

# Health Hunters

Newsletter *A service of the Riordan Clinic, co-founded in 1975 by Olive W. Garvey and Hugh D. Riordan.*



January is National Glaucoma Awareness month; see preceding pages for more information!



## Inside This Issue:

HCG Weight Loss Intervention	1
HCG Weight Loss Intervention	2
Letter from the Editor	2
Supplement Special	3
Know Your Vitamins Minerals	3
Glaucoma Eye Q Test	4
An Eye on Research	4
Lunch and Lecture Series 2011	5
Glaucoma Eye Q Test Answers	5
Eye Panel Special	5

## Introducing the Riordan Clinic HCG Weight Loss Intervention

by Penny Lasater

It's the beginning of a new year and resolutions are on everyone's mind. A 2002 report, published in the Journal of Clinical Psychology, stated that 40-45% of Americans make New Year's resolutions; the most prominent of which is to lose weight. We're increasingly bombarded with the fact that obesity in America is on the rise. According to a 2010 Centers for Disease Control (CDC) report, 26.7% of U.S. residents are obese. The number is alarming and growing.

For the past 35 years, the Riordan Clinic has seen the impact of obesity-related chronic illnesses in our patients. An obese person is at risk for developing a number of potentially serious health problems, including: blood lipid (fat) abnormalities, gallbladder disease, gynecological problems, such as infertility and irregular periods, heart disease, high blood pressure, metabolic syndrome, nonalcoholic fatty liver disease, osteoarthritis, skin problems, impaired wound healing, sleep apnea, stroke, depression, and type 2 diabetes. Even knowing the potential risks, **losing weight - and keeping it off - is hard to do!**

As an institution with a mission of "...stimulating an epidemic of health," we have long searched for a weight loss program that could benefit our patients. After careful research and contemplation by our clinical staff, we have finally discovered a program that can help get you on the right track - the Riordan Clinic HCG Weight Loss Intervention.

Our primary criteria in selecting a program were its ability to make a notable, positive impact on key health measures (such as blood pressure, cholesterol, etc.) and that it support a long-term lifestyle change. The HCG Weight Loss Intervention does this and more. Originally created in Europe in the 1950's by Dr. A.T.W. Simeons, the core precepts of the program are a combination of a Very Low Calorie Diet (VLCD) and Human Chorionic Gonadotropin (HCG). Over the years, thousands of people have successfully lost weight and kept it off using a program centered on these principles.

(Cont. on page 2)





## Letter from the Editor:

by Amanda Hawkinson

A new year means a new you, right? I, along with millions of Americans, say this every year. "This year will be different. Out with the bad habits and in with the new!" However, it isn't always that simple. My biggest issue has always been trying to lose those extra few pounds I gained while in college. Yet, no matter how many "diets" I try, the excess fat prevails. If you struggle, as I do, we have a solution.

This month, the Riordan Clinic is launching the HCG (Human Chorionic Gonadotropin) Weight Loss Intervention. Originating in the 1950s, this intervention produces amazing results. Learn more about this exciting program in our article titled "Introducing the Riordan Clinic HCG Weight Loss Intervention."

Another issue, currently affecting four-million Americans, is Glaucoma. It is the second leading cause of blindness in the world, according to the World Health Organization. In recognition of National Glaucoma Awareness Month, this issue of the Health Hunters Newsletter includes articles like "Know Your Nutrients" and a Lunch and Lecture (with special guest speaker, Dr. Sam Cohlmlia) that focus on eye health. To see how much you know about Glaucoma, take the "Glaucoma Eye Q Test" provided by Prevent Blindness America.

As always, I hope you enjoy this issue! Thank you for being our readers!

## Fun Facts

- **Obesity ranks second among preventable causes of death. Tobacco use is number one.**
- **The muscles that move the eye are the strongest in the body.**
- **"Nothing tastes as good as being thin feels." - Anonymous**

To better understand how the program helps create weight loss success for participants, it's important to understand the key components.

**What is HCG?** HCG is a hormone that occurs naturally in both men and women; it is best known for being produced in high levels during pregnancy. It is also commonly used in infertility treatments. HCG signals the hypothalamus, an area of the brain that affects metabolism, to mobilize stored fat (abnormal/visceral fat). This stored fat provides the body with fuel.

**What is a VLCD?** A VLCD is defined as a diet of less than 800 calories per day. In the case of the Riordan Clinic HCG Weight Loss Intervention, the program calls for 500 calories a day of lean protein and specific vegetables and fruit.

Alone, neither element creates the success found in the combined therapy. Dr. A.T.W. Simeons' findings [1-3] using HCG with VLCD indicate that you will lose weight more quickly than on a standard "diet"; you will not feel weak, you will not be hungry, and you will lose stubborn abnormal/visceral fat from the areas it remains longest during normal dieting (i.e. stomach, hips, thighs, upper arms). Losing abnormal/visceral fat, not lean muscle mass, as happens with most diet programs, is a critical health advantage. With the additional long-term benefit of resetting your hypothalamus, which controls hunger and satiation, success can be achieved.

This type of weight-loss method is gaining in popularity due to the very real benefits it offers. You can now find many homeopathic versions of HCG on the market. We recommend that you proceed with extreme caution if you choose the homeopathic HCG route as it is unregulated; thus the source origin of individual ingredients is not defined. Additionally, a VLCD should always be physician-supervised due to the level of calorie restriction.

If you're ready to take a step towards weight loss and health improvement, the physician-supervised Riordan Clinic HCG Weight Loss Intervention is for you. The comprehensive program includes:

- *HCG Weight Loss Cure Guide designed as a reference manual for you to use throughout the program*
- *My HCG Tracker book that assists you in tracking your daily progress*
- *Pre-program blood testing to assess your current health status*
- *Prescription HCG nasal spray (Our pharmaceutical grade HCG nasal spray is compounded specifically for us by a pharmacy in Texas that has filled thousands of HCG prescriptions.)*
- *Sublingual B12 for energy*
- *Daily vitamin packets, specifically designed for the HCG program*
- *Group doctor meeting*
- *Weekly visits with our HCG nurse educator who will monitor your progress and address your specialized needs*
- *Weekly Bioelectrical Impedance Analysis (BIA) used to track your body composition*
- *Access to a weekly doctor conference call to discuss HCG questions*
- *Access to an on-line "members only" forum allowing you to connect with other HCG Weight Loss Intervention participants*



Plan to attend one of our HCG Weight Loss Intervention information sessions at the Riordan Clinic or visit [www.riordanclinic.org](http://www.riordanclinic.org).

If you have specific questions about the program, please contact Penny Lasater at [plasater@riordanclinic.org](mailto:plasater@riordanclinic.org) or 316-682-3100 ext. 309.

### INFORMATION SESSIONS:

Reservations Requested

- Tuesday, January 4, 6:00 – 7:00 p.m.
- Tuesday, January 11, 6:00 – 7:00 p.m.
- Tuesday, January 18, 6:00 – 7:00 p.m.
- Tuesday, January 25, 6:00 – 7:00 p.m.

For reservations call 316-927-4723 or email [reservations@riordanclinic.org](mailto:reservations@riordanclinic.org).

References 1. Simeons ATW. The action of chorionic gonadotropin in the obese. Lancet 1954; II: 946-947. 2. Simeons ATW. Chorionic gonadotropin in the obese. [letter] Lancet 1962; II: 47-48. 3. Simeons ATW. Pounds and inches-a new approach to obesity. Rome, privately printed, 1967.

# Supplement Special

## 15% OFF

Offer expires 1/31/2011

### Solution of Magnesium



### Magnesium Chelate



### Magnesium Citrate



### Magnesium Gluconate



Start the year off right!  
Stop by our Supplement Store and take advantage of our January special!

# Know Your Vitamins/Minerals - Magnesium



by Penny Lasater

It's hard to imagine which of the five senses we value the most, but I believe that for a lot of people vision would be close to the top of the list. As we recognize National Glaucoma Awareness Month, we want to highlight a mineral that has shown promise for improving glaucoma symptoms.

In 1995, researchers at the University Eye Clinic in Basel, Switzerland published a study on the effect of supplemental magnesium on glaucoma patients. A dose of 121.5 mg twice daily was administered to 10 glaucoma patients for one month. Results of the study substantiated that magnesium supplementation improved the peripheral circulation in blood vessels around the eye, with the accompanying benefit of an improved visual field. While magnesium is certainly not a cure for glaucoma, the improvement of symptoms could make it worth taking.

Even without the potential benefits to glaucoma patients, magnesium is a very useful mineral. Magnesium is essential to more than 300 biochemical reactions in the human body. It affects critical areas such heart rhythm, blood sugar, and metabolism. Studies have shown that inadequate magnesium intake can contribute to various health problems including: osteoporosis, high blood pressure, diabetes, and cardiovascular disease. As if that weren't enough, magnesium can be used as a muscle relaxant and sleep aid.

The recommended daily allowance (RDA) for magnesium for individuals over 30 years is 420 mg for men and 320 mg for women. A study published in 2003 by The Journal of Nutrition indicated that the average daily intake of magnesium was substantially below the RDA. With all the potential benefits magnesium can provide, ideally we should try to include as many magnesium-rich foods in our diet as possible. If you're not able to get the RDA via your diet, oral supplementation can also be used.

**Minerals, like magnesium, are absolutely essential to longevity and quality of life. Do your best to meet the RDA and enjoy the many benefits magnesium has to offer..**

Foods High in Magnesium	Serving Size	Magnesium (mg)
Beans, black	1 cup	120
Broccoli, raw	1 cup	22
Halibut	½ fillet	170
Nuts, peanuts	1 oz	64
Okra, frozen	1 cup	94
Oysters	3 oz	49
Platatin, raw	1 medium	66
Rockfish	1 fillet	51
Scallop	6 large	55
Seeds, pumpkin, and squash	1 oz (142 seeds)	151
Soy milk	1 cup	47
Spinach, cooked	1 cup	157
Tofu	¼ block	37
Whole grain cereal, ready-to-eat	¾ cup	24
Whole grain cereal, cooked	1 cup	56
Whole wheat bread	1 slice	24

Source: USDA Nutrient Database for Standard References, Release 15 for Magnesium, Mg (mg)

# Glaucoma Eye Q Test

Glaucoma is the second leading cause of blindness worldwide. Early detection and treatment of glaucoma are the only ways to prevent vision impairment and blindness once the disease is present. It is estimated that more than 2 million Americans age 40 and older suffer from glaucoma and, because it causes no early symptoms, nearly half do not know they have the disease. To bring attention to the disease and to educate individuals on this "Sneak Thief of Sight", the month of January has been designated National Glaucoma Awareness Month.

Check your knowledge by taking this test. Answers can be found on page 4.

1. People with diabetes are more likely to develop glaucoma.  
 True  False
2. Headaches and fuzzy vision are common symptoms of glaucoma.  
 True  False
3. People who have close relatives with glaucoma are at greater risk of the disease.  
 True  False
4. Glaucoma occurs when the liquid that nourishes and bathes the eyes does not drain properly.  
 True  False
5. Glaucoma is a rare disease affecting only a few thousand Americans.  
 True  False
6. Glaucoma strikes all age groups the same.  
 True  False
7. African-Americans are at greater risk of blindness from glaucoma than any other ethnic group.  
 True  False
8. Eye doctors always check for glaucoma during a routine eye exam for new glasses.  
 True  False
9. Once glaucoma is detected it can be cured with medication.  
 True  False
10. Medicare covers a glaucoma screening for certain recipients.  
 True  False

Test provided by ©Prevent Blindness America.  
211 W. Wacker Dr, Suite 1700.  
Chicago, Illinois 60606.  
800-331-2020.

## An Eye on Research

by Tiffany Hurley

Though January is dedicated to Glaucoma Awareness, other eye health issues are equally important. Cataracts, the leading cause of blindness in the world, and age-related macular degeneration (AMD), a leading cause of vision loss in Americans 60 and older, are two health issues facing millions of people. The following article, published by Prevent Blindness America, an eye health and safety organization dedicated to fighting blindness and saving sight, discloses an interesting study about nutritional supplements and vision.



## Nutritional Supplements and Vision

For the last decade, there has been mounting evidence that dietary supplements can help prevent the onset and progression of cataracts and age-related macular degeneration (AMD). However, clinical trials had proven inconclusive until October 2001, when the National Eye Institute (NEI) released new findings in their Age-Related Eye Disease Study (AREDS).

The nine-year study tracked about 4,700 patients, ages 55-80 in 11 clinical centers nationwide. Participants were given one of four treatments: 1) zinc alone; 2) antioxidants alone; 3) a combination of antioxidants and zinc; or 4) a placebo, a harmless substance with no medical effect.

### What were the major results of the study?

The AREDS study suggested that pharmacological-level doses of zinc, vitamins C and E, and beta-carotene may help slow the progression of AMD. Unfortunately, the nutrients did not lower the risk of cataract development.

The benefits of the nutrients were seen only in people who were at high risk of developing advanced AMD, those with intermediate AMD, and those with advanced AMD in one eye. Among these people, those taking antioxidants plus zinc had the lowest risk of developing advanced stages of AMD and the vision loss associated with it. Those who took the zinc alone or antioxidant alone also reduced their risk of developing advanced AMD, but more moderately. Those in the placebo group had the highest risk of developing advanced AMD.

Other research has suggested that lifelong good nutrition may lower the risk of some eye diseases. A lifetime diet rich in certain dark green vegetables may reduce the risk of AMD. You can also help your general eye health by avoiding smoking, staying active, and controlling your blood pressure.

This is good news for individuals with AMD. Although not a cure or reversal, the study gives sufferers some supplement options that can slow progression. Please talk to your Riordan Clinic doctor to discuss what supplements and dosages are appropriate for you.

"Nutritional Supplements and Vision."  
Prevent Blindness America, 211 West Wacker Drive, Suite 1700, Chicago, Illinois, 60606. 2010.

# Glaucoma Eye Q Test

## Answers

**1. True**

Glaucoma is one of the three common eye diseases that can affect people with diabetes. If you have diabetes, it's crucial that you visit your eye doctor for a complete eye exam that includes dilating the pupils.

**2. False**

Glaucoma has very few symptoms in the early stages. By the time people notice symptoms, a large part of their vision may already have been lost.

**3. True**

Glaucoma runs in families. If one family member has it, others should get checked.

**4. True**

A fluid called aqueous humor needs to drain through channels at the front of the eye. In a person with glaucoma, the fluid doesn't drain correctly. The fluid build-up increases pressure on the optic nerve, causing damage.

**5. False**

More than 2.2 million Americans age 40 and older have glaucoma. At least half do not know they have it. As the baby boomer generation ages, the number of people with glaucoma will increase.

**6. False**

African-Americans show signs of glaucoma starting at the age of 35; other groups show signs after age 40. Caucasians aged 50 and older are also at an increased risk of developing glaucoma.

**7. True**

For reasons yet unknown, African-Americans are four to five times more likely to develop glaucoma and six times more likely to go blind from the disease than members of other groups.

**8. False**

Some eye exams may not include dilating the pupils, which allows the eye doctor to check for possible nerve damage in the back of the eye. When scheduling an eye exam, make sure the doctor includes this procedure.

**9. False**

At present, there is no cure for glaucoma. However, eye drops, pills, or surgery can help control the disease.

**10. True**

Since January 1, 2002 Medicare has covered an annual glaucoma screening. To qualify, there are specific guidelines you must meet.

# Lunch and Lecture Series 2011

## Glaucoma - The Sneak Thief of Sight



Presented by:

**Sam Cohlmia, M.D.,**  
**Cohlmia Eye Care Center**

Thursday, January 20, 2011  
12:00 pm to 1:00 pm

Glaucoma, often called the sneak thief of sight because it can strike without pain or other symptoms, is a group of eye diseases that cause damage to the optic nerve. Often, it's not until the disease is at an advanced stage that the related vision loss becomes apparent, and by then your sight may suffer permanent damage.

Dr. Sam Cohlmia, American board-certified ophthalmologist, will be at the Riordan Clinic January 20 to discuss the two main types of glaucoma, including the diagnosis, risk factors, treatment options, and most of all, what can be done to maintain eye health and prevent the disease.

Dr. Cohlmia is from Wichita, KS. He graduated from Wichita State University and the University of Kansas School of Medicine, followed by an Ophthalmology residency at the University of Colorado Health Sciences Center in Denver. In private practice as a general ophthalmologist since 1997, Dr. Cohlmia specializes in the medical and surgical care of cataracts, glaucoma, ocular trauma, eyelid reconstruction and cosmetic eyelid procedures, refractive surgical vision correction, macular degeneration, diabetic eye disease, and ocular infections.

Everyone is at risk for glaucoma. However, there are certain factors that increase your risk. Through early detection, diagnosis, and treatment, you and your doctor can help to preserve your vision. Come join us and learn more about glaucoma and your eye health.

**For reservations: call 316.927.4273 or email us at [reservations@riordanclinic.org](mailto:reservations@riordanclinic.org)**  
**Cost: \$15 - Lunch is included.**

## Eye Panel Special

To recognize and support National Glaucoma Awareness month, we are offering our Eye Health Panel at a substantially reduced price. Mainstream medicine does not normally test for vitamin, mineral, and other nutrient deficiencies that can assist with eye health issues. Don't be left in the dark. To have your levels measured call 316-684-7784 to schedule an appointment. This special is available from Jan. 3, 2011 – Jan. 31, 2011.

**Do you have a family history of cataracts, macular degeneration, or glaucoma? Our Eye Health Panel measures 10 different nutrient factors that impact vision. The results provide a guide to which supplement are needed to help optimize your eye health.**

- Vitamin A
- Vitamin C
- Vitamin E
- Vitamin B2
- Vitamin B5
- Lutein
- Beta Carotene
- Red Blood Cell Selenium
- Red Blood Cell Zinc
- Urine Vitamin C

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