

Stop the Yo-Yo Dieting

It can be more than a little setback if you crash-diet and then gain back the weight...again and again. See why you need to break the cycle—for good.

If you're like most people struggling with weight, you're an expert at losing it...and regaining it...and losing it yet again, only to see it come back. And when the pounds return, they do so with a vengeance. "A lot of people who yo-yo diet gain back even more weight than they'd lost," says Rex Luttrell, MD, of Luttrell Surgical Associates in Little Rock, Arkansas.

What's Happening?

According to Roger de la Torre, MD, of the Midwest Bariatric Center in St. Louis, Missouri, there's evidence that for extremely overweight people, dieting puts the brakes on metabolism. "Your body thinks you're in starvation mode so it becomes very efficient, burning fewer and fewer calories," he says. "That makes further weight loss difficult. There's also evidence that your basal metabolic rate, which is kind of like a thermostat, never resets itself as high as it was before your diet. So your body never gets back to burning as many calories as it did before. That opens the door to easy weight regain."

Frustrating—And Unhealthy

The problems caused by yo-yo dieting go beyond the size of your dress or trousers. "Once the weight returns, weight-related health issues reappear, too," notes Dr. Luttrell. "People who had seen improvements in medical conditions like type 2 diabetes, sleep apnea, high blood pressure, joint pain, and cholesterol levels when they lost weight, see these health problems come back once they gain weight again. If you lose and regain over and over again, it takes a toll on your health." When researchers from the Medical University of South Carolina tracked 8,479 people for 21 years, they found an association between weight fluctuations and a higher risk of heart disease and death.¹

Finding a Real Answer

Research suggests that the LAP-BAND[®] System can break the yo-yo cycle. In one study, researchers compared the effect of the LAP-BAND[®] System or a low-calorie diet plus a weight-loss drug on body weight in 80 overweight people. After two years, the LAP-BAND[®] System group lost 21% of their body weight, while the calorie-cutting group lost just 5%.²

"For most people with morbid obesity, surgery seems to be the only thing that gives them sustained weight loss," says Dr. de la Torre. "Diets, exercise, even medications alone aren't enough."

References:

- 1 Diaz VA, Mainous AG 3rd, Everett CJ. "The Association Between Weight Fluctuation and Mortality: Results from a Population-Based Cohort Study." *Journal of Community Health*. 2005 Jun;30(3):153-65.
- 2 O'Brien PE, Dixon JB, Laurie C, Skinner S, Proietto J, McNeil J, Strauss B, Marks S, Schachter L, Chapman L, Anderson M. "Treatment of Mild to Moderate Obesity with Laparoscopic Adjustable Gastric Banding or an Intensive Medical Program: a Randomized Trial." *Annals of Internal Medicine*. 2006;144:625-33.

IMPORTANT LAP-BAND[®] SYSTEM SAFETY INFORMATION

Indications: The LAP-BAND[®] System is indicated for use in weight reduction for severely obese patients with a Body Mass Index (BMI) of at least 40 or a BMI of at least 35 with one or more severe comorbid conditions, or those who are 100 lbs. or more over their estimated ideal weight.

Contraindications: The LAP-BAND[®] System is not recommended for non-adult patients, patients with conditions that may make them poor surgical candidates or increase the risk of poor results (e.g., inflammatory or cardiopulmonary diseases, GI conditions, symptoms or family history of autoimmune disease, cirrhosis), who are unwilling or unable to comply with the required dietary restrictions, who have alcohol or drug addictions, or who currently are or may be pregnant.

Warnings: The LAP-BAND[®] System is a long-term implant. Explant and replacement surgery may be required. Patients who become pregnant or severely ill, or who require more extensive nutrition may require deflation of their bands.

Anti-inflammatory agents, such as aspirin, should be used with caution and may contribute to an increased risk of band erosion.

Adverse Events: Placement of the LAP-BAND[®] System is major surgery and, as with any surgery, death can occur. Possible complications include the risks associated with the medications and methods used during surgery, the risks associated with any surgical procedure, and the patient's ability to tolerate a foreign object implanted in the body.

Band slippage, erosion and deflation, reflux, obstruction of the stomach, dilation of the esophagus, infection, or nausea and vomiting may occur. Reoperation may be required.

Rapid weight loss may result in complications that may require additional surgery. Deflation of the band may alleviate excessively rapid weight loss or esophageal dilation.

Important: For full safety information please visit www.Lapband.com, talk with your doctor, or call Allergan Product Support at 1-800-624-4261.

CAUTION: Rx only.