

Newsletter

August 28, 2021

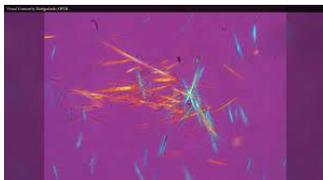


Let's Talk About It:

Let's talk about one of the comorbidities of obesity.

It's not one that typically comes up when discussing obesity with patients but it is quite the nuisance as well as being debilitating when it occurs. I'm talking about gout. As a funny aside one of my patients who had it used to call it "the gouch".

Gout is one of the most common forms of inflammatory arthritis. It is caused by the deposition of Uric Acid (UA) crystals in joints. When levels of UA get too high it will form crystals that are quite pretty to look at under a microscope but also very painful due to their needle-like structure when they form in a joint.



There are several risk factors for gout but the strongest modifiable risk factor is obesity. Gout isn't curable however, preventing a build of UA (hyperuricemia) is the key to management and pain control. Gout is also associated with high blood pressure, dyslipidemia, stroke, diabetes, coronary artery disease, kidney disease and peripheral arterial disease. These comorbidities are often associated with obesity and are most likely the reason that gout is also an independent predictor of premature death.

UA is formed by the breakdown of purines. Purines are chemical compounds that are present in most foods but especially red meat, beans, shellfish, and beer. Normally it is easily filtered out and excreted by the kidneys but the more you weigh the less efficient your kidneys work, allowing UA to build up in the body. The heaviest people can be at a 10 fold or more increased risk of gout. Not only that, but you are also likely to develop gout a decade earlier than healthy weight individuals.

Where you carry weight matters too, going back to last week's newsletter, even if your BMI says you are a healthy weight, if you have visceral fat, you are more likely to develop gout. This is likely due to inflammation that is produced by your sick fat.

Task For The Week

This week we're going to do something a little different. Rather than the task being associated with the let's talk about it topic, we're going to spend a week in self affirmation.

Get a piece of paper and write this on it:

"I believe in my ability to lose weight and keep it off"

Tape it to your bathroom mirror and read it out loud to yourself five times first thing in the morning and again in the evening before going to bed. Do this every day this week.

Give a review on facebook,
See our facebook page here:

[Dr. Q's Total Weight Loss
Center - Home](#)

Recipe of the week

Grilled Garlic Shrimp Skewers

Makes 5 servings

Nutrition Facts Per Serving: Net Carbs 1g, Fiber 1g, Total Carbs 2g, Protein 19g, Fat 12g, Calories 190

Ingredients

1 Pound of large shrimp
1/4 Cup Olive Oil
1/4 Cup Fresh Cilantro, finely chopped
1/4 Cup Fresh Parsley, finely chopped
4 Cloves Garlic, minced
1 Tbs Lemon Juice
1/2 Tsp Salt
1/4 Tsp Black Pepper
Pinch of Cayenne Pepper, adjust to spice preference

Instructions

Step 1. Add the olive oil, lemon juice, herbs, and spices to a small mixing bowl and whisk together.

Step 2. Place the shrimp in a bowl and pour $\frac{3}{4}$ of the marinade on top of the shrimp. Mix together gently until the shrimp are well coated.

Step 3. Cover the bowl and marinate the shrimp for 30 minutes to an hour.

Step 4. Thread the shrimp onto skewers and make sure to get all the good garlic and herbs from the bowl and spread on to the shrimp.

Step 5. Heat a grill or grill pan on medium high heat.

Step 6. Once the grill is hot, place the shrimp skewers on the grill and cook the shrimp for 2 - 3 minutes per side, or until they turn pink and opaque.

Step 7. Remove shrimp skewers to a plate and spoon the remaining marinade on top before serving. Bon Appetit!!!!

If you have a recipe you would like to share, please send it to drqweightloss@gmail.com

Announcements

Vitruvian BodyWorks is offering Yoga, Zumba, and Fitness Evolution classes. They are pleased to announce these classes are coming soon: Pilates, HIIT Senior Edition, Senior Drum Ball Cardio, Dancing to The Oldies, and Let's Get Moving Morning Class. Call or email to sign up and get your first Yoga class free (applies only to Yoga) 727-273-2030 or register virtually using the [Mindbody](#) app.

All Classes \$10.00. See the separately attached Vitruvian BodyWorks class schedule.

Private classes in Yoga \$60.00, or Personal Training sessions with Larry-Gerard for \$50.00 are also available.

Larry-Gerard is offering drop-in Personal Training sessions Monday thru Friday at 8AM, 9AM, 4PM, and 5PM.

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Q & A:

Why do people get weaker as they age?

From the time we are born until about age 30, our muscles grow and get stronger, however once we get into our 30's we start to lose muscle mass and with that we have decreased function. This process is called sarcopenia (age related muscle loss). Physically inactive people can lose as much as three to five percent of their muscle mass every 10 years after the age of 30 and even if you are active, you will still have some muscle mass loss. As you get closer to the age range of 65 - 80, the muscle loss starts to accelerate. This loss of strength increases risk of falls and fractures, it also leads to a loss of stamina which can lead to further sedentary behavior and because you are moving less and have less muscle, a steadily decreasing metabolism and increase in weight gain. Proposed additional mechanisms for muscle loss include a decrease in nerve cells in the muscle, lower levels of growth hormone, testosterone, and Insulin-like growth factor, decreased ability to turn protein into muscle, and not getting enough calories and/or protein each day to sustain your muscle mass. So, what is a body to do? Exercise!!!!!! Specifically, strength training is the treatment. If you are not sure how to get started or how to advance once you have started make sure to let us know and Larry-Gerard will get you moving in the right direction.

Please feel free to email us with questions, topics, or ideas that you would like to see included in this newsletter.

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