



Paris
Community
Hospital
Family
Medical
Center

August 2016

Is Metabolism to blame?

staying
healthy

Diet, exercise still key to weight loss

Many people claim they cannot lose weight because of a slow metabolism. Others argue they cannot gain weight due to a fast metabolism. But does metabolism really have anything to do with a person's ability to lose or gain weight?

Metabolism is the process by which the body converts food and drink into energy. Even at rest, the body needs energy for functions such as breathing, circulating blood, and repairing cells. The number of calories used for these basic functions is known as basal metabolic rate.

Several factors determine a person's basal metabolic rate. These include body size and composition, gender, and age. People who weigh more are more likely to have a faster metabolic rate—not a slower one—because a portion of excess weight is muscle tissue.

Men traditionally have less body fat and more muscle mass than women, and burn more calories. Additionally, muscle mass decreases with age, which slows

down the rate at which a person burns calories.

Contrary to common belief, a slow metabolism is rarely the cause of excess weight gain, the Mayo Clinic states.

While people have minimal control over the speed of their basal metabolism, they can control how many calories they burn through their level of physical activity. The more active a person is, the more calories he burns. In fact, the Mayo Clinic states, some people who are said to have a fast metabolism are probably just more active than others.

The Academy of Nutrition and Dietetics addresses the following claims about metabolism:

Claim: A person's metabolic rate cannot change.

The truth: People can boost their metabolism by increasing lean muscle mass. Muscle burns more calories than fat, which means that people with lean, muscular bodies need more calories to function than people with a higher percentage of body fat.

Claim: A diet of green tea and

chili peppers will boost metabolism.

The truth: No magic food will speed up metabolism. The path to healthy weight loss is through portion control and a balanced diet filled with nutrient-rich foods.

Claim: Eating late at night slows metabolism.

The truth: It is the extra calories, not when you eat them, that cause weight gain.

Claim: Very low-calorie diets and skipping meals can jump-start weight loss.

The truth: Creating too large of a calorie deficit can backfire. Severely limiting calories can make your body think it is entering a famine, and that it needs to do more with fewer calories. Your body adapts to the restricted caloric intake, and uses fewer calories to perform the same tasks.

There is no easy way to lose weight. According to the Mayo Clinic, the foundation for weight loss continues to be based on physical activity and diet. Simply put, take in fewer calories than you burn to lose weight.

Hetal Vora, PT, DPT



Hetal is a doctor of physical therapy (DPT) at PCH/FMC's Rehabilitation Services Department.

She has been a physical therapist for six years. Prior to joining PCH/FMC, she worked as a physical therapist at an outpatient rehab facility in New York City. She also worked as a physical therapist in India and completed a physical therapy internship in suburban Chicago.

Hetal earned her doctor of physical therapy degree at Rosalind Franklin University of Medicine and Science in North Chicago, and a bachelor's degree in physical therapy at MS University in India.

Originally from India, Hetal lives in Paris with her husband, Dr. Kumar Sodvadiya, family medicine physician in the Paris Family Medical Center. The couple has a daughter, Aarya, 18 months old.

In her spare time, Hetal enjoys reading, traveling, and spending time with family.



Fatty liver disease not always linked to alcohol

Heavy consumption of alcohol is one of the major causes of fatty liver disease, and is the earliest stage of alcohol-related liver disease. Over time, the disease can progress into alcoholic hepatitis and alcoholic cirrhosis, which can lead to liver failure and death.

However, alcohol drinkers are not the only ones who can get fatty liver disease. Non-alcoholic fatty liver disease (NAFLD) occurs from the buildup of extra fat in liver cells that is not caused by alcohol. It is normal for the liver to contain some fat.

However, if more than 5 to 10 percent of the liver's weight is fat, then it is called a fatty liver (steatosis).

According to the American Liver Foundation, NAFLD affects up to 25 percent of Americans. While the exact cause of NAFLD is unknown, it tends to develop in people who are overweight or obese or have diabetes, high cholesterol, or high triglycerides. Rapid weight loss and poor eating habits also may lead to NAFLD.

For most people, NAFLD causes no symptoms or complications. For some people, however, the fat that accumulates can cause inflammation and scarring in the liver. This more serious form of NAFLD is called nonalcoholic steatohepatitis, which can progress to liver failure.

When symptoms of NAFLD do occur, they may include fatigue, weakness, weight loss, nausea, abdominal pain, yellowing of

the skin and eyes (jaundice), itching, and swelling of the legs and abdomen, and mental confusion.

The liver is the second largest organ in the body, weighing about three pounds. It processes food and drink into energy and nutrients the body can use. It also removes harmful substances from the blood. It is the only organ in the body that is able to regenerate itself when damaged, but is not able to do so in all instances.

To help prevent NAFLD, the American Liver Foundation suggests the following:

- Maintain a healthy weight
- Eat a healthy diet
- Exercise regularly
- Limit alcohol intake
- Only take medicines that are needed and follow dosing recommendations.

Talk to your healthcare provider if you experience any signs and symptoms of fatty liver disease.



Paris Community Hospital Family Medical Center

721 East Court Street
Paris, IL 61944
217-465-4141

staying healthy

PCH/FMC's Community Healthcare Programs August & September

Stay Strong, Live Long

Ongoing

This free exercise program for seniors takes place on Tuesdays at 10 am at the Chester P. Sutton Community Center for Seniors of Edgar County. The program helps maintain and increase overall strength to make everyday tasks easier. The program is instructed by licensed PCH Rehab staff.

Summer Fun Runs

August 2, 9

These final two summer fun runs, sponsored by the Edgar County Bee Well group, are for kids of all ages and abilities at West Lake Park. To register and for more information, visit ParisCommunityHospital.com/FunRuns.

Back to School Bang

August 6

Now in its second year, this special health and wellness expo helps prepare children for the upcoming school year. The event will take place from 9 am to 1 pm in the Family Medical Center. Snacks, giveaways, area vendors, school/sports physicals, and immunizations will be available. Normal co-pays for services provided will apply. Please bring your insurance card and immunization records. Appointments are recommended by calling 217-465-2606, Ext. 729. Walk-ins will be accommodated on a first-come, first-served basis.

Coaches' Cookout

August 11

All area coaches are invited to attend this free event at Paris High School. Attendees will meet the orthopedics and rehab staffs and receive education related to athletic training. Free dinner, team first

aid kit, and door prizes will be available. Register by August 5. Email EFrank@pchfmc.com or call 217-465-2606, Ext. 287.

Medical Weight Loss Seminar

August 16; September 13

A free informational session regarding PCH/FMC's Medical Weight Loss Clinic will take place at 5:30 pm in the Family Medical Center. The program utilizes a medically supervised, scientifically based approach that promotes fat loss while supporting muscle mass. To register, call 217-465-CARE (2273).

Acklin Invitational and 5K

August 27

PCH/FMC and Paris High School will sponsor this first annual event in memory of the late Dr. James Acklin. The invitational will be for local cross country teams, and the 5K will be open to the public. The event will take place at the high school.

PCH/FMC Movie Night

September 10

Join us for this free community appreciation event sponsored at dusk at Twin Lakes Park. Free popcorn and drinks will be available. The name of the movie has not yet been determined.

Honeybee Festival

September 23-25

Watch for PCH/FMC in the Honeybee parade.

Bee Well Challenge

September 26-October 2

Join the Bee Well of Edgar County challenge on Facebook by checking in and posting what you have done to "be well" each day. Personal accomplishments may include going for a walk, eating a healthy meal, getting more sleep, and more. At the end of the week, participants who have posted all seven days will be entered into a prize drawing, which will include a Fitbit.