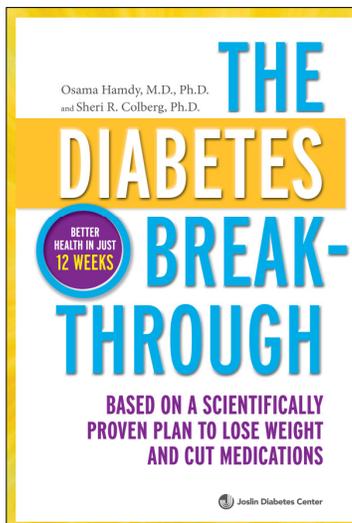


## Joslin weight loss plan can reverse the course of type 2 diabetes



"You have type 2 diabetes." Some *2 million Americans* each year receive the life-altering diagnosis, linked to poor diet, lack of exercise and excess weight.

Uncontrolled, diabetes can lead to extraordinary complications—heart disease, stroke, kidney failure, nerve damage, vision loss, hypertension. But according to Osama Hamdy, MD, PhD, assistant professor of medicine at Harvard Medical School and a medical director at the Joslin Diabetes Center, type 2 diabetes doesn't have to end up that way. You can halt its progress—and even prevent it.

*The Diabetes Breakthrough* transforms Joslin's clinic-based Why WAIT™ weight loss program into an easy-to-follow, at-home guide for anyone diagnosed with or at risk of the disease. Dr. Hamdy, Why WAIT founder, teams up with exercise physiologist Sheri R. Colberg, PhD, to offer a step-by-step approach to changing eating habits, slimming down, building fitness and overcoming psychological barriers—in just 12 weeks.

Why WAIT is the *only* medical program to show *lasting weight loss* for people with diabetes. *One hundred percent* of Joslin's 500+ Why WAIT participants have kept an average of 6.4 percent of body weight off for five years, and more than 50 percent have kept 9 percent off after 5 years. By the program's 12 week mark, patients cut their medications by 50-60 percent (and in some cases, stopped taking them altogether), resulting in a \$560 average annual savings—not to mention the health benefits of fewer drugs, side effects and risks of interactions.

Diabetes costs the nation *\$245 billion a year* and can cut as many as *12 years* off a person's life—consequences too extreme to go unchecked any longer. Here, for the first time, is a comprehensive, *practical* strategy for losing weight and keeping blood glucose levels in check. By making wellness and a long, healthy life possible for *all* diabetes and prediabetes patients, Drs. Hamdy and Colberg have not only achieved a breakthrough—they've launched a *revolution*.

### Breaking Through Why WAIT patients saw:

- An average **25 pound** weight loss after 12 weeks.
- A **3.7 inch** loss of diabetes-provoking belly fat.
- An **85 percent** success rate sticking with their fitness plans.
- An **82 percent** success rate reaching blood glucose goals and improving blood pressure, cholesterol levels and liver and kidney function.
- A **21 percent** success rate in stopping insulin completely; the rest cut their doses by **50 percent** or more.
- An annual savings of **27 percent** in overall health costs and **44 percent** in diabetes care.



**Osama Hamdy, MD, PhD** is assistant professor at Harvard Medical School and medical director of the obesity clinical program at Joslin Diabetes Center.



**Sheri R. Colberg, PhD** is an exercise physiologist, professor of exercise science at Old Dominion University and a funded diabetes researcher.



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