

Volunteer's Dedication Impacts Many



Dr. Irving Cohen

All our volunteer clinicians are fantastic, but sometimes one is moved to assist the Clinic in a special way. That's what happened in February 2007 when **Irving Cohen, M.D., M.P.H.**, a volunteer physician, proposed the establishment of a **Weight Management Program** at our medical clinic. Many Clinic patients struggle with obesity, high blood pressure, and diabetes. Dr. Cohen had already retired following a successful career in private practice and government service in public health and clinical medicine, including several university faculty appointments. But he became interested in the emerging epidemic of overweight populations and diabetes and decided to do something about it, offering his program to our patients for free.

Marian Clinic patients who are at least 20 pounds overweight can sign up for the Weight Management Program, with new groups beginning periodically. Patients must complete a health history, physical and lab tests, then attend a 3-4 hour introduction, presented by Dr. Cohen. After that, under the supervision of Dr. Cohen and Marian Clinic staff nurse practitioner **Mary Stewart, ARNP**, patients begin a special healthy eating plan consisting of no sugar, very low carbohydrate/low calorie, moderate fat and protein plan, based on Dr. Cohen's book "The New Hippocratic Diet."



Sarah now and before the program.



Malee before and now.

The group meets on Monday afternoons at the Clinic for weigh-ins and group support, including dealing with the many emotions that accompany a large amount of weight loss. This usually involves discussion of the conscious and subconscious factors that sabotage weight loss efforts. Dr. Cohen and Mary Stewart, ARNP lead the group. Some members elect to remain in the group even after their weight goal is obtained.

And the results? Fantastic! Without any invasive techniques or surgeries, members have shed hundreds of pounds. A recent group that started in July 2010 collectively **lost 400 pounds** as of mid-February 2011. For each 20 pounds lost, the participant gets a "turkey" index card, with the turkey signifying the weight equivalent of one frozen turkey in the supermarket. One current participant now has EIGHT turkey cards, having lost 160 pounds. **Three weight loss class members were previously diabetic, but now are not diabetic and off all meds.** Two have lost over 100 pounds each.

(continued page 3)

(Weight Management, continued from page 1)

Other patients, having lost substantial weight, are able to come off their blood pressure, cholesterol, and diabetic medicine. Said Sarah, one of our current patients, about this program "It's eliminated 90% of my health issues and given me a second chance at life. It's raised my self esteem. I am a 'somebody' not a 'nobody' anymore."

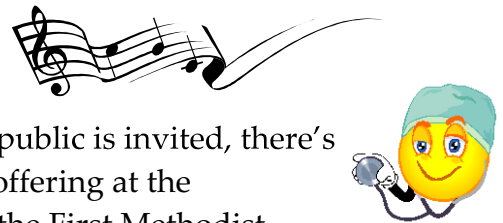
Dr. Cohen points out that this dietary approach will not work for everyone, but since the onset of the Weight Management Program, 83 patients have participated in the program. In turn, these patients are spreading the word to their friends and family to follow the same program.

When patients come to the Marian Clinic, they are frequently without hope of ever being healthy again. But As Dr. Cohen explained, "When someone regains control over a part of their life, it spills out into other areas." We think so too, Dr. Cohen. Thank you for your service to others and for restoring hope and health to so many.

Awesome Talent, Great Fun, April 3rd

Plan to attend the popular "Just What The Doctor Ordered" concert, where area doctors perform as a

benefit for the Marian Clinic and Health Access. The public is invited, there's no admission and no ticket required, with a free-will offering at the conclusion. It's on Sunday, April 3rd at 4:00 p.m. at the First Methodist Church, 6th and Topeka Blvd. Thank you again, doctors, for all your support.



Barbeque Fundraiser

It was a night for fun, food, fellowship, and a few cowboys and cowgirls on March 5th when the **Topeka West Rotary Club** hosted "A Good Old-Fashioned Kansas Barbeque" at the Shawnee County Club to benefit the Marian Clinic. The event was the idea of TWRC President **Carolyn Conroy**, who purchased the dinner at a charity auction and decided to use it to benefit the Marian Clinic.

Thank you Carolyn and Rotary members for your leadership in service to others. It is partnerships like these that help us assist so many in need.

Sponsors Appreciated

Thank you to Clinic sponsors:

Gold Level: **B.A. Designs, LLC; Capitol Federal Foundation, Hallmark Cards, Security Benefit, and Sisters of Charity of Leavenworth Health System;**

Silver Level: **FHL Bank of Topeka; The Legends At Capital Ridge; Capital City Bank; Core First Bank & Trust, and USBank.**

If you would like to become a sponsor please contact Diane McDermed at 233-9780, ext. 330.