



VIP MedSpa Clinic News

VIPMedSpaClinic.com

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Medical News

Survey: Over Half of US Physicians Experience Burnout

Results of a recent survey detail the changes in the rates of burnout and work-life balance satisfaction among US physicians between 2011 and 2014.

Could Weight Loss Slow Knee Cartilage Degeneration?

A recent study examined the relationship between weight loss and degeneration of knee cartilage in obese patients at risk for osteoarthritis.

Study: Mindfulness Meditation Provides Pain Relief

A recent study examined the effectiveness of practicing mindfulness meditation for pain relief and tolerance.



Message from Medical Director of VIP MedSpa Clinic

Maryam Hekmat, M.D, FACP

We wish you a Merry Christmas and a very Happy New Year . We thank you for another year of support which you have shown us during this past year and we look forward to the opportunity to continue serving your needs in 2016!

Hekmat Family

Reza, Maryam, Sarah & Nikki

Testosterone Therapy Improves Insulin Sensitivity in Type 2 Diabetes

A recent study examined the relationship between testosterone replacement therapy and insulin sensitivity in men with type 2 diabetes and low levels of testosterone.

Changes in Sleep Habits Associated With Metabolic Risk Factors

A recent study examined the effects of social jet lag and changes in sleep schedule on metabolic and cardiovascular risk.

Could Decreased Sense of Smell Indicate Dementia Onset?

A new study finds a connection between a decreased sense of smell and the onset of some types of dementia.

Study: Central Body Fat Raises Risk of Eating Disorders in Women

A recent study compared the effects of central body fat, fat distribution, and body dissatisfaction on the risk of developing eating disorders in college-age women.

Start Losing Weight Now!

Why wait until the new year? Start making changes now! The VIPMedSpa Clinic weight loss program will help you adopt healthier habits, break unhealthy ones and lose weight while enjoying food at the same time.

Attitude creates reality. How you view a situation can have an enormous impact on how you live. Some people see setbacks as absolute devastation, whereas others view them as opportunities. At the end of the day, the choice is really up to you.

What exactly is metabolism?

Here's what you need to know about the connection between metabolism and weight and how exercise helps.

Metabolism is defined as the bodily processes needed to maintain life. But when you hear the word "metabolism" used today, it's usually in reference to weight issues. You may hear someone say, "I can't lose weight because I have a slow metabolism."

While there's some truth to this, other factors_ such as how much you eat and exercise_ play a much bigger role in your weight than your metabolism does. And while it's true that how much lean body mass you have can affect how

Drinking 2-3 Cups of Coffee A Day Reduces Mortality Risk

A recent study examined the effects of moderate coffee consumption on the risk of dying from cardiovascular and neurological illness.

Study Links Central Obesity to Higher CV Mortality Risk

According to new research, patients who have a normal body mass index (BMI) but also have central obesity are at a greater risk for cardiovascular mortality.

Study: Vitamin D Deficiency Could Increase CV Risk by 35%

A recent study sought to identify the precise levels of vitamin D deficiency that put an individual at increased risk of cardiovascular disease.

Today's Weight-Loss Tip

When setting goals, think about these two different types: process and outcome.

"Exercise regularly " is an example of a process goal, while "lose 30 pounds" is an example of an outcome goal. Both are important, but process goals drive weight-loss success because they focus on taking action.

many calories you burn at rest, its effect is limited_ in part, because you can build only so much lean muscle by strength training.

What can affect your metabolism

- Some medications can affect your metabolism_ either dangerously speeding it up or slowing it down.
- Eating breakfast every day can jump start your metabolism.
- Weight loss_ specially when it's rapid_ actually slows your metabolism because it takes less energy for your body to function at a lower weight. So, as you lose weight, you need to take in fewer calories or get more physical activity to burn more calories to keep losing pounds.
- Age can slow your metabolism. In general, as you age, you gain fat and lose muscle. Some people also become less active. However, you can do the opposite and take on more physical activity to make up for your slower metabolism.

The Bottom line

You can help your metabolism_ and your odds of weight loss success_ by changing your energy balance, or the balance between what you consume and what you burn off, through a healthy diet and regular physical activity.

Get into the habit: Pack your lunch

How often do you just grab whatever's available when you're hungry, relying on fast food or even vending machine to supply your midday meal? Bringing your lunch to work or preparing it at home might seem like a chore, but as you'll see, it can be simple and rewarding. Adopting this healthy habit will help prevent impulsive eating and influence better decisions the rest of the day. Reinvigorate your lunch, save money and eat healthier with the following packing tips:

- **Pick foods from a range of food groups to maximize your energy.** Choose fruits, vegetables, low-fat milk, yogurt or cheese, whole-grain bread, cereal, pasta or brown rice, and lean meat, chicken, fish, eggs or beans for your lunches.
- **Think beyond the typical sandwich and chips.** Stuff whole-grain pita bread with slice chicken, cucumbers, red onion, low-fat feta cheese and a dash of light dressing.
- **No Microwave? No Problem.** Keep hot foods hot with an insulated vacuum container such as a thermos. Fill with hot stew, chili, vegetable soup or leftovers for a satisfying meal on a cold day.
- **Have easy brown-bag options handy.** Pair low fat cheese sticks and smoked turkey slices with whole-grain crackers, crunchy raw vegetables and a handful of grapes, or try whole-grain pasta salad _ made with chicken, vegetables and shredded parmesan cheese _ with low-fat pudding and crisp apple. Another option: Layer humus, sliced tomatoes and reduced-fat sharp cheddar cheese over whole-grain bread for a taste-tempting sandwich.
- **Revive leftovers.** Don't let food from the day before go to waste_ turn it into a tasty lunch! Pasta dishes can be enhanced with vegetables, such as a serving of broccoli or a handful of baby spinach. Bring salads to life by adding your favorite raw veggies or protein, such as a boiled egg, chicken or tofu.