

# Health & FITNESS

## We've cut fat, but aren't counting calories

By Dr. CAROLINE APOVIAN  
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It's a startling paradox: While reducing total fat intake by 2 percent between 1978 and 1990, the average American increased calorie intake by more than 10 percent, according to government figures. By 1995, one in three Americans was at least 20 percent overweight, compared with only one in four in 1978.

How could that be? Isn't it fat that lards up the diet? If so, won't reducing our fat intake cause us to eat fewer calories and, eventually, lose weight?

Yes, fat does "lard up" the diet of many of us if we eat too much of it. No, cutting out fatty foods such as sausage, potato chips and heavy cream won't automatically result in lower calorie intake and weight loss (or weight control).

Here's why: Many people assume that all low-fat or non-fat foods are also low in calories. Consequently, after reducing their fat intake, they splurge on low-fat fare—everything from "lite" ice cream to "no-fat" cookies. Instead of two pieces of pizza with pepperoni

and cheese, they eat four pieces with just cheese. Or, instead of a juicy hamburger with bacon and mayonnaise, they eat two lean hamburgers with just ketchup.



DR. APOVIAN

The fact is, though, many low-fat foods are high in calories. For example, reduced-fat cream may contain high amounts of sugar, even as much as the fatty kind. Sugar, though fat-free, certainly isn't calorie-free. It can blow you up like a balloon in no time.

Does all that mean you should forget about watching your fat intake?

Absolutely not! Fat-in particular saturated fat—is what clogs your arteries and heightens your risk of heart disease and other illnesses, including diabetes and obesity. If you're among those who reduced their fat intake in recent years, you did a good thing—a wonderful thing! You're halfway home.

But now you need to begin monitoring other ingredients

in your food, especially sugar. For example, many breakfast cereals that are entirely free of fat contain honey, syrups and sprinkles of sugar. They're like candy, and you know what candy can do to your waistline.

In addition, you need to monitor your eating habits. Cutting out a ham sandwich for lunch doesn't mean you can substitute a pillar of pancakes at the local flapjack house. And giving up a bowl of ice cream after your Sunday meal doesn't mean you can substitute three bowls of frozen yogurt.

In other words, cutting out the fat is no license to cut out the discipline. Yes, frozen yogurt is lower in calories than ice cream. And spaghetti with tomato sauce is lower in calories than spaghetti with meatballs and cheese.

But if your frozen yogurt or spaghetti with tomato sauce comes in chains of Alpine peaks, well, you'll probably gain weight.

Arithmetic is arithmetic. And quantity counts.

*Editor's Note: Dr. Caroline Apovian is a specialist in nutrition support at Geisinger Medical Center in Danville*

## Take charge ... know warning signs

Saving a life begins by recognizing warning signs of heart attack and stroke. Not all of these signs occur in every attack. If you notice one or more of these signs, don't wait — get medical help right away!

### HEART ATTACK

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting more than few minutes.

- Pain spreading to the shoulders, neck or arms.

- Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.

- Women may also show other, less common warning signs such as: -Atypical chest pain - Stom-



ach or abdominal pain - Unexplained anxiety, weakness or fatigue - Palpitations, cold sweat or paleness

### STROKE

- Sudden weakness or numbness of the face, arm or leg on one side of the body.

- Sudden dimness or loss of vision, particularly in one eye.

- Loss of speech, or trouble talking or understanding speech.

- Sudden, severe headaches with no apparent cause.

Unexplained dizziness, unsteadiness or sudden falls, espe-

cially along with any of the previous symptoms.

What should be done if someone shows warning signs?



**Seek medical help immediately!** Don't wait! Call 911 or your local emergency medical services and get to a hospital right away.

New therapies have been developed that can minimize damage from heart attack and stroke, and even save lives if treatment is begun promptly. Be prepared!



**"Patient Nicole Kasarda works with staff member Joyce Tinner."**

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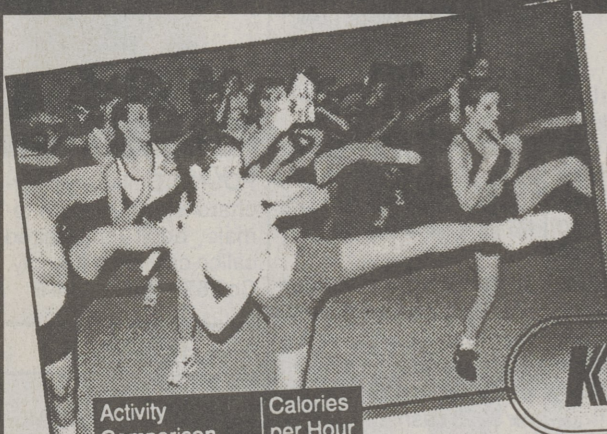
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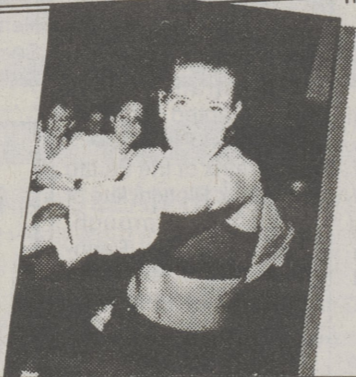
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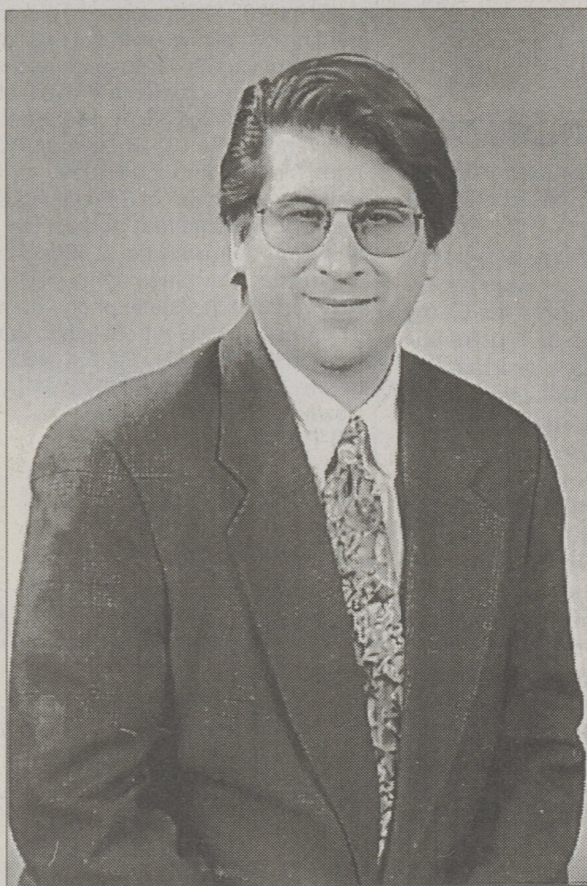


Pam Gurtis, M.S.  
Exercise Physiologist



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## SURGICAL SPECIALISTS of Wyoming Valley



**MARSHALL S. GRILLO, D.O. JOINS SURGICAL SPECIALISTS**

Dr. Grillo graduated from Michigan State University, where he earned a Bachelor of Science degree in Physiology and Medical Technology. He earned his medical degree from Kirksville College of Osteopathic Medicine, Kirksville, MO. He then completed an internship at Garden City Osteopathic Hospital, Garden City, MI. Following the internship, Dr. Grillo worked as a family practitioner in Michigan for two years. He then went on to complete a residency in the Department of Surgery at the New Jersey School of Osteopathic Medicine, where he became chief surgery resident. Dr. Grillo completed a fellowship in vascular surgery at the Osteopathic Medical Center of Texas.

Among his professional affiliations, Dr. Grillo is a member of the American Osteopathic Association and is a candidate member of the American College of Osteopathic Surgeons. He is board eligible for both general and vascular surgery, is a Diplomat of the National Board of Osteopathic Medical Examiners, and recently joined the staff of Wyoming Valley Health Care System and Mercy Hospital, Wilkes-Barre.

Dr. Grillo has interest in carotid surgery, abdominal aneurysms, peripheral bypass surgery, venous disorders and dialysis access surgery. He is accepting new patients in general and vascular surgery. He is available by calling 821-1100.

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