



spotlight on health

Getting Help Losing Weight

(NAPSA)—For many Americans, the key to losing weight may be having someone to turn to for support. Studies have shown that personal patient support, when combined with other weight-loss strategies, such as dieting and medication, are an effective way for people to take weight off and keep it off.

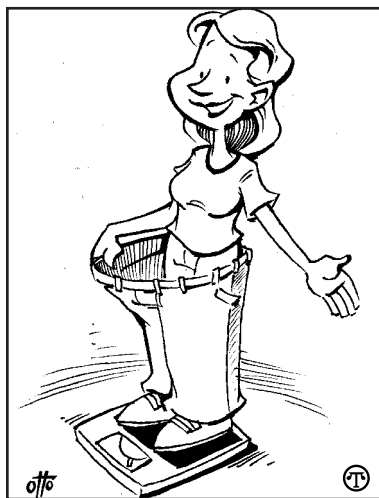
It is estimated that as many as 61 percent of Americans are overweight, with that number increasing every three years. That trend, dieticians say, represents a growing health problem in the U.S. Overweight people are two to six times more likely to suffer from high blood pressure than those not overweight, and obesity often leads to heart problems, diabetes and even stroke.

Studies show many overweight people have trouble losing weight due to lifestyle. People frequently fall into routines of unhealthy eating habits and a lack of exercise that is difficult to break out of. Doctors say that is precisely why support groups can help people lose weight—they can help make lifestyle changes easier.

For example, one weight-loss program, called XENICare helps individuals lose weight with diet tips, medication and personal support.

The program, which is personalized to meet each person's individual needs, helps set realistic expectations and maximize satisfaction and weight loss.

XENICare provides nutrition and weight-loss counseling, education and support by trained



Many Americans have had success losing weight after joining a weight loss program.

healthcare professionals. XENICare also provides ongoing telephone access to a personal healthcare counselor to help achieve and maintain weight-loss goals.

The regimen teaches about stress management—stress has been shown to be the primary reason people fall off weight-loss programs—self-monitoring (people become more aware of their daily diets and exercise activities, making them easier to change) and provides social support, which can help individuals feel less alone.

The program is free to people who have been prescribed the weight-loss medication Xenical.

For more information, call 1-800-XENICare (936-4227) and speak to a healthcare counselor.