Weight Control-

Diets, Surgeries, Pills, Fads and Facts

Jay Rissover  MD
Blue Ash Internal Medicine
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Obesity, disease of affluence
Obesity - What is it?

- Normal Weight
  - BMI 19 to 24.9
  - 130 pounds
  - BMI 22

- Overweight
  - BMI 25 to 29.9
  - 152 pounds
  - BMI 26

- Obese (Class I)
  - BMI 30 to 34.9
  - 175 pounds
  - BMI 30

- Obese (Class II)
  - BMI 35 to 39.9
  - 205 pounds
  - BMI 35

- Severely Obese
  - BMI 40+
  - 234 pounds
  - BMI 40

Weight Control - Jay Rissover MD
Only 29% of US adults have a healthy bodyweight.
Chocolate comes from cocoa, which is a tree. That makes it a plant. Chocolate is salad.
Top Diets
US News and Report 2017

DASH Diet has been rated Best Diet 7 years in a row
2\textsuperscript{nd} Mediterranean Diet
3\textsuperscript{rd} MIND Diet

4 way tie for 4\textsuperscript{th}
  Flexitarian Diet
  Mayo Clinic Diet
  TLC Diet
  Weight Watchers

Other notable Diets:
  Dukan Diet
  Packard Weight Health Plan
Top Diets - US News and Report 2017

DASH DIET - “Dietary Approaches to Stop Hypertension”
The aim: Preventing and lowering high blood pressure.

The claim: A healthy eating pattern is key to deflating high blood pressure - and it may not hurt your waistline, either.

The theory: Nutrients like potassium, calcium, protein and fiber are crucial to fending off or fighting high blood pressure. You don't have to track each one, though. Just emphasize the foods you've always been told to eat (fruits, veggies, whole grains, lean protein and low-fat dairy), while shunning those we've grown to love (calorie- and fat-laden sweets and red meat). Top it all off by cutting back on salt, and voila!
The DASH Diet for Healthy Blood Pressure

Follow these DASH (Dietary Approaches to Stop Hypertension) guidelines for a healthier, more balanced diet.

Grains
6 to 8 servings per day

Lean Protein
6 or less servings per day

Legumes or Nuts/Seeds
4 to 5 servings per week

Fresh Fruits and Vegetables
4 to 5 servings of each per day

Low-fat Dairy
2 to 3 servings per day

Fats and Sweets
Limited

OhioHealth
Discover how the DASH Diet can help you manage your blood pressure at blog.ohiohealth.com
The DASH diet (Dietary Approaches to Stop Hypertension) has been shown to help lower blood pressure and prevent heart disease, stroke, diabetes and even some forms of cancer. It focuses on eating more fresh fruits and vegetables.

This is a guide to how much of each food group you should eat every day, based on eating 2,000 calories per day.
Mediterranean Diet

The aim: Reducing heart disease, diabetes and cancer.

The theory: It's generally accepted that the folks in countries bordering the Mediterranean Sea live longer and suffer less than most Americans from cancer and cardiovascular ailments. The not-so-surprising secret is an active lifestyle, weight control, and a diet low in red meat, sugar and saturated fat and high in produce, nuts and other healthful foods.
Mediterranean Diet

Among individuals aged 70 to 90 years, adherence to a Mediterranean diet and healthful lifestyle is associated with a more than 50% lower rate of all-causes and cause-specific mortality.

*JAMA.* 2004;292(12):1433-1439
Mediterranean Diet
Mediterranean Diet Pyramid

- Red meat: a few times per month in very small amounts
- A few times per week

Daily

- Olive Oil
- Vegetables
- Beans, Legumes, Nuts
- Fruits
- Bread, pasta, rice, couscous, polenta, bulgar, other grains, and potatoes

*Adapted from Consumer Reports, Nov '94
DON'T FORGET, YOU ARE WHAT YOU EAT.

I NEED TO EAT A SKINNY PERSON.
MIND DIET
Mediterranean-DASH Intervention for Neurodegenerative Delay

The aim: Preventing and lowering high blood pressure. The claim: You may lower your risk of mental decline with this new hybrid of two balanced, heart-healthy diets - even without rigidly sticking to it - or so early research suggests.

The theory: The MIND diet takes two proven diets - DASH and Mediterranean - and zeroes in on the foods in each that specifically affect brain health.
MIND DIET - Mediterranean-DASH Intervention for Neurodegenerative Delay

The emphasis is on eating from 10 brain-healthy food groups: green leafy vegetables in particular, all other vegetables, nuts, berries, beans, whole grains, fish, poultry, olive oil and wine. Meanwhile, MIND adherents avoid foods from the five unhealthy groups: red meats, butter and stick margarine, cheeses, pastries and sweets, and fried or fast food.
MIND DIET
Developed by Martha Clare Morris, a nutritional epidemiologist at Rush University Medical Center, first published online February 2015. Food intake of 923 Chicago-area seniors was followed for over four and a half years and 144 participants developed Alzheimer's disease. The longer people had followed the MIND diet patterns, the less risk they appeared to have. Even people who made "modest" changes to their diets - who wouldn't have fit the criteria for DASH or Mediterranean - had less risk of developing Alzheimer's.

The study found the MIND diet lowered Alzheimer's risk by about 35 percent for people who followed it moderately well and up to 53 percent for those who adhered to it rigorously.
Meet The ‘MIND’ Diet
(It Slashes Alzheimer’s Risk By 35%)

The Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) Diet is proof that noshing your way to brain benefits doesn’t have to involve following a strict regimen.

**WHAT’S ON THE MIND DIET?**

- **At least three servings of whole grains each day**
- **At least one dark green salad and one other vegetable each day**
- **Berries at least twice a week**
- **At least one ounce serving of nuts each day**
- **Beans or legumes at least every other day**
- **Poultry at least twice a week**
- **Fish at least once a week**
- **A five-ounce glass of red wine each day**

**No more than one tablespoon a day of butter or margarine; choose olive oil instead.**

**Cheese, fried food and fast food no more than once a week.**

**Pastries and sweets less than five times a week.**
“On this diet, you can eat all the steak you want, but a slice of bread will kill you. On this other diet, you can eat all the bread you want, but a steak will kill you.”
Flexitarian Diet: Be a Vegetarian most of the time, soy and legumes are your new meat.

Mayo Clinic Diet: Emphasizes fruits, veggies and whole grains. In general, these foods have low energy density, so you fill up on less calories.

TLC Diet (Therapeutic Lifestyles Diet): Reduce sharply saturated fat intake and strictly limit daily dietary cholesterol intake and eat more fiber.

Weight Watchers: SmartPoints values of food, with in person meetings, phone and online support.
Mayo Clinic Diet

Mayo Clinic Healthy Weight Pyramid™

- Sweets: Up to 75 calories daily - Candy and other processed sweets
- Fats: 3-5 daily servings - Olive oil, nuts, canola oil, avocados
- Protein/Dairy: 3-7 daily servings - Beans, fish, lean meat, low-fat dairy
- Carbohydrates: 4-8 daily servings - Whole grains — pasta, bread, rice, cereals
- Fruits: Unlimited (minimum 3) - Fruits — wide variety
- Vegetables: Unlimited (minimum 4) - Vegetables — wide variety

See your doctor before you begin any healthy weight plan.
Other Suggested Diets

Dukan Diet:
Dr Pierre Dukan
Low carb, non processed foods
Initially stringent with later allowances

Packard Weight Health Plan
Dr. Andrew Packard
Low carb and portion control
Avoid getting too hungry with good fat snacks
“You have many weight-loss options: gastric bypass, donut shop bypass, pizza parlor bypass, buffet bypass...”
Surgical treatment of Obesity

- The Roux-en-Y Gastric Bypass
- Laparoscopic Sleeve Gastrectomy (LSG)
- Adjustable Gastric Band (AGB)
- Biliopancreatic diversion with Duodenal switch (BPD/DS)
- Liposuction
- External lipoid dissolution
Surgical treatment of Obesity

Normal anatomy of the esophagus, stomach and duodenum
Surgical treatment of Obesity

The Roux-en-Y Gastric Bypass - often called gastric bypass - is considered the ‘gold standard’ of weight loss surgery.
Surgical treatment of Obesity

Roux-en-Y or Gastric Bypass

Advantages

Produces significant long-term weight loss (60 to 80 percent excess weight loss)

Restricts the amount of food that can be consumed

May lead to conditions that increase energy expenditure

Produces favorable changes in gut hormones that reduce appetite and enhance satiety

Typical maintenance of >50% excess weight loss
Surgical treatment of Obesity

Roux-en-Y or Gastric Bypass

Disadvantages

Is technically a more complex operation than the banding or sleeve procedures and potentially could result in greater complication rates

Can lead to long-term vitamin/mineral deficiencies - particularly deficits in vitamin B12, iron, calcium, and folate

Generally has a longer hospital stay than the banding

Requires adherence to dietary recommendations, life-long vitamin/mineral supplementation, and follow-up compliance
“Belly button enlargement is a popular alternative to other types of weight loss surgery.”
Surgical treatment of Obesity

Laparoscopic Sleeve Gastrectomy

LSG

The Laparoscopic Sleeve Gastrectomy - often called the sleeve - is performed by removing approximately 80 percent of the stomach. The remaining stomach is a tubular pouch that resembles a banana.
Surgical treatment of Obesity

Laparoscopic Sleeve Gastrectomy

Advantages

Restricts the amount of food the stomach can hold

Induces rapid and significant weight loss that comparative studies find similar to that of the Roux-en-Y gastric bypass. Weight loss of >50% for 3-5+ year data, and weight loss comparable to that of the bypass with maintenance of >50%

Requires no foreign objects (banding), and no bypass or re-routing of the food stream (RYGB)

Involves a relatively short hospital stay of approximately 2 days

Causes favorable changes in gut hormones that suppress hunger, reduce appetite and improve satiety
Surgical treatment of Obesity

Laparoscopic Sleeve Gastrectomy

Disadvantages

Is a non-reversible procedure

Has the potential for long-term vitamin deficiencies

Has a higher early complication rate than banding
Adjustable Gastric Band (AGB)

The Adjustable Gastric Band - often called the band - involves an inflatable band that is placed around the upper portion of the stomach, creating a small stomach pouch above the band, and the rest of the stomach below the band.
Surgical treatment of Obesity

Adjustable Gastric Band (AGB)
Advantages

Reduces the amount of food the stomach can hold

Induces excess weight loss of approximately 40 - 50 percent
Involves no cutting of the stomach or rerouting of the intestines

Requires a shorter hospital stay, usually less than 24 hours, with some centers discharging the patient the same day as surgery

Is reversible and adjustable

Has the lowest rate of early postoperative complications and mortality among the approved bariatric procedures

Has the lowest risk for vitamin/mineral deficiencies
Sorry your unhealthy eating habits made your weight loss surgery pointless.
Surgical treatment of Obesity

Adjustable Gastric Band (AGB)

Disadvantages

- Slower and less early weight loss than other surgical procedures
- Greater percentage of patients failing to lose at least 50 percent of excess body weight compared to the other surgeries commonly performed
- Requires a foreign device to remain in the body
- Can result in possible band slippage or band erosion into the stomach in a small percentage of patients
- Can have mechanical problems with the band, tube or port in a small percentage of patients
- Can result in dilation of the esophagus if the patient overeats
- Requires strict adherence to the postoperative diet and to postoperative follow-up visits

- Highest rate of re-operation
Surgical treatment of Obesity

◆ Biliopancreatic diversion with Duodenal switch (BPD/DS)

The Biliopancreatic Diversion with Duodenal Switch is a procedure with two components.

First, a smaller, tubular stomach pouch is created by removing a portion of the stomach, very similar to the sleeve gastrectomy.

Next, a large portion of the small intestine is bypassed.
Surgical treatment of Obesity

◆ Biliopancreatic diversion with Duodenal switch (BPD/DS)

Advantages

Results in greater weight loss than RYGB, sleeve, or banding, i.e. 60 - 70% percent excess weight loss or greater, at 5 year follow up

Allows patients to eventually eat near “normal” meals

Reduces the absorption of fat by 70 percent or more

Causes favorable changes in gut hormones to reduce appetite and improve satiety

Is the most effective against diabetes compared to RYGB, sleeve, and band
Surgical treatment of Obesity

◆ Biliopancreatic diversion with Duodenal switch (BPD/DS)

Disadvantages

Has higher complication rates and risk for mortality than the AGB, LSG, and RYGB

Requires a longer hospital stay than the AGB or LSG

Has a greater potential to cause protein deficiencies and long-term deficiencies in a number of vitamin and minerals, i.e. iron, calcium, zinc, fat-soluble vitamins such as vitamin D

Compliance with follow-up visits and care and strict adherence to dietary and vitamin supplementation guidelines are critical to avoiding serious complications from protein and certain vitamin deficiencies
“I’m recommending weight loss surgery. After you remove a couple of potato chips, sew the bag shut.”
Liposuction
Liposuction

More than 300,000 procedures are carried out in the United States each year with costs ranging from roughly $2,000-$3,500.

ADVANTAGES:
This is a cosmetic procedure for subtle changes, attention to problem areas.
Quick procedure
Rapid loss- once the swelling is resolved in 4 weeks.

DISADVANTAGES:
Not for major weight reduction.
It can result in numbness, scarring, dimpling and has potential serious risks with the surgery itself- fat emboli and others.
It is only for healthy people, not those with heart disease or diabetes.
Liposuction

weakened abdominal muscles bulge out

excess tissue folds over

tightened muscles & slimmer profile

lower abdomen is flat & tight

Weight Control - Jay Rissover MD
## Liposuction - Techniques

<table>
<thead>
<tr>
<th>Wet Lipo</th>
<th>Laser Lipo</th>
<th>Ultrasonic</th>
<th>PALS</th>
<th>RFAL</th>
<th>Dry Lipo</th>
</tr>
</thead>
<tbody>
<tr>
<td>Super Wet Lipo</td>
<td>SmartLipo</td>
<td>VASER Lipo</td>
<td>Tickle lipo</td>
<td>BodyTite</td>
<td>X</td>
</tr>
<tr>
<td>Body Jet</td>
<td>SlimLipo</td>
<td>VaserSmooth</td>
<td></td>
<td>SAFE-Lipo</td>
<td></td>
</tr>
<tr>
<td>Tumescent Lipo</td>
<td>CoolLipo</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hydrasolve</td>
<td>ProLipo</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>AquaLipo</td>
<td>LipoTherme</td>
<td>LipoControl</td>
<td>LipoLite</td>
<td>Cellulaze</td>
<td>CelluSmooth</td>
</tr>
</tbody>
</table>
Liposuction Alternatives/External

Exposure to cold (cryolipolysis)

Sound waves (high-intensity focused ultrasound)

Light waves (low-level laser)

Radio waves (radiofrequency)

Liposuction alternatives are not intended for people who are obese, but rather for people who are normal weight and generally fit but still have some specific areas of fat that diet and exercise haven't eliminated.
Weight Loss PILLS

Weight Control - Jay Rissover MD
These aren't Weight Watchers diet pills. You've been reading them upside down.
Medications for Weight Loss

Common "Diet Pills" or Weight Loss Drugs

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Generic Name</th>
<th>Controlled Substance?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adipex-P</td>
<td>Phentermine</td>
<td>Yes, DEA schedule IV</td>
</tr>
<tr>
<td>Appetite suppressant; anorectic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bontril PDM, Bontril SR</td>
<td>Phendimetrazine</td>
<td>Yes, DEA schedule III</td>
</tr>
<tr>
<td>Appetite suppressant; anorectic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Desoxyn</td>
<td>Methamphetamine</td>
<td>Yes, DEA schedule II</td>
</tr>
<tr>
<td>Appetite suppressant; use cautiously due to high potential for abuse/diversion.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Didrex</td>
<td>Benzphetamine</td>
<td>Yes, DEA schedule III</td>
</tr>
<tr>
<td>Appetite suppressant; anorectic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diethylpropion</td>
<td>Diethylpropion</td>
<td>Yes, DEA schedule IV</td>
</tr>
<tr>
<td>Appetite suppressant; anorectic</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# Medications for Weight Loss

Common "Diet Pills" or Weight Loss Drugs

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Generic Name</th>
<th>Controlled Substance?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meridia</td>
<td>Sibutramin</td>
<td>Yes, DEA Schedule IV-now off market</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Anorectic; withdrawn from US market in 2010 due to increased heart risk.</td>
</tr>
<tr>
<td>Qsymia</td>
<td>Phentermine and topiramate ER capsules.</td>
<td>Yes, DEA schedule IV</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Combination appetite suppressant-anorectic; topiramate action unknown</td>
</tr>
<tr>
<td>Suprenza</td>
<td>Phentermine</td>
<td>Yes, DEA schedule IV</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Appetite suppressant; anorectic</td>
</tr>
<tr>
<td>Xenical- RX</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alli - OTC</td>
<td>Orlistat</td>
<td>No</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lipase inhibitor; Xenical is a higher dose than Alli; Both inhibits fat absorption in the intestine</td>
</tr>
</tbody>
</table>
## Medications for Weight Loss

### Common "Diet Pills" or Weight Loss Drugs

<table>
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<tr>
<th>Brand Name</th>
<th>Generic Name</th>
<th>Controlled Substance?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belviq, Belviq XR</td>
<td>Lorcaserin</td>
<td>Yes, DEA schedule IV</td>
</tr>
<tr>
<td></td>
<td>Selective serotonin 2C receptor agonist; promotes a feeling of fullness or satiety</td>
<td></td>
</tr>
<tr>
<td>Contrave</td>
<td>Bupropion hydrochloride-naltrexone hydrochloride</td>
<td>No</td>
</tr>
<tr>
<td></td>
<td>Increases metabolism, suppresses appetite, affects central reward center (Proposed mechanism: unknown)</td>
<td></td>
</tr>
<tr>
<td>Saxenda</td>
<td>Liraglutide</td>
<td>No</td>
</tr>
<tr>
<td></td>
<td>GLP-1 - may regulate areas of brain involved in appetite (proposed mechanism)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Also delays gastric emptying. (Proposed mechanism: unknown)</td>
<td></td>
</tr>
<tr>
<td>Topamax</td>
<td>Topiramate regular or ER capsules.</td>
<td>No- NOT FDA APPROVED</td>
</tr>
<tr>
<td></td>
<td>Exact action of topiramate on weight loss is not known,</td>
<td></td>
</tr>
<tr>
<td>Jardiance, Farxiga, Invokanna</td>
<td>SGL2</td>
<td>No- NOT FDA APPROVED</td>
</tr>
</tbody>
</table>
Medications for Weight Loss

How Effective Are Weight Loss Drugs?
Weight loss drugs may not work for everyone. It is usually recommended that one to two pounds of weight can be safely lost per week.

Weight loss drugs typically result in a 5 to 10 percent weight loss over a 12-month period when used as part of a diet and exercise plan.

For a patient weighing 200 pounds, this would translate into losing about 10 to 20 pounds over one year, which would fall within the safe guidelines for weight loss. While this amount of weight loss seems small, it may be enough to help lower blood pressure or have a positive effect on blood sugar.
Weight Loss FADS.

Throwing Out $10,000 + of WEIGHTLOSS FADS
Weight Loss FADS.

CRAZY WEIGHT-LOSS FADS OF HISTORY

Lord Byron's advice on weight loss was to drink vinegar diluted with a little water. This concoction made him vomit and gave him the runs, allowing him to purge after eating.

And yet, I still manage to get laid.
CRAZY WEIGHT-LOSS FADS OF HISTORY

In the 1920s, weight loss became an industry in the US. “Reducing creams” and soaps that promised to melt off pounds became popular. One product, Floazona, claimed to “wash away excess flesh through the pores.”

Why, that sounds peachy and not like something from a horror movie at all!

Unfortunately, or perhaps fortunately, it didn’t work.
Weight Loss FADS.

At last, the secrets of Europe’s most exclusive beauty spas are yours. Slimmers Glove System beautifies your skin—reduce hard-to-lose fatty deposits clinging to your waistline, hips and thighs…and do it simply, beginning with your next bath.

It fights cellulite—these fatty deposits that cling relentlessly to your waist, hips and thighs. For the first time in America, an exciting, totally effective—and inexpensive—home figure and skin plan! Conceived in Paris for Europe’s most beautiful women, the Slimmers Glove System helps you fight those hard-to-lose fatty deposits that cling to your waistline, hips and thighs making you look older—no matter how hard you diet.

The Luxurious, Parisian Way To Slim. Creating A Flab-Free Figure.

Now you can pamper yourself with this total Parisian Home Beauty plan designed to help reshape and revitalize your skin. Fashion a slimmer, firmer figure—make you look and feel years younger. And it all begins with your next bath.

Slimmers Glove System helps reduce these fatty deposits that run circles around your waistline.

It’s Unique — Works Like A European Beauty Spa To Do Fantastic Things To Your Skin And Figure.

It’s your own European Home Beauty Spa. No ordinary plan, it’s medically safe and based on authentic health fitness research. It does away with exercise gadgets, oral treatments and corrective make-up techniques. In fact, leading authorities (such as, Banner and Queen magazines) have stripped out parts of this plan as most effective in slimming and reshaping your figure. Why? It attacks these almost impossible-to-lose deposits of fat—fat deposits—that cling tenaciously to dimple thighs…to ripple waistlines and hips…to give you an aging look. It also helps restore sensuous “baby” softness to theory aging skin.

A Beauty Treatment For Your Skin. A Body Treatment For Your Figure — All-In-One.

As long last, you get a beauty treatment for your skin, a body treatment for your figure—all-in-one! Our plan is so revolutionary—it’s proven, it works fast, revitalizing your skin and body—that we guarantee you will “see and feel results beginning with your first SLIMMERS GLOVE SYSTEM TREATMENT, or we will refund your money.”

It’s All Here — To Create That Fresher, Slimmer You!

1. The Slimmers Glove Mitt: Paraffin, with two different sides. Part massager, part buffer. One side massages, refreshes, revitalizes every inch of your skin. The other side whiskes away dust, dead cells patching the skin to a silky smoothness. It gives you a totally relaxed feeling all over.

2. Slimmers Glove Gel Concentrate: A luxuriously concentrated that lathers richly to lubricate the massage action of the mitt, lining away dryness. It leaves you (and your bath water) soft and creamy, not cly. It’s a bit like sitting in a bottle of matured balm.

It’s NEW…REVOLUTIONARY…GUARANTEED!

Slimmers Glove System helps remove flabby trouble spots around thighs and hips.

Slimmers Glove Cream: It penetrates beneath the skin, softening and smoothing away rough places with skin-smoothing emollients. Used after bath or shower, it leaves you and your skin supple and smooth—so soft, so smooth, so supple. It leaves behind a golden glow that only gains in luster every time you use it.

Slimmers Glove Figure Guide: Shows you how to do fantastic things to your skin and figure. It points out what to eat, how to massage and exercise properly to create a flab-free, supple figure—and keep it that way. It’s your guide to radiant skin and figure beauty.

COMPLETE KIT SELLS FOR ONLY $9.95.

YOU HAVE NOTHING TO LOSE BUT INCHES AND POUNDS. SEND FOR YOUR SLIMMERS GLOVE SYSTEM

SLIMMERS GLOVE SYSTEM

DEPT. AT A
2110 IRWIN STREET
WOODLAND HILLS, CA. 91364

Satisfaction Guaranteed

YES! I want to discover what the "Slimmers Glove System" can do for me, winning with my next bath.

If I am not satisfied, I will return it after my first beauty treatment for my $9.95 refund.

I enclose 1. Check 2. Cash 3. Money order for $9.95 plus 50.00 to cover shipping and handling for each Slimmers Glove System. (No C.O.D. please). California residents add 6% sales tax. Please allow 2 to 4 weeks delivery.

My name is:

Address:

City State Zip

Weight Control—Jay Rissover MD
The Thighmaster
Weight Loss FADS

Weight Control- Jay Rissover MD

Invigorating Body Massager Helps Relax and Trim Muscles

149.99

1 VITA MASTER® VARIABLE-SPEED ROLLER MASSAGER. Free-turning, lacquered hardwood knobby rollers massage and help tone all muscle areas. You get deeper massage as you apply pressure. Get kneading effect on tummy, back, arms, hips, thighs, calves—even feet. Has 1/4 HP motor. Speed control knob. 8' power cord. 120V, AC. UL listed. Enamel-finished wood sides. Steel frame. Measures 24½x15x25½ h. Not mailable: see page 574.

A 911-1519 A—Shpg. wt. 85 lbs. ............. 149.99

Vita Master® Single-Speed Roller Massager. Similar to [1], but one speed only. Not mailable: see page 574.

A 911-1782 A—Shpg. wt. 76 lbs. ............. 139.99
Weight Loss FADS.

Reduce Your Flesh in spots—Arms, Legs, Bust, Double Chin, etc.

In fact, the entire body, or any part, can be reduced without dieting by dissolving the fat through perspiration produced by wearing my garments.

Anklets, for reducing and shaping the ankles. Send ankle measurement. Per pair $7.00 Extra high. 9.00

Brassiere—to reduce bust and diaphragm ... $7.00
Neck and Chin Reducer 3.50 Send for Illus.
Double Chin Reducer 2.50 printed booklet

Dr. JEANNE PH. WALTER
FAMOUS MEDICATED REDUCING RUBBER GARMENTS
389 Fifth Avenue, New York City
Office entrance near 36th St., Suite 605

Weight Control—Jay Rissover MD

Reducing Specialist Says: Lose Weight Where Shows Most
REDUCE
Most ANY PART OF THE BODY WITH

Spot Reducer

Relaxing·Soothing Penetrating Massage

FOR GREATEST BENEFIT REDUCE MOST ANY PART OF THE BODY WITH SPOT REDUCER. Also used as an aid in the relief of pains for which massage is indicated.

Electric Spot Reducer

Take the SPOT REDUCER home! Take the SPOT REDUCER where you are most in need of help! No doubt you know the test—where you need help most! And the Spot Reducer is the answer. Try it for 10 days free in your own home!

TRY THE SPOT REDUCER 10 DAYS FREE IN YOUR OWN HOME!

Mail this coupon with only $1 for your Spot Reducer on approval. Pay postman $9.95 plus delivery and we ship product prepaid. Use it for ten days in your own home. If not delighted return Spot Reducer for full purchase price refund. Don’t delay! You have nothing to lose—except ugly, embarrassing, with-after-pleats, shapes, patterns, etc. 

ALSO USE IT FOR ACHEs AND PAINS

LOose·WEIGHT OR NO CHARGE

LOSE WEIGHT OR NO CHARGE

CAN’T SLEEP? MUSCULAR ACHEs:
Relax with electric Spot Reducer. See how soothing its gentle massage can be. Pains you feel when massage can be of benefit.

LEAVE POSTAGE—check boxes if you enclose the $0.05 with coupon. We pay all postage and handling, for complete satisfaction, if not delighted, return Spot Reducer for prompt refund of full purchase price.

ONE CRESCENT $1.25 Better Delux Model.

SOLD ON APPROVAL—MAIL COUPON NOW

RUBBER REDUCING CO., Dept. S-603
315 Market St., Newark, New Jersey

Name: __________________________
Address: _______________________
City: ____________________________
State: _________________________

PROFESSIONAL FAME—EIGHT KINDS OF ACHEs—HEADACHE, BACKACHE, ETC.

SEND ON APPROVAL—MAIL COUPON NOW

Weight Control—Jay Rissover MD
To keep a slender figure
No one can deny...

Reach for a LUCKY
instead of a sweet

“‘It’s toasted”
No Throat Irritation - No Cough.
Weight Loss FADS.

Get rid of life-threatening fat without exercise, dieting, or surgery!

Thousands of men and women have already experienced the wonders of Mother Nature’s body-shaper - Diphyllobothrium latum - AKA the common tapeworm. These friendly little creatures can reside harmlessly inside your body and consume your extra calories. That’s right! No more worrying about your waistline! Stay thin with Dr. Kwak’s!

WIN THIS PEWTER BLEEDING BOWL! COMPLETE DETAILS IN EVERY CARTON OF DR. KWAK’S!
Weight Loss FADS.
Weight Loss FADS.

1. Diets that focus on only a few foods or food groups (like the cabbage soup diet, grapefruit diet, strict vegan diets, raw food diets,

1. "Detox" diets (like Master Cleanse, the Hallelujah Diet, and The Martha's Vineyard Diet Detox). Extreme regimens calling for procedures like liver flushes, bodily cleanses, colonics, hormone injections, and more are highly suspect, experts say.

2. HCG Diet. Human Chorionic Gonadotropin and very low calorie (500 calories)
Weight Loss FADS.

4. Apple Cider Vinegar Diet
5. Binge and Purge
6. Tape Worms
7. Relaxa-cisor
8. Walton Belt Vibrator
9. Thigh master
10. Gravity Boots
11. Abdomizer
12. Pole Dancing
13. Flex Belt
14. Shake Weight
15. Sauna Pants
Every time I lose some weight I find it again in the refrigerator.
Sustainable weight/fat loss is a complete lifestyle change, not a 12 week eating plan.
A Plan for Healthy Eating
Calories in - Calories spent = Weight Loss/Gain

This is equation is adjusted by your Metabolic rate.
less of this

FAT

ONE POUND

MUSCLE

more of this
Patient: The problem is that obesity runs in our family.
Doctor: No, the problem is that no one runs in your family.
2 slices Little Caesars pepperoni pizza = 65 minutes of moderate cycling
28 tortilla chips = 57 minutes of Zumba
1 can of Coca-Cola = 23 minutes of walking (4 mph)
10 pigs in a blanket = 59 minutes of Bikram Yoga
4 Double Stuffed Oreos = 1.3 hours of weight lifting
4 cans of Miller Light = 32 minutes of running (6 mph)
1 cup Chex Mix = 29 minutes of high impact aerobics
**EXERCISE-CALORIE CHART**

Calories burned per hour on average for a 160 pound person

<table>
<thead>
<tr>
<th>Very little (50-150 calories/hour)</th>
<th>Significant (300-500 calories/hour)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleeping</td>
<td>Hiking</td>
</tr>
<tr>
<td>Sitting, eating, handwork</td>
<td>Aerobics, general</td>
</tr>
<tr>
<td>Standing</td>
<td>Bicycling, light-moderate</td>
</tr>
<tr>
<td>Driving</td>
<td>Tennis</td>
</tr>
<tr>
<td>Housework, officework</td>
<td>Weight lifting</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Moderate (150-300 calories/hour)</th>
<th>Extreme (500+ calories/hour)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking, slow pace</td>
<td>Basketball</td>
</tr>
<tr>
<td>Light dancing</td>
<td>Moderate dancing</td>
</tr>
<tr>
<td>Golfing</td>
<td>Swimming</td>
</tr>
<tr>
<td>Yoga</td>
<td>Jogging, 6 MPH</td>
</tr>
<tr>
<td>Walking, moderate-fast</td>
<td>Running, &gt;10 MPH</td>
</tr>
</tbody>
</table>

Calories burned per hour are approximate and can vary based on individual factors.
TriHealth Weight Management couples behavioral, diet and (if indicated) surgical choices.

Dr. Nina Gray- Bariatrician specializing in nonsurgical weight management care. Her passion for preventative medicine fuels her to treat obesity as a chronic condition - no different from diabetes or hypertension.

TriHealth Weight Management- The most experienced weight-loss surgery team in Cincinnati. Performed more than 1,800 bariatric procedures at TriHealth’s Good Samaritan Hospital.
"It’s the most effective diet pill we sell. Chase it around a handball court for an hour a day."
Thank you for your kind attention.

Jay Rissover  MD
Blue Ash Internal Medicine
4260 Glendale-Milford Rd #101
Blue Ash, Ohio 45242
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- Diet Review: The Spectrum by Dr. Dean Ornish outlined in "The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health."
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- 3-Hour Diet - frequent, small meals
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Diets: A to Z

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Weight Loss FADS.

6 INSANE WEIGHT LOSS TIPS FROM THROUGHOUT HISTORY

More ice cream! I'm eating for two, after all!

The early 1900s saw some women ingesting "sanitized tapeworms" to help them lose weight.