

WEIGHT WATCH 2004

## Pounding away

Craving for a better you, not food, will help keep weight off

By Meredith Grenier, DAILY BREEZE

At my daughter's wedding on May 1, the bride and I wore the same size dress — a 6 petite.

For me, this was the culmination of a four-month weight-loss program, which I chronicled last spring in the *Daily Breeze*. Looking back, the feat seems almost spiritual. In my wildest dreams, I never could have imagined melting from a 14 to a 6, a size I had never worn in my life. Until then, size 12 was my goal and 10 my fantasy.

I agreed to the public process with more than a little trepidation. What if I failed, as with all the other dozens of diets and exercise programs I'd undertaken, from *Weight Watchers* to *Curves*?

But this time I had a personal trainer and more than a few readers whom I hoped to inspire. Failure wasn't an option.

The six months since reaching my goal of 125 pounds have been equally challenging. For starters, my husband and I went on three vacations — two trips to Europe and one to Hawaii. And everyone knows you don't diet while on vacation.

But despite this, I lost another six pounds, to my present weight of 119. When you consider that I lost four pounds in the week before officially starting the program on Jan. 1, I've lost a total of 50 pounds.

Too embarrassed to admit to weighing nearly 170 at the start, I skimmed off four pounds from the actual 169 to my official starting weight of 165.

"It's not a sin. It shows you're human like the rest of us," a friend who is a former nun assured me.

So with her dispensation, I place the act in the same category

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### Current stats

**Weight Lost:** 50 pounds, from 169 to 119.

**Dress size:** 10 dress sizes, from 14 to 4/6.

**Timeframe:** Dec. 26 to May 1 — 44 pounds; May 1 to Nov. 1 — 6 pounds.

**Method:** Diet/aerobic exercise/weight training.

**Quote:** "If I can do it, anyone can."

When she began her public diet at the beginning of the year, reporter Meredith Grenier never imagined the success she'd have.

SCOTT VAMLEY/DAILY BREEZE



A drug that combats the ravages of HIV medications may also remove wrinkles.



## Cosmetic treatment for HIV patients branches out

Roughly half the people who take medications for HIV infection can expect eventually to develop the sunken cheeks, eyes and temples of facial wasting.

Even as the HIV drugs keep the infection at bay, doctors believe one side effect is a gradual loss of fat from the face,

among other areas.

The effect upon one's appearance can be so

severe that sufferers experience anxiety and

depression from the condition.

But earlier this year, based in part on a study conducted by a pair of Hermosa Beach doctors, the Food and Drug Administration approved a new treatment found to safely restore shape to faces affected by facial wasting.

The treatment, called Sculptra, doesn't just work on HIV-related facial fat loss. It also has applications in general cosmetic medicine, because it reportedly restores a youthful look to wrinkled or otherwise aged facial skin.

The FDA approval was specifically for HIV-related facial wasting, but doctors are permitted to use it "off-label" for other conditions.

Drs. Gail Humble and Doug Mest of Blue Pacific Aesthetic Medical Group in Hermosa Beach, www.bpacific.com, ran a clinical trial of Sculptra on 100 patients experiencing HIV-related facial wasting, and found the treatment to safely restore volume to the sunken parts of the face.

The Sculptra is injected into an affected area, and then the area is massaged. Though there is some initial swelling, the Sculptra's effect of putting volume into facial skin, actually thickening it, doesn't take place until after about two weeks.

Because it's been in use in Europe for several years, there's been a buzz about it in the United States. It was introduced into the European market for general cosmetic use, and then later tested for HIV-related facial wasting. In the United States, that process was reversed, and the first approval was for the more altruistic procedure of helping HIV patients. That approval opened the door for other uses.

Humble, whose practice is in nonsurgical cosmetic medicine, said there is no other treatment like Sculptra for the face. Fat injections come the closest, but there are weeks of swelling from that type of treatment, compared to two or three days for Sculptra, she said.

And in addition to doing things such as filling in the hol-

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Medical Notebook

Lee Peterson

## Their loss is their gain

Many readers were inspired by Meredith Grenier's weight loss series. Here are some of their success stories:

### Loren Georgio, Palos Verdes Estates

**Numbers:** Loss of 55 pounds.

**Regimen:** Weight training, resistance training and diet.

**Quote:** "I progressed quickly and the pounds started coming off, even faster than Meredith."



### Rosemarie Roberson, Rancho Palos Verdes

**Numbers:** Loss of more than 20 pounds and decrease from a size 12 to almost a size 8.

**Regimen:** Going to the gym at least five days a week and a well-monitored diet.

**Quote:** "Dieting is not always easy and can be boring at times, but results are sure to follow and inspire you to keep going to the gym regularly. ...At my age, I am a senior citizen, feeling good and having lots of energy make every day a great day."



### Kathy Freiburghouse, Redondo Beach

**Numbers:** Loss of 35 pounds (about 2 pounds per week). Drop from a size 12 to a size 8.

**Regimen:** Weight training and a diet consisting of fish, asparagus and other vegetables, and Lean Cuisines that have 160 to 200 calories.

**Quote:** "It is a big change to put on pants and tuck in my shirt and feel like I look good."

