

Live Long & Well

Lose weight! Get healthy! Yes, you've heard this sermon before. You may even have shouted, "Amen!"—then left the Church of Good Intentions and walked out into the streets of temptation and ruination.

At Oroville Hospital, we know that losing weight is always easier said than done. We're not casting stones; we just want to help. We want you to live long and well.

Many people want to slim down because they think they'll look better. We want you to feel better, to live better. Oroville Hospital's physicians, nurses, nutritionists and staff are all concerned about the medical consequences of excessive weight.

If you're overweight, you're much more likely to get diabetes—and diabetes is a major cause of amputations and kidney failure, and can also lead to blindness. Being obese more than doubles your risk of heart attack and stroke. All three; diabetes, heart attack, and stroke, can be fatal.

It's scary stuff. But we're not going to pull any punches here. These diseases are emotionally, spiritually, and financially devastating for patients and loved ones. We know; we see it everyday.

That's the bad news. The good news is that small changes in lifestyle can make a huge difference.

Rebekah Retterath, clinical dietician and educator at Oroville Hospital, has a simple plan for you: "Healthy foods, a balanced diet, and portion control, portion control, portion control."

You see, most people eat too much of the wrong foods. Combine exercise with eating the right amount of the right foods. These are small steps to a healthier lifestyle.

What does she call this diet? "The well-researched, evidence-based, scientifically proven diet,"

It isn't a fad. "If the science backs it up, I'll back it up," she says, and she does. It's science; it's simple; it's up to you.

Your physician can refer you to someone like Rebekah, who'll put together a nutrition plan that's just right for you. If you don't have a primary-care physician, Oroville Hospital can steer you in the right direction.

Call Oroville Hospital at 533-8500 or contact our Medical Clinic for nutrition and diabetes education at 532-8220 and set up an appointment today.

Don't become a statistic. Take a step toward a happier, healthier you. Turn good intentions into a great life.

Benefits of Weight Loss:

- Increased energy level
- Lower your cholesterol levels
- Reduce your blood pressure
- Reduced aches and pains
- Improved mobility
- Improve your breathing
- Help you sleep better and wake more rested
- Prevention of angina, chest pain caused by decreased oxygen to the heart

Obesity Facts:

- Approximately one-quarter of all adults in the U.S. are obese.
- Over 9 million children and adolescents ages 6-19 are considered overweight.
- The medical care costs of obesity totals about \$147 billion per year.
- Facts according to CDC.

Local Obesity Rates:

- Butte County has an obesity rate of 24.5% according to a 2008 CDC Estimate of County Levels of Obesity.
- While Glenn County had a rate of 28.5%, Tehama's was 23.6%, and Plumas came in with 22.9%.
- Yuba County had the highest rate of obesity in California with 31.6%.
- Marin County has the lowest rate in California with 16%.

Diabetes Support Groups

Second Tuesday of the month • 12:30-1:45pm
Greater Oroville Family Resource Center
1720 Darryl Porter Way, off Baldwin Ave in Oroville
Main conference room, free of charge.
For information call 533-1576
or the Medical Clinic at 532-8220
Facilitator, Marguerite Marciniak, RN, CDE



Oroville Hospital