

Technology & Weight Loss

Human metabolism is directly linked to oxygen consumption. With a simple 10-minute test, collection of this gas from several breaths into a calorimeter (calorimetry is the scientific measure of your energy needs) will determine your calculated Resting Energy Expenditure (used by a dietician to outline a specific plan to either maintain or lose body weight).

Through technological advances in equipment, such as the GE Lunar DEXA (Dual Energy X-ray Absorptiometry) machine, physicians can determine a patient's actual body fat at the start and throughout the course of his or her diet program. Having body fat of less than 25 percent is believed to decrease your risk for diabetes and cardiovascular diseases.

Sleep disorders, such as chronic insomnia and sleep apnea can result in your body's resistance to the appetite-suppressing hormone, Leptin. In other words, we tend to eat more when we feel fatigued. Stress also results in compulsive eating disorders.



At Huntington Harbour Medical Center, Dr. Mark Chung and his team, which includes a registered dietician and a psychotherapist, has developed a program whereby patients consult with each member of the medical team to determine their weight and caloric goals. Blood work is conducted to check lipids, blood sugar and thyroid function. Each staff member addresses issues within their respective areas of expertise to determine the root cause of a patient's dietary failure, be it a medical, nutritional, or psychological disorder.

Chung says that a "typical 12 week program can result in weight loss ranging between 12 to 24 pounds, depending on individual needs." Even if you are not ready for a "diet," ascertaining

your daily caloric needs may provide essential information to helping you maintain your present weight.

For more information, please contact Dr. Mark Chung at Huntington Harbour Medical Center at (714)-846-6516.



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