



# VIP MedSpa Clinic News

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## Medical News

### Walking at Varying Speeds Can Burn Up to 20% More Calories

New research examined the metabolic effects of walking at varying speeds rather than a constant pace.

### Could Red Wine Decrease Cardiometabolic Risk in Patients with Diabetes?

Researchers evaluated the effects of red and white wine consumption on glycemic and lipid control in patients with type 2 diabetes.

### Does Early Physical Therapy Benefit Low Back Pain?

A recent study evaluated whether early physical therapy is more effective than usual care in improving disability for patients with low back pain.



## Message from Medical Director of VIP MedSpa Clinic

*Maryam Hekmat, M.D, FACP*

Don't miss out on giving your loved ones the best gift - the gift of great skin!!

Create a custom gift bag or basket for each person for the holidays, big or small.

Enjoy 15% off your purchase of \$100 or more in SkinMedica Products!

Still unsure what products they would like...then send them a VIPMedSpa Clinic gift certificate so they can choose for themselves.

### **Could a Stressful Job Raise Stroke Risk?**

A recent study evaluated how different levels of stress at work can influence the risk of stroke in men and women.

### **Dietary Supplements Responsible for 23,000 ER Visits Annually**

Researchers from CDC and FDA used nationally representative surveillance data to examine annual rates of adverse events associated with the use of dietary supplements.

### **Cancer Survivors Often Have Poor Diets**

A recent study examined how cancer survivors' diets differ from those of individuals without cancer, and how poor nutrition affects morbidity in these patients.

### **Mole Count on Arm Predicts Full Body Nevi Count**

A new study examined the potential for using nevi count on select body parts to predict full body nevi count and melanoma risk.

## **Men's Health**

### **Can you really get a beer belly from drinking?**

Drinking excess alcohol can cause you to gain belly fat – the “beer belly.” However, beer alone isn't to blame. Drinking too much alcohol of any kind can increase belly fat, although some research suggests wine might be an exception.

If you drink alcohol, do so only in moderation. The less you drink, the fewer calories you'll consume and the less likely you'll be to gain belly fat.

### **How can you tell if you have too much belly fat?**

So how do you know if you have too much belly fat? Simply measure your waist:

- Stand and place a tape measure around your bare stomach, just above your hip bone. If your belly droops, lie down to take the measurement.
- Pull the tape measure until it fits snugly around you, but doesn't push into your skin.
- Make sure the tape measure is level all the way around.

For men, a waist measurement of more than 40 inches (102 centimeters) indicates an unhealthy concentration of belly fat and a greater risk of health problems.

### **How do you get rid of belly fat?**

You can tone abdominal muscles with crunches or other targeted abdominal exercises, but just doing these exercises won't get rid of belly fat. However, visceral fat

### Could Waist Circumference Influence Colorectal Cancer Risk?

Data presented at the 23rd United European Gastroenterology Week meeting detailed the relationship between body mass index and waist circumference and the risk of developing colorectal cancer.

### Analysis: Death Rates decreasing for Heart Disease, Stroke, Cancer

The United States continues to make progress in reducing death rates from leading causes of death, according to a new analysis of national statistics from 1969 through 2013.

### Restoring Testosterone Recommended to Preserve Sperm Count

A new study compared the effects of testosterone replacement therapy and testosterone restoration on total testosterone levels and sperm count in overweight men.

does respond to the same diet and exercise strategies that can help you shed excess pounds and lower your total body fat. To battle the bulge:

- Eat a healthy diet. Emphasize plant-based foods, such as fruits, vegetables and whole grains, and choose lean sources of protein and low-fat dairy products. Limit saturated fat, found in meat and high-fat dairy products, such as cheeses and butter. Choose moderate amounts of monounsaturated and polyunsaturated fats — found in fish, nuts and certain vegetable oils — instead.
- Keep portion sizes in check. Even when you're making healthy choices, calories add up. At home, slim down your portion sizes. In restaurants, share meals — or eat half your meal and take the rest home for another day.
- Include physical activity in your daily routine. For most healthy adults, the Department of Health and Human Services recommends moderate aerobic activity, such as brisk walking, for at least 150 minutes a week or vigorous aerobic activity, such as jogging, for at least 75 minutes a week. In addition, strength training exercises are recommended at least twice a week. If you want to lose weight or meet specific fitness goals, you might need to exercise more.

To lose excess fat and keep it from coming back, aim for slow and steady weight loss — up to 2 pounds (1 kilogram) a week. Consult your doctor for help getting started and staying on track.

Remember, you can lose belly fat — it just takes effort and patience. In fact, shedding even a few pounds can help you feel better and lower your risk of health problems.

## **Why is belly fat a concern for men?**

The trouble with belly fat is that it's not limited to the extra layer of padding located just below the skin (subcutaneous fat). It also includes visceral fat \_ which lies deep inside your abdomen, surrounding your internal organs.

Regardless of your overall weight, having a large amount of belly fat increases your risk of:

- Cardiovascular disease
- Type 2 diabetes
- Colorectal cancer
- Sleep apnea

## **Does age or genetics play a role in gaining belly fat?**

Your weight is largely determined by how you balance the calories you eat with energy you burn.

If you eat too much and exercise too little, you're likely to pack on excess pounds \_ including belly fat.

However, aging plays a role. As you age, you lose muscle \_ specially if you're not physically active. Loss of muscle mass decreases the rate at which your body uses calories, which can make it more challenging to maintain a healthy weight. In addition, in some men fat cells in the arms and legs lose ability to store fat, which causes any excess fat to go to the abdomen.

Your genes also can affect your chances of being overweight or obese, as well as play a role in where you store fat.