings.

Extensive renovations to the former health club began this fall to enhance and update the facility. DFC leaders are working with an architectural firm to

ensure that the new building is specifically geared to the needs and comfort of our clients. The new DFC will include a larger dining room, more classrooms and common areas to socialize and relax, as well as spa-like amenities such as whirlpools, steam rooms, and dry saunas adjoining the spacious locker rooms. The gym will include television monitors above the cardio equipment. There will be more office space for private consultations with the treatment staff, and a larger medical clinic to provide enhanced privacy and care. Massage therapy rooms will be set off in a quieter area, and a meditation space will provide a peaceful retreat. Although the former health club had an outdoor pool, the DFC is replac-

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A Word from the Director

As word spreads about the new home for the Duke Diet & Fitness Center, I have been gratified by the comments I have heard from DFC clients, old and new. Most are thrilled that the DFC will finally have a facility befitting a world-class obesity treatment center.

The DFC program is, at its heart, the curriculum and the people—a new facility will not change that. But it will allow us to serve clients in a more comfortable, inviting atmosphere, and in a more convenient location. And, with more space, the Center will feel less crowded and more comfortable for everyone during the seasonal peaks in attendance.

In addition, I am excited about the opportunity to be closer to our colleagues at the Duke University Health System and on the Center for Living campus and to collaborate with them to enrich the DFC experience. For instance, we are working with Duke Integrative Medicine to provide access to their services, such as acupuncture, intensive mindfulness offerings, and other complementary therapies. And, with Duke's main campus just across Erwin Road, clients will be able to take greater advantage of the university's cultural and athletic offerings during their leisure time, including

the beautiful Sarah P. Duke Gardens and historic Duke Chapel.

Following closely on the heels of the launch and success of our new book, *The Duke Diet*, and online subscription weight loss program DukeDiet.com, the creation of a new Diet & Fitness Center facility marks a pivotal moment in the program's history. Duke University Health System's support in securing this new facility is a wonderful statement of Duke's commitment to the DFC residential program and to helping us remain a national leader in obesity treatment and in the management of health problems associated with excess weight and lack of physical activity. For all of us who have worked at the DFC over the years—and I hope for all of you who have been a part of this program—this is a very exciting time.

I hope you will visit us again at the DFC soon—whether in our current facility, or in our new home next year.

All my best,

Howard Eisensohn, MD
DFC Executive Director

DFC to Move continued from cover

ing the outdated pool with a brand new, enclosed therapeutic pool with both shallow and deep ends.

The anticipated completion date for the renovations is mid-summer 2008, says Operations Director John McCall, who is coordinating the project. Plans for making the big move are still being ironed out. Check the DFC Web site (www.dukedi-etcenter.org) for updates on the relocation and notices about program closings. Because the DFC will be located a few miles from its current location on West Trinity Avenue, we are exploring several options for comfortable and convenient housing for DFC clients and will be shar-

ing more information in the near future. We are also working with current housing vendors to expand their services. For instance, Duke Tower Condos, where many clients currently stay, plans to purchase a shuttle bus to transport clients to the DFC and other sites.

In addition, closer proximity to Duke University Hospital and the DFC's sister programs at the Duke Center for Living campus, such as Integrative Medicine, Executive Health, the Health and Fitness Center, and cardiology consultations, will ease access to other valuable Duke resources.

“This is a wonderful commitment by Duke Medicine to the Duke Diet & Fitness Center and to the people we serve,”

John says. “Over the past four decades, we have built a world-class obesity treatment and health management program at the DFC, in spite of the challenges of working in an aging, converted YMCA building. When we settle into our new facility, we will have an expanded space worthy of a program known for helping people transform their lives.” ■



Ryan before...and after

“Anyone can do this”

After attending the DFC program, Ryan Mitofsky returned to school. Here are excerpts from a paper he wrote on his new perspective and how his life had changed.

I know it is easy to find reasons not to do things to improve our health. I did that most of my life....But real progress takes consistent effort—a lifestyle change.

Starting is the hardest part, without a doubt—seconded easily by consistency. Just go out and do something. As you get used to exercising you will start to really like the feeling....Your body starts to have an abundance of energy and it makes you feel good.

When my brother and father saw me sprint across that finish line, it brought tears to my dad’s eyes—it was a moment of family victory. My next 5K race I aimed for a 25-minute finish time, and my end result was 25:51.

My experience with commitment towards running has had amazing results. It all started with a goal of going 5K. When I began running I couldn’t go more than a quarter of a mile without having to stop or slow down and catch my breath. I never stressed my speed or time [at the

beginning]. I figured by simply going the distance without stopping I was able to keep my body working hard and my heart rate up. I completed my first 5K in 27:03 and was very proud of my accomplishments. When my brother and father saw me sprint across that finish line, it brought tears to my dad’s eyes—it was a moment of family victory. My next 5K race I aimed for a 25-minute finish time, and my end result was 25:51.

I started at a weight of 275 and I have lost 70 pounds. When I started I could do nothing; now I can do 200 sit-ups, 20 push-ups and run four miles....Anyone can do this, and anyone can change their relationship with their body in a positive way. My whole family has always been overweight, and I thought that it was genetic and nothing would ever change. But when I changed the way I treated my body, my life and body changed. This process has been very slow and gradual, and I have been consistently punching new holes in my belt for about a year. ■

Client Success Stories

Have you successfully maintained a weight loss over several years? If so, we’d love to hear your story! Please contact Dina Lumia at 919-688-3079, ext. 256 or dina.lumia@duke.edu.

“It’s not a miracle”

Ed Klein, a retired accountant from New Jersey, came to the DFC in April 2007 with a variety of health problems, including obesity, diabetes, high blood pressure, and congestive heart disease. He recently wrote a letter chronicling his extraordinary transformation.

I led a sedentary existence, with no organized exercise, often ate in restaurants with my wife, and when on occasion, we had a frozen “diet dinner,” we thought we were on a diet. My weight was 307 pounds, and I had been on so many diets that I had clothing in my closet from size 34 to 54. I was unable to walk more than two blocks without gasping for breath. In addition, I was on 14 medications.

My wife and I realized that our activities were narrowing. The list of things I couldn’t do was much greater than the list of things I could do. I was approaching a disaster, both for myself and my

family. I could no longer make half-hearted attempts to lose weight.

I signed up for eight weeks at the Duke Diet & Fitness Center. My wife flew down every weekend to give me her support. By being part of the process, she became part of the solution.

For people who are severely obese... to lose a few pounds a week, forever, feels like a fantasy. The most important function of the Diet & Fitness Center... is providing the tools to deal with the weight problem and the hope and realization that it is possible. You are given the opportunity to “get off the train,” to be in a safe place where you can focus on

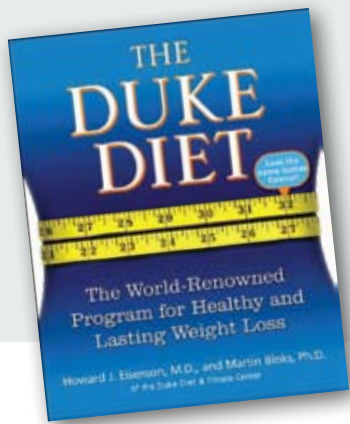


Ed with the DFC’s Dr. Deborah Horn

yourself, probably for the first time ever.

When I arrived I found it difficult to walk two city blocks. Now I walk every opportunity I get and am walking three miles a day. My congestive heart failure hasn’t gone away, but I am no longer symptomatic. My blood pressure has gone from 130/90 to 90/60. I have lost over 25 pounds. The doctor has taken me off four medications. And the biggest “wow” of all—my insulin has gone from 300 units a day to zero under my doctor’s guidance.

It is all attributable to diet and exercise. It’s not a miracle. ■



Give the gift of better health!

This holiday season, consider giving someone you love a copy of our new book, *The Duke Diet*, or a subscription to the DFC online program. Thousands of people like you have learned how to lose weight and keep it off with the help of this proven plan. Now you can give your family or friends a taste of the DFC program, even if they can't come to the residential program! To order the book or learn more about the online program, visit www.dukediet.com.

Making Your DFC Experience Last

Anyone who's attended the Duke Diet & Fitness Center knows this program isn't simply about coming to Durham for a few weeks to lose weight. It's about long-term lifestyle change in your daily life at home.

From day one, the DFC program helps clients look to the future. In classes and workshops, clients learn to set goals and develop action plans that will keep them on track toward their goals when they return home. Toward the end of their DFC stay, clients meet with various DFC staff to formulate a personal plan for ongoing success and meet with the Lifestyle Coaching team to finalize their home plan.

The DFC program doesn't stop with the "plan for home." We have an ever-expanding set of resources available for you to use after you get home. We encourage you to take advantage of these opportunities for long-term support to help you make this a lasting experience:

Return for regular visits: We strongly encourage preplanning return visits every six months to a year. Preplanning keeps these visits in a positive light, since you'll be scheduling them based on time—rather than waiting until you're having difficulty. Many groups plan reunions, creating a fun, positive experience while supporting each other through the process. For clients who return often, the DFC offers frequency discounts and a meals-and-exercise-only program.

Join our weekly group coaching calls: Every Tuesday night at 7 p.m. EST, the DFC Coaching staff hosts a free 30-45 minute problem-solving call open to all DFC graduates. It's a great way to "keep your head in the game" and get some valuable support and advice on a regular basis. Recently, we added monthly guest speakers: DFC treatment staff members, who make a short presentation, then join the coaches and clients in problem-solving specific concerns. (Only DFC clients can participate. Call 212-461-5860*. You will be greeted by an automated voice system for Eagle Telecommunications. Enter PIN #5887 to join the call.)

*long distance charges may apply

Sign up for our Personal Lifestyle Coaching Program: For those who want to have a more personalized coaching experience, the DFC Personal Lifestyle Coaching Program provides regular individual telephone calls with your own personal coach. This is a great way to stay connected with your DFC program and get support as you deal with day-to-day issues. The program includes a free 30-minute, individual coaching session while at the DFC, as well as weekly or biweekly pre-scheduled telephone coaching sessions and ongoing email support (available in three- and six-month packages) as you continue your healthy lifestyle at home. Nearly half of all DFC clients choose to participate in this program, and find it very valuable.

Log on to DFC online resources:

- **DukeDietCenter.org:** As always, the DFC residential program site offers up-to-date information about happenings at the Duke Diet & Fitness Center in Durham. Visit this site to find healthy recipes, success stories, and information about the residential program. In the member area you will find message boards (moderated by the DFC Lifestyle Coaches), a place to track your weight and activity, and ongoing updates from the residential program—just for DFC alumni!
- **DukeDiet.com:** Our newest offering is a subscription-based online weight-loss program that is available to the general public at a very affordable price. As a special service to our residential program participants, all DFC residential program clients have free four-week access (13 weeks for personal coaching clients) to DukeDiet.com. The program features many valuable tools and resources, like online versions of the DFC residential curriculum, a weight tracker, food logs, expanded recipes, and an online support community through online program participant message boards. Clients who've tried DukeDiet.com tell us it reinforces and reminds them of the classes they took here, and that the message boards help them not only learn from other online subscribers, but also to share insights with people who haven't been to the residential program. To access your free trial, first go to www.dukediet-center.org, sign in to the member area, and click on the "DFC Alumni-dukediet.com" link. ■



Relax with a Self-Awareness CD

The DFC's Behavioral Health staff has created a Self-Awareness CD that lets you take some of your favorite self-awareness classes and exercises home with you! Improve your skills by practicing trigger-foods control, mindfulness meditation and relaxation breathing, guided mealtime, imagery for pain management and better sleep, and more from your favorite DFC classes and Behavioral Health staff. Call or email Beth Tierney at 919-688-3079, ext. 258 or beth.tierney@duke.edu to order your copy!

Keeping on the Cutting Edge

By regularly attending—and presenting at—conferences and workshops, the DFC staff keeps abreast of the latest in obesity treatment

The Duke Diet & Fitness Center has built a solid reputation in the scientific community and regularly shares important findings at scientific meetings.

In October, at The Obesity Society's annual meeting in New Orleans, Dr. Ron Sha presented results of a study on the effect of weight loss on kidney function, while the DFC's Executive Director, Dr. Howard Eisenson, presented a study identifying predictors of rate of weight loss. Medical Psychology Fellow Dr. Amy Wachholtz and Fitness Director Gerald Endress presented two studies that are part of an ongoing series examining interference with activities of daily living (not being able to tie a shoe or inability to climb stairs, for example) and improvements in physical functioning. Dr. Martin Binks, DFC Research Director and member of The Obesity Society's leadership committees and board of directors, presented a symposium on behavioral approaches and chaired a symposium on eating disorders, binge eating, and night eating syndrome. The DFC's newest physician, Dr. Deborah Horn, who is an active member of American Society for Bariatric Physicians and recently ap-

pointed to their board of trustees, also attended The Obesity Society meeting, along with new Medical Psychology Fellow, Dr. Sofia Rydin-Gray. DFC research has also been presented at the Society of Behavioral Medicine and several other national conferences this year.

As important as presenting the DFC's research at these conferences is, the opportunity for our staff to meet with and learn from esteemed colleagues from around the world is equally important in staying abreast of the most recent scientific developments. In addition to The Obesity Society conference, DFC dietitians attend annual meetings of the American Dietetic Association and the American Diabetes Association, and Nutrition Director Elisabetta Politi has held leadership positions in both the state and local chapters of the American Dietetic Association, including past president of the Durham-Chapel Hill Dietetic Association. Fitness staff members attend classes and workshops at the American College of Sport Medicine's annual Health and Fitness Summit and in specialized areas, like training to use Pilates machines or developing other specialized fitness

programs. Behavioral Health staff stay up to date with all areas of psychological health, including training in mindfulness-based approaches, acceptance and commitment therapy, hypnosis, and eating disorders, to name a few.

In addition, the DFC staff is committed to educating the public and sharing the DFC's philosophy of safe, effective long-term weight management and better health through lifestyle change. Staff members regularly present workshops for local community organizations, make themselves available for media interviews, and travel to speak with groups like the Duke Alumni Association in Washington, DC, national medical associations, or other health care provider groups. Last year, under the leadership of Dr. Sha and Elisabetta Politi, DFC staff presented a two-day weight management symposium to a Puerto Rican hospital consortium. Finally, DFC Coaching Coordinator Lucie Knapp and the DFC Lifestyle Coaching team have developed a successful training program used to train new DFC coaches and DukeDiet.com online program coaches in the DFC coaching philosophy. ■



New DFC Cookbook Available

The new DFC Cookbook is now available, with nearly 200 delicious, nutritious recipes, including breakfast foods, appetizers, soups and salads, entrees, side dishes, and desserts. Each easy-to-follow recipe includes serving sizes and nutritional analyses, to make it easy for you to prepare and enjoy some of your favorite meals from the DFC—and plenty of new ones, too! For the first time ever, the DFC Cookbook is also available in a Spanish version. To order the 2007 DFC Cookbook or the Libro de Cocina (what a great holiday gift!), call Dana Alston at the DFC at 919-688-3079, ext. 244 today.

National Organizations Update Physical Activity Guidelines

For the first time since 1995, the American College of Sports Medicine and the American Heart Association have updated their physical activity guidelines for healthy adults and older adults to maintain health and reduce the risk for chronic disease.

DFC Exercise Physiologist Neva Avery explains that the update provides helpful clarifications on several points. “Rather than saying 30 minutes of moderate intensity activity, they stressed that it should be aerobic activity, and instead of saying ‘most’ days (which is open to interpretation), they now say to try to do at least 30 minutes of moderate intensity cardio five days a week, or 20 minutes of vigorous intensity cardio three days a week. They’ve also given more specifics on strength training, recommending 8 to 10 exercises, 8 to 12 repetitions, two days a week.”

For older adults, the guidelines also include balance exercises and a physical activity plan.

How do these recommendations relate to DFC clients? “It’s important to realize these are public health recommendations, and these are minimum guidelines,” Neva explains. “If you follow these guidelines, even if you didn’t lose a significant amount of weight, you may decrease your risk for lifestyle diseases like cancer, stroke, diabetes, heart disease, and high blood pressure. But for weight loss, most people will need more aerobic activity. (The DFC’s strength training recommendations are similar to the guidelines.) The guidelines even state, as we teach at the DFC, that ‘to lose weight or maintain weight loss, 60 to 90 minutes of physical activity may be necessary.’”

For details on the new guidelines, visit www.acsm.org. You’ll find separate recommendations for healthy adults under age 65 and those over 65, as well as tips for meeting these guidelines, links to other resources to start and maintain an exercise program, and details on how these changes improve upon the 1995 recommendations. ■



Get Active with Chair Aerobics

Enjoyed Chair Aerobics at the DFC—or want to give it a try? The DFC’s Fitness staff now has a DVD version of our popular Chair Aerobics Workout that gives you a great cardio workout in a seated position in just 30 minutes. Perfect if you must exercise while seated, or just want a new option in your exercise routine. To order the DFC Chair Aerobics Workout DVD, call Beth Tierney at 919-688-3079, ext. 258 or email Beth at beth.tierney@duke.edu.

DFC Now Offers Test for Resting Metabolic Rate

Ever wondered how your metabolism contributes to your difficulty losing weight? The best way to find out is to measure your resting metabolic rate (RMR), the calories your body needs to sustain itself at rest.

In June 2006, the DFC purchased a new, state-of-the-art handheld calorimeter that enables DFC clients to obtain a direct measurement that predicts their RMR—right in the dietitian's office at the DFC, as opposed to having to go to the medical laboratory at the Duke Center for Living. This service is optional and available upon request. However, in the absence of specific concerns or client interest, Duke dietitians continue to use several general formulas to estimate each client's RMR—and use this prediction as a guide to determining appropriate caloric intake.

Already, more than 500 DFC clients have taken advantage of this convenient new in-house testing service, which can provide an individualized calorie recommendation for weight loss and maintenance. The RMR test may also be

recommended for individuals who do not lose weight as expected while following a low-calorie diet at the DFC.

The test takes only about 10 minutes. While sitting comfortably in the privacy of your dietitian's office, you breathe through your mouth into a small mask. Within minutes, the MedGem® device calculates your oxygen consumption and provides data your dietitian can use to further customize your calorie level recommendation for a healthy rate of weight loss.

"We're delighted to offer this additional tool for understanding caloric intake and expenditure," says DFC Nutrition Director Elisabetta Politi. "In several cases, the test has confirmed a client's suspicion that their metabolic rate was low, and we could adjust their weight loss plan and expectations in light of that, or refer them to the DFC physicians to address medical issues related to metabolic rate. In other cases, the test allowed us to rule out a slow metabolism, so the client could focus on other issues that might be affecting weight loss."



The DFC is also planning to use the data collected to date to evaluate this new tool relative to the existing predictive formulas to determine which methods might be best to use in different segments of the DFC population.

The RMR test is available for an additional fee of \$75. To have your RMR tested, ask your dietitian on your next DFC visit. ■

Stay On Track During the Holidays with DFC Lifestyle Coaching

Free DFC Alumni Group Coaching Call
Every Tuesday at 7 p.m. with Lucie Knapp

Special Guest Speakers:

December 18 – DFC Dietitian Christina Tenekjian: "Holiday Eating Strategies" (See "Making Your DFC Experience Last" in this issue to learn how to join the call.)

Personal Coaching Special

If you want a more personalized coaching experience during the holiday season, we are offering a **DFC Lifestyle Coaching Bonus Package**—three individual coaching calls through December 21 for **only \$95.00**. Contact Lucie Knapp at 919-688-3079, ext. 270 or lucie.knapp@duke.edu for more information.

The Duke DFC Endowment Fund

The DFC is in the midst of a campaign to raise funds to assist deserving individuals who are unable to afford our programs. Our goal is to raise at least \$100,000 to get started, then continue to grow the fund to create a substantial, permanent endowed fund. Once fully funded, the annual interest generated by the endowment will be used toward DFC "scholarships." Many former DFC participants have encouraged us to offer financial assistance, and this effort will allow us to do just that. Gifts of all sizes will be greatly appreciated. To contribute to the DFC Fund, please mail donations marked "DFC Fund" to Dr. Howard Eisenson, DFC Executive Director, 804 W. Trinity Avenue, Durham, NC 27701, or contact Dr. Eisenson at 919-688-3079, ext. 258 or eisen004@mc.duke.edu.



Need a new monitoring journal?

A new version of the Duke Diet & Fitness Center Monitoring Journal is hot off the presses! Each journal has space to record eight weeks of monitoring, including food and drink, hunger/fullness scale ratings, and exercise—with daily tips for healthy living and space to record and track progress toward goals in all areas of your life. The convenient 8.5 x 5.5-inch size makes it easy to take with you. To order copies of the new monitoring journal, call Dana Alston at the DFC at 919-688-3079, ext. 244.



Tell a friend or family member about the DFC!

December Special: New participants who start the DFC program in December 2007 can enjoy a discount of up to \$700 off the regular program fees! See www.dukedietcenter.org for details on this and other discounts and incentives. Plus, you'll get a referral bonus of up to \$400 when they complete the program!

Please Note: The DFC will close at 3 p.m. on Sunday, December 23, 2007 and will reopen at 11 a.m. on Sunday, December 30, 2007. The DFC will have normal business hours on December 31, 2007 and January 1, 2008.

Special Note to Return Clients: To assure your preferred arrival date, please book your appointment at least three weeks in advance of your planned arrival.

To book your stay today—visit www.dukedietcenter.org or call 1-800-235-3853.

The DFC Healthy Herald is a publication of the Duke Diet & Fitness Center, a program of the Duke University Health System.

For suggestions, questions, and comments, please contact:
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MCOC 5465

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1-800-235-3853
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919-688-3079

Lifestyle Coaching

919-688-3079, ext. 270

dukedietcenter.org

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