

Your Weight and Fate

Why Diet And Exercise Alone May Not Work In The Fight Against Obesity

(NAPSA)—For the 9 million Americans battling severe obesity, losing weight with diet and exercise alone can be challenging. Studies have found that diet, exercise and behavior modification alone fail 95 percent of the time. “Guiding Light” actress Caitlin Van Zandt was among those severely obese Americans trapped in an unsuccessful cycle of diets and exercise. She carried most of her excess weight around her middle as dangerous belly fat, and she was suffering from high cholesterol, asthma and low self-esteem. After seeing herself on television, she knew she needed to take action.

“My moment of truth was when I was visiting my grandmother and we were watching ‘Guiding Light’—I became really emotional when I saw myself on TV,” said Van Zandt. “At that moment, I realized that I needed to act before my health became seriously impacted by my weight.”

Obesity increases a person’s risk for type 2 diabetes, heart disease and even premature death. In fact, obesity is considered the second leading cause of preventable death in the United States. After her moment of truth, Van Zandt decided to speak with a doctor about weight-loss treatment options to avoid long-term complications from her weight.

“It wasn’t until I met with a surgeon that I was finally given hope,” said Van Zandt. “I realized the LAP-BAND AP® Adjustable Gastric Banding System would be the tool I could work with to safely lose weight and keep it off long term.” The LAP-BAND AP® System is the first U.S. Food and Drug Administration-approved adjustable gastric band and most



Diet and exercise alone may not work for the severely obese. Van Zandt has lost 65 pounds with adjustable gastric banding, a reversible and less invasive alternative to gastric bypass.

advanced technology available in gastric banding for use in weight reduction in severely obese adults.

Van Zandt’s surgeon, Dr. George Fielding, associate professor of surgery at NYU School of Medicine, noted, “Many people who need help avoid weight-loss surgery because they fear gastric bypass. With an adjustable gastric band, there is a safer and less invasive treatment option that is as effective.”

Six months after having the procedure, Van Zandt is coming closer to achieving her goal weight and has lost 65 pounds. Now, she hopes to inspire others struggling with their weight to take action. She has partnered with Dr. Michael Roizen, co-author of “You: On A Diet” and co-founder of RealAge.com, for the “Moment is Now. Here is the Truth.” obesity health education campaign. They aim to educate Americans about obesity-related health risks, the science behind why it’s challeng-

ing for severely obese people to lose weight and the availability of effective treatment options.

Dr. Roizen believes belly fat is a scientific reason why many people continue to gain or regain weight, despite efforts to lose it. It is also the most dangerous fat you can carry because of its proximity to your organs. He cautions that waist circumference, and not weight alone, is an important indicator of health concerns related to obesity.

You can learn if your belly fat is putting your health at risk by measuring your waist at the level of your belly button. If you find your waist is between 37-41 inches for women or 40-48 inches for men, you are at a moderate health risk. If your measurement is greater than 41 inches for women and 48 inches for men, you are considered at high health risk.

“While obesity can have serious health implications, the good news is that the body is amazing. And if you can lose the excess weight, you can resolve many of these obesity-related health risks and get a ‘do-over’ in life,” said Dr. Roizen.

Van Zandt added, “I feel like I’ve taken the first step to being a happier, healthier person and I hope others will do the same. I want to share my journey with others who are more than 100 pounds overweight and encourage them to speak to a physician about weight-loss treatment options.” To learn more about Van Zandt’s weight-loss journey and long-term weight-loss options, visit www.lapband.com.

The “Moment is Now. Here is the Truth.” campaign is an obesity health education initiative, sponsored by Allergan, Inc.