

JUNE 2009

PWCWC NEWSLETTER

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June is Headache Awareness Month

The National Headache Foundation says that over 45 million Americans get chronic headaches and we spend over 4 billion dollars every year on over-the-counter pain relievers to alleviate the pain of those headaches. In 2004, the World Health Organization ranks Migraine Disease as the 19th leading cause of years lived with disability. On a global level, migraines are still dramatically under diagnosed, undertreated, and misunderstood. Tension-type headaches are experienced by 80% of the world's population and 3,000 Migraine attacks occur every day for each million of the general population. Less well recognized is the toll of the chronic daily headache: up to one adult in 20 has a headache every or nearly every day.* Headache Awareness Month is the perfect time to encourage your family – and challenge yourself – to take charge of your health.

Headaches are one of the most common pain related health problems in both children and adults. You may have a headache along with another minor health problem such as a sore throat, cold, or sinus problem.

Common Causes of headaches include:

- ♣ **Muscle Strain** in the neck, upper back, or shoulder muscles.
- ♣ **Dehydration** (when your body loses too much water).
- ♣ **Emotional stress**
- ♣ **Medications** (sometimes prescription and non-prescription medications can cause headaches especially if you use them regularly).
- ♣ **Eating or drinking** cold foods and fluids.
- ♣ **Coughing and sneezing**
- ♣ **Eye strain**
- ♣ **Alcohol, caffeine,** or other drug use or withdrawal
- ♣ **Exposure to smoke or fumes from chemicals** (even the ones you use to clean your house)
- ♣ **Dental problems or procedures,** such as pain from grinding your teeth or from a root canal.
- ♣ **Upper respiratory infections.**
- ♣ **Fever**
- ♣ **High altitude.** Lower oxygen levels at high altitudes can cause headaches.

The most common types of headaches usually are not serious but may occur again and again.

- ♣ **Tension headaches** are the most common type of headache and are often caused by stress and emotional strain. Most adults have tension headaches from time to time. They can cause pain in your upper back, neck, jaw, above the eyes and other areas.

- ♣ **Cluster headaches** caused deep, stabbing pain, usually around the temple or eye.

- ♣ **Migraine Headaches** Approximately one-third of people who have migraine headaches first began having them as teenagers.

*Fact sheet N0 277: Headache disorders. World Health Organization. March, 2004

Know What to Do About Severe Headaches

Call a doctor if any of the following occur:

- ♣ A change in frequency, severity, or features of the migraine commonly experienced
- ♣ A new, progressive headache that lasts for days
- ♣ A headache brought on by coughing, sneezing, bearing down, straining while on the toilet, and so on
- ♣ Large, unintentional loss of body weight Weakness or paralysis that lasts after the headache

Go to a hospital emergency department if any of the following occur:

- ♣ Having the worst headache ever, especially if the headache came on very quickly
- ♣ Headache associated with trauma to the head
- ♣ Trauma to the head with loss of consciousness
- ♣ Fever or stiff neck associated with headache
- ♣ Decreased level of consciousness or confusion
- ♣ Paralysis of one side of the body Seizure

WebMD Medical Reference from eMedicineHealth Reviewed on October 11, 2005 © 2007 WebMD, Inc. All rights reserved.

Blog - Weight Loss Scams—DON'T BE TAKEN IN!!!

As we all know, there are a million over the counter products out there claiming amazing – although completely unrealistic results, the latest of which I have run across is SlimForce7. So many have been taken in by hyperbolic claims such as “Some people have lost 20 pounds in the first week” and it both angers and saddens me. Let me put this in perspective – in order to lose 20 pounds per week you would have to burn 70,000 more calories than you ate – yes, **70,000**. In order for the average person to eat enough to maintain normal bodily functions – breathing, walking, digestion, they have to eat around 1700 calories per day, you burn this during your normal course of the day in order to maintain your current weight. This means you would have to burn an additional 11,700 per day, or 487.5 calories EVERY hour of the day. This means no sleep, or 731 calories per hour for the 16 hours of the day you are awake. This is more than even Gold Medalist Michael Phelps burns in one day.

[Mark Klion](#), a sports medicine doctor and orthopedic surgeon at Mount Sinai Medical Center in New York, reminded us that the eating game all comes down to basic math. If you eat fewer calories than you burn exercising, you lose weight. But an athlete like Phelps, who exercises up a storm, has to worry about eating *enough* to replenish the scads of calories he's burned. If he doesn't, Klion explains, his “body won't recover, the muscles will not recover, there will not be adequate energy stored for him to compete in his next event.”

Output data for riders during the Tour de France, during a 6hour 48min mountain stage (with nearly 4 hours of climbing ending on Alpe d'Huez), a rider in a breakaway burned about 6,500 calories on the bike. This, plus about 2000-2500 for his basal rate, would put him around 9000 calories for the day. Keep in mind, this is not something that any human can do every day for any extended period of time; even the professional cyclists' bodies become very broken down and fatigued after a day like that.

(cont'd on [Page 2](#))

SlimForce 7 also contains bitter orange – here is some information on this “herb” from the National Center for Complementary and Alternative Medicine:

Introduction -

The bitter orange tree is native to eastern Africa and tropical Asia. Today, it is grown throughout the Mediterranean region and elsewhere, including California and Florida. Bitter orange oil is used in foods, cosmetics, and aromatherapy products.

Common Names—bitter orange, Seville orange, sour orange, Zhi shi

Latin Names—*Citrus aurantium*

What It Is Used For

Bitter orange has been used in traditional Chinese medicine and by indigenous people of the Amazon rainforest for nausea, indigestion, and constipation.

Current uses of bitter orange are for heartburn, loss of appetite, nasal congestion, and weight loss. It is also applied to the skin for fungal infections such as ringworm and athlete's foot.

How It Is Used

The dried fruit and peel (and sometimes flowers and leaves) are taken by mouth in extracts, tablets, and capsules. Bitter orange oil can be applied to the skin.

What the Science Says

- There is not enough scientific evidence to support the use of bitter orange for health purposes.

Many herbal weight-loss products now use concentrated extracts of bitter orange peel in place of ephedra. However, bitter orange contains the chemical synephrine, which is similar to the main chemical in ephedra. The U.S. Food and Drug Administration banned ephedra because it raises blood pressure and is linked to heart attacks and strokes; it is unclear whether bitter orange has similar effects. There is currently little evidence that bitter orange is safer to use than ephedra.

Side Effects and Cautions

Because bitter orange contains chemicals that may speed up the heart rate and raise blood pressure, it may not be safe to use as a dietary supplement. A product that contains vitamins, minerals, herbs or other botanicals, amino acids, enzymes, and/or other ingredients intended to supplement the diet. The U.S. Food and Drug Administration has special labeling requirements for dietary supplements. There have been reports of fainting, heart attack, and stroke in healthy people after taking bitter orange supplements alone or combined with caffeine. People should avoid taking bitter orange supplements if they have a heart condition or high blood pressure, or if they are taking medications (such as MAO inhibitors), caffeine, or other herbs/supplements that speed up the heart rate.

- Due to lack of safety evidence, pregnant women should avoid products that contain bitter orange.
- Bitter orange oil used on the skin may increase the risk of sunburn, particularly in light-skinned people.
- Tell your health care providers about any complementary and alternative practices you use. Give them a full picture of what you do to manage your health. This will help ensure coordinated and safe care.

I have read some feedback from others that have ordered this product. It consists of some pills, a list of ingredients and a piece of paper that any of us could've printed on our computers. The expedited shipping does not seem to be any faster than the regular shipping. The customer service representatives have to “call you back” to cancel your order, if they will at all. In some instances, some have had to call and dispute charges on their credit cards or threaten litigation to get their money back. All of this, with no results.

One last thing, here is the fine print in the ad – verbatim – misspellings and all (enough said?):

“Rights reserved 2009 international foundation of healthy living – Important notice: regular exercise and proper nutrition are essential for achieving your weight-loss goals. Results shown here are atypical, individual results may vary and cannot be achieved solely through the use of the tablets. These statements have not been evaluated by the food and drug administration, the product is not intended to diagnose, treat, cure or prevent disease. Read the entire label and directions before using the product. The complete weight-loss plan must be followed to observe significant weight losses. Consult with your physician before taking the product and before starting any weight-loss plan or exercise program. Do not use the product if pregnant or nursing.”

So, you see, this type of magic weight loss is just not possible not by taking ANY magic pill, not even training and performing like an athlete. We recommend a goal of a MAXIMUM weight loss of 2 pounds per week. This breaks down into a calorie deficit of 1000 calories/day (burning 1000 more calories than you ingest). Eating small, frequent meals of balanced protein and healthy carbs and plenty of fruits and vegetables with a glycemic load of less than 6 will help keep your metabolism going throughout the day. Exercise daily, drink plenty of water and get 8 hours of sleep/day. There is no magic pill and it's sad that there are so many companies out there that are willing to mislead the public to make a buck.

Celeste Rosenthal is a NASM Certified Personal Trainer and Group Fitness Instructor

For more specific, first-hand info, please go to: <http://www.3fatchicks.com/forum/showthread.php?t=161706>

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- Us Weekly Issue 745, May 25, 2009.

Dr. Puempel's Philosophy on Weight Control Medications

Introduction to Physician's Weight Control and Wellness Centers

Obesity is a chronic, recurrent life-long disease that carries a fifty to one hundred percent chance of premature death if left untreated. Overweight and obesity in the USA have increased by more than seventy-five percent in the past three decades. Weight loss leads to improvement of sleep apnea, diabetes, arthritis pain, improvement of lipids and cardiovascular risk and an increased life expectancy.¹

Hi, I'm Otto Puempel, D.O. (Board Certified in Family Practice)

My medical practice began in Arlington, Texas in 1963. As a physician from "the old school" I did everything including Internal Medicine, Obstetrics and Gynecology, Pediatrics, Geriatrics and minor surgery. My obese patients were treated for their weight problem with diet, exercise and diet pills; much the same as we do today. In 1987, after a ten year stint as Director of Medical Education at the Dallas Fort Worth Medical Center, I resigned to devote full time to the practice of Bariatric Medicine.

The mainstay of our practice is diet and exercise. The use of FDA approved medications in our treatment program makes us unique. I will review one of the medicines at this time, noting that most of these medicines are similar in history and chemistry.

Phentermine

Phentermine was approved by the FDA and brought on the market in 1958. I began using Phentermine for my overweight patients when I started practicing medicine in 1963 (46 years ago and still going strong). Following two other FDA evaluations, one in 1976 and then again in 1996, Phentermine was still found to be safe and effective.

Dr. Weintraub's studies, under the direction of the National Institute of Health, found Phentermine to be safe and effective (these were three to three and a half year studies). A later report also cited the following recommendation from Weintraub & Bray as it relates to the pharmacotherapy (medication use) for obesity: "Since obesity is a chronic disorder, the short term use of drugs is not helpful. The health professional should include drugs only in the context of a long term treatment strategy."²

At the present time there are ongoing clinical studies, several years in duration, which show the safety and effectiveness of Phentermine. Years of experience and additional research have shown this medication to be both effective and considerably safer than was previously recognized. Obesity is now considered a chronic illness that produces life threatening complications.

My experience in over 46 years of practice has convinced me that the combination of diet, exercise and the use of Phentermine (and/or the other FDA approved medications) for the treatment of obesity and related conditions is safe and effective.

The side effects of using Phentermine are those that accompany the use of stimulants. It is comparable to coffee in that too much causes anxiety, headaches, insomnia, etc. These problems are minimized through the use of the prescription protocol by our medical professionals. The "start low go slow" approach that is used when prescribing medicine for chronic conditions works well in treating obesity also. It is safe. It is effective.

Phentermine is classified as an anorectic agent; that is, it suppresses the appetite. It also helps control sweet and carbohydrate cravings, lowers the "set point" so that you are satisfied with about one half your usual intake of food, and stimulates metabolism by causing thermogenesis. Also, because it is a stimulant, you have an increased activity level. All of these beneficial effects make Phentermine an exceptional adjunct to diet and exercise in the treatment of overweight patients.

Chronic conditions require long-term therapy. We use FDA approved appetite suppressants long-term. By that, I mean we use them for as long as it takes to get to a healthy weight. We use the medicine in weight maintenance as needed. A good outcome would be a five to ten percent weight loss. Most of our patients far exceed that. The ultimate goal is weight loss and maintenance with the healthy lifestyle changes learned in our program.

¹ **The Bariatrician** Fall 2008 – volume 23 #3

² **Weintraub and Bray** GA. Drug Treatment of Obesity. Medical Clinics North America 1989; 73:273-249

June Runs & Fun Walks

- June 3: Jogger 5K Series - 7:00 p.m. Bachman Lake, Bachman Dr. Between NW Hwy & Web Chapel, Dallas, TX (214) 821- 0909
- June 6: Bloomin 4M- 8:00 a.m. Winfrey point, White Rock Lake, Dallas, TX (214) 432- 6619
- June 6: Hillcrest 7th Annual Best Dam Run 7:30 am., Lake Waco Dam, Waco TX (254)202-4992
- June 6: Komen North Texas Race for the Cure 8: a.m., EDS HQ, Legacy Dr. Plano, TX (972) 378-4808
- June 6: Lions Club X-Sight-ment 5K 7:30 a.m., Colleyville Center, Colleyville, TX (817) 291-1562
- June 6: Red, White, & Blue 5k/1k 8:00 am, Unity Park, 2250 Briar hill Blvd, Highlands Village, TX (972) 317-7430
- June 6: The Alley Run, 7:00 pm Downtown, Longview, TX (903) 237-4040
- June 9: Plano Pacers Prediction Run 7:00 p.m. Schimelpfenig Library, 5024 Custer Rd, Plano, TX (972) 967-7223
- June 10: Jogger 5K Series 7:00 p.m. Bachman Lake, Bachman Dr. between NW Hwy & Web Chapel, Dallas, TX (214) 821-0909
- June 13: Dadfest 5K 8:00 a.m. Galatyn Park, Richardson, TX (972) 235-2513
- June 13: Juneteenth 1M Run/Walk 9:00 a.m. Juneteenth Museum, 901 E. Rosedale St., Ft. Worth, TX (817) 265- 4578
- June 13: Running Down a Dream 5K/1M 7:30 p.m. UMC of Hurst, 521 Pipeline, Hurst, TX 817-282-7384
- June 13: Dublin Dr. Pepper 10- 2- 4K 8:00am, Dublin Dr. Pepper Plant, Dublin, TX, (888) 298- 1024
- June 13: TX State Championship Sprint Adventure Race #3 9:00 a.m., Muleshoe Bend Park, Spicewood, TX (972) 966- 1300
- June 13: "I like Ike" 5K & 1K Fun Run, 8:00 a.m., Forest Park, 300 W. Crawford St., Dension, TX (903) 465-4300
- June 13: Renaissance at Colony Park Half Marathon 6:00 a.m. 13.1 m/ 5K/ 1m, Ridgeland M.S. (601) 594- 21486
- June 17: Jogger 5K Series, 5K Bachman Lake, Bachman Dr between NW hwy & Web Chapel, Dallas, TX (214) 821-0909
- June 20: 6th Annual Mid- Year Muse & Motion 5k. River Legacy Parks, 701 NW Green Oaks Blvd, Arlington, TX (817) 265- 4578
- June 20: Speak up for Kids 5K, wise & jack Countries, Decatur sq., Decatur , TX (940) 206-3291
- June 21: Father's Day Fun Fest 5K, Fishing Tournament, & Classic Car Show, 8:00 a.m. Stonebridge Beach Club, 6203 Virginia Pkwy, Mckinney, TX (214) 726-9886



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PWCWC Quote of the Month

"No matter who you are, no matter what you do, you absolutely, positively do have the power to change."

~ BILL PHILLIPS ~



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A Little about the History of PWCWC

Dr. Puempel opened the doors to his family practice in 1962. After a short time in practice, he quickly realized there was a great need in the area of Bariatrics (weight management). He has expanded his original Arlington location to three locations, and has helped thousands of patients lose weight and reach their healthy goals. His son, Christopher Puempel, MD joined the practice and contributes his expertise in Exercise Physiology. Additional doctors and a Nurse Practitioner round out our team of caring providers.

HAVE A QUESTION FOR ONE OF OUR DR.S?
E-mail: erica@drweightcontrol.com

WE WILL GET THEM ANSWERED ON OUR NEXT NEWSLETTER