



VIP MedSpa Clinic News

VIP MedSpa Clinic

VIPMedSpaClinic.com

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Medical News

Traveler's Taking Antibiotics Increase Risk of Contracting Superbugs

A new study examined the risk of contracting antibiotic-resistant superbugs while taking antibiotics for traveler's diarrhea.

Study: Insomnia Increases Hypertension Risk by 300%

New research examined the correlation between physiological hyperarousal or taking a longer time to fall asleep and the risk of hypertension.

Walking Lowers Risk of Heart Disease, Stroke, Depression

A new study evaluated the effect of regular walking on the risk of stroke, heart disease, and depression.

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Weight Management
Dr. Maryam Hekmat has been working with her patients for past 12 years to achieve their goal weight with diet and exercise and medications and overall life style changes. She will coach her patient through weight loss journey with monthly visit and health observation and detail of diet and calorie count and exercise plan.

Schedule a Consultation

Address - 11665 Avena Place #104 | San Diego, CA 92128
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We also recommend, Dr. Reza Hekmat, [Rancho Bernardo Dentist](#) accepting new patients

Message from Medical Director of VIP MedSpa Clinic

Maryam Hekmat, M.D, FACP

Obesity is sub-optimally managed in clinical practice despite the availability of relevant guidelines and evidence-based interventions. Nearly 35% of US adults and 17% of children and adolescents have obesity. New medications for weight loss have been approved by FDA within the past few years. None of these treatment will help patients if the issue of body weight is never raised.

Appropriate counseling is critical to success, including the role of lifestyle modification.

A Daily Cup of Beetroot Juice May Significantly Reduce Blood Pressure

In a recent study, researchers confirm that dietary nitrates may be an alternative treatment to medication for patients who need to reduce their blood pressure.

Prolonged Sitting Associated With Higher All-Cause Mortality Rates

A new study examined the association between sedentary time and adverse health events, independent of levels of physical activity.

Endocrine Society: Treat Obesity First, Then Co-morbidities

New guidelines from the Endocrine Society sponsor a pharmacological approach to treating weight problems first, which in turn should reduce the need for medication to manage other co-morbidities, such as diabetes, hypertension, and dyslipidemia.

Sedentary Lifestyle Twice as Deadly as Obesity

A new study investigated the association between physical inactivity and premature death and how it might relate to obesity.

Take Shape For Life is an entirely new approach to well being based on creating health, rather than reacting to illness. Reaching a healthy weight is just the beginning. You'll learn healthy habits and adopt the BeSlim lifestyle, which will help guide you toward a lifetime of Optimal Health. Take charge of your life and learn how you can be as healthy as you want for as long as you desire.

With Take Shape For Life, you'll master the ability to:

- Create health in your life through good nutrition, proper sleep, ample exercise, and successful stress-reduction techniques.
- Transform your world into a supportive environment where healthy habits can grow and thrive.
- Identify unhealthy patterns and triggers, and choose to stay true to your health goals.
- Cultivate the Habits of Health-step by step, one day at the time-to replace those habits of disease that make us ill, overweight and unhappy.
- Grow a healthier you with techniques proven to be successful by people who have maintained a healthy weight for years after going on the program.

For more information, please visit:

www.Hekmatcoach.tsfl.com

Coach # 818166825

Metabolic Syndrome Increases Risk of Endometrial Cancer by 39%

New research analyzed the connection between metabolic syndrome, weight issues, and women's risk of endometrial cancer.

CDC: 2014-2015 Flu Vaccine Only 23% Effective

The CDC released a report on the effectiveness of the 2014-2015 seasonal flu vaccine after analyzing patients throughout 5 different states.

Long Work Week Increases Risk of Alcohol Abuse by 12%

Researchers conducted a cross-sectional analysis to determine the impact of working long hours on the risk of alcohol use.

No Link Between Testosterone Therapy and CV Risk

According to a new review, the feared link between testosterone replacement therapy and greater cardiovascular risk is not founded.

Tamiflu Speeds Up Recovery From Influenza

A new study sought to answer questions regarding the efficacy of Tamiflu in the treatment of influenza.

How Do I Control Stress-Induced Weight Gain?

When you're under stress, you may find it harder to eat healthy. Also, during times of particularly high stress, you may eat in an attempt to fulfill emotional needs, sometimes called stress eating or emotional eating. And you may be specially likely to eat high-calorie foods during times of stress, even when you're not hungry.

To prevent weight gain during stress and reduce the risk of obesity, get a handle on your stress. When you feel less stressed and more in control of your life, you may find it easier to stick to healthy eating and exercise habits.

Try these stress management techniques to combat stress-related weight gain:

- Recognize the warning signs of stress, such as anxiety, irritability and muscle tension.
- Before eating, asking yourself why you're eating-are you truly hungry or do you feel stressed or anxious?
- If you're tempted to eat when you're not hungry, find a distraction.
- Don't skip meals, especially breakfast.
- Identify comfort foods and keep them out of your home or office.
- Keep a record of your behavior and eating habits so that you can look for patterns and connections-and then figure out how to overcome them.
- Learn problem-solving skills so that you can anticipate challenges and cope with setbacks.

- Engage in regular physical activity or exercise.
- Get adequate sleep.
- Get encouragement from supportive friends and family.

If you try stress management techniques on your own but they don't seem to be working, consider seeking professional help through psychotherapy or counseling.

6 Suggestions For Indoor Exercise

Sometimes exercising indoors is your only option, but it doesn't have to be boring. Keep workouts interesting with these ideas. Exercising outdoors isn't always practical due to time constraints or inclement weather. But that doesn't give you a free pass to skip a workout altogether. Stay active when you have to be indoors with these six suggestions.

- **Exercise at home to a DVD or television program.** Many cable-television providers have an "on demand" exercise channel from which you can access fitness programs.
- **Log some miles by walking at your local mall.** Most malls open early for walkers. There may even be a small-walking club to join.
- **Put on some music and dance in your living room.** Or better yet, improve your moves by enrolling in a dance class at your local community center or adult-education program. There are many options available, from ballroom dancing to Hip-Hop, Zumba, Salsa and Belly-dancing.
- **Try something new at your gym.** Take the opportunity to try a new class at your gym, or rediscover an old favorite. The options are endless: Kickboxing, Pilates, Weight training, Yoga, Spinning and more.
- **Take advantage of indoor facilities.** Swim laps in the pool, log some miles on the treadmill, or find a partner and play a game of racquetball. Reward yourself with time in the steam room.
- **Build strength by using the weight machines at your local fitness center.** If you don't belong to a fitness center, build strength at home by using hand weights or resistance bands.

