



Celebrate a Healthy Relationship with Food This Holiday Season

Dear Participants,

Fall is finally upon us and it's beautiful here in Durham, North Carolina. Everyone at Structure House is eagerly anticipating many enjoyable events between Halloween and the approaching holidays. Parties, and all that goes with them, travel, and shopping are activities we may look forward to, but can be challenging for those trying to maintain a healthy weight.

This issue has information about several new tools we're offering that can help you avoid holiday weight gain. And remember, just maintaining your weight during the holidays is a huge success. Everyone has their own personal relationship with food and it's important to make sure it's a healthy one.

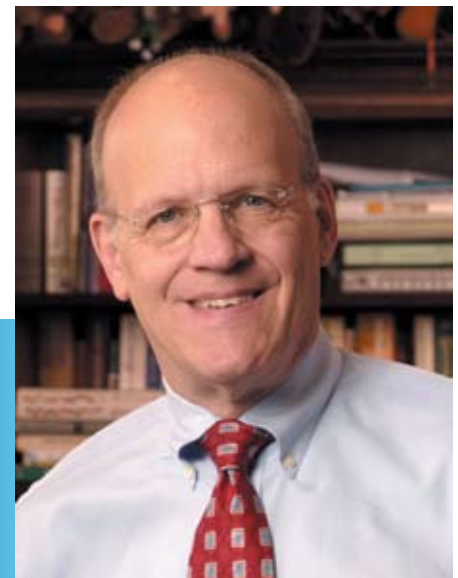
November is American Diabetes Awareness Month and more people will be thinking about preventing and treating this serious disease. The research team at Structure House has made great advances in diabetes treatment, and participants in our specialized Diabetes Program are achieving profound results in just four weeks. It's important to realize simple changes in diet result in drastic changes in health. In a recent study, our participants lost nearly 16 pounds and reduced blood glucose levels by 11%. Additionally, 41% eliminated at least one diabetic medication, and 29% reduced the dosage of one or more drugs.

There is still a need for reducing new cases of diabetes, however, nearly 24 million Americans have type 2 diabetes and another 57 million are at risk. Structure House is currently hosting a research study on campus using PreDx Diabetes Risk Score. This simple test, still in the testing stage, identifies those likely to develop the disease within five years, presenting the opportunity to prevent a diagnosis of diabetes and reduce adverse health effects.

I hope this issue motivates you to assess your personal health and take whatever steps are necessary to lead a healthy, balanced lifestyle. Our online tools are available for support and to help you stay connected with friends and staff at Structure House. As always, we welcome your feedback and look forward to hearing from you soon.

Sincerely,

Gerard J. Musante, Ph.D., ABPP



Dr. Musante

Our Gift To You

As our way of saying Happy Holidays, all graduates will receive a \$250 credit toward each week of their stay from November 22, 2009 to January 3, 2010. To get a healthy start on your New Year's resolutions, contact Structure House: (800) 553-0052 or www.structurehouse.com

Teacher Loses More Than 100 Pounds in One Year

In just a little more than a year, Sheryl Le Vine lost 115 pounds and drastically cut down daily medications. Her diabetic A1c level is back in the normal range and her blood pressure is nearly perfect. An elementary school teacher from Schaumburg, Illinois, Sheryl said, "I'm most proud of the fact that I've remained on this journey for over a year and I'm making it a lifestyle."

Last summer, Sheryl had a very different story to tell. Like many others, she was overweight as an adult and maintained that weight for years. Sadly, she lost both parents and another loved one within an 18-month span and gained more weight. A few years ago, she became allergic to something in her classroom, making her progressively more ill and, partly due to medication, unable to control her weight gain. "I was larger than ever before, I couldn't breathe, and was increasingly immobile. I was in a constant state of pain and exhaustion. The person in the mirror was not me."

After finding Structure House online, Sheryl arrived for her first of three visits in June 2008. "It provided me a safe, nurturing place with a warm, caring, knowledgeable staff where I could concentrate on nothing but myself. I took advantage of a good balance of three daily nutritious meals, classes in nutrition, behavior, physical fitness, therapy, group support, and an up-to-date gym. I was able to change my relationship with food and take more time just to take care of myself."

Sheryl, now 47 years old, lost 30 pounds during her first six-week stay and received her 100-pound jacket in July 2009, just one year after her first visit. "Many people have commented

on how I've become a new person, but that's not true...I'm just myself again. Most of all, I've established a lifestyle that has balance. It's not easy and it's not always fun...but it's working and it's worth the effort."

Sheryl explains that her watchword this past year has been balance. "I strive for balance in my life: body, mind and spirit, but also balance in how I structure my day. I work, I work out, I try my best to create downtime, and I make sure to spend time with friends."

After struggling with her weight for so many years, Sheryl learned to become her own best advocate. "I did most of this by myself and for myself, but was lucky to have a few wonderfully supportive friends and professionals, both at home and at Structure House. Big influences at Structure House are Randy Weiss, my personal trainer, and Nancy Freeman, one of the nurses. They helped me more than they will ever know, and I am so grateful. I also want everyone to know, that if I can do what I've been doing, despite some recent unexpected losses, as well as some injuries, that you can do it, too. We all have it in us...we just have to reach



Sheryl, before



Sheryl, after

out and grab our lives back."

During the past year, Sheryl started a program called, "Mega Minutes of Movement" with her 3rd grade classroom to teach the importance of exercising your brain AND your body. Sheryl and her students kept track of all their activities, such as bike riding, walking the dog, playing tag, sports, and other exercise. All the minutes were logged and charted on a huge thermometer on the wall. By the end of the school year, her classroom logged more than 75,000 minutes of exercise activity at home. "Most importantly, as my students watched me continue to lose weight in a healthy way, they were able to learn about the balance I always talk about and how to make it part of a healthy lifestyle."

Special Programs

The Successful Participant program is a weeklong set of classes that addresses issues related to success and recognizes participants who are achieving their weight loss goals. All participants on campus are invited to take part in these sessions. Additionally, that week's returning participants who have lost 10% or more of their starting weight can enter a drawing to receive a \$250 discount.

Congratulations to Jane Kuttner of Los Angeles, Calif. who won \$250 off her next visit to Structure House. We look forward to seeing you soon, Jane!

The final Successful Participant Week for 2009 begins on October 26. Next year, classes are scheduled to begin on January 25, April 26, July 26 and October 25.

Call today and ask about our new intensive weekend program. The next 3-day retreat is scheduled for January 21-24, 2010.

Structure House Participates in National Pre-Diabetes Research Study

Structure House is conducting an on-site research study and offering participants an important tool to learn more about their risk for developing type 2 diabetes. The PreDx Diabetes Risk Score, developed by Tethys Bioscience, is a simple blood test that provides enhanced diabetes risk assessment. Test results are presented in the form of a Diabetes Risk Score, which correlates with a patient's risk of developing the disease within the next five years.

There are 23.6 million children and adults in the United States who have diabetes and 5.7 million people unaware they have the disease. While diabetes has no cure, clinical

studies have shown it can often be prevented, and determining one's diabetes risk is the first step in avoiding this chronic and very serious disease. Clinical studies have demonstrated that such interventions can reduce the incidence of new onset diabetes by up to 60%.

Testing is available for all on-campus Structure House participants at no charge. If you're interested, see a Structure House nurse for more information. Our nurses perform the test Monday through Thursday before breakfast, and the test does require a fasting blood sample, so be sure not to eat beforehand.



Annual Halloween Bash Returns to Structure House

For the past several years, participants have reveled in the antics of the "Structure House Players." Each year, the LEC has been transformed into a stage for comedy, fantasy and thrills. This year will be no exception. Amid all the glitz and glitter of the upcoming event, things could turn shady and dangerous. The show biz term "knock 'em dead" will take on a whole new meaning!

You are invited on Halloween Night to participate in our Third Annual Murder Mystery. We need "actors," "paparazzi," fans, and stage hands. Everyone is welcome to join in. No prior experience or memorization is needed, talent is optional, but fun is mandatory. Costumes are not required, but there is a special prize for the most creative. Participants who want to volunteer for the show should notify Gayle at GayleKamler@yahoo.com.



Structure House Goes High-Tech

Research shows that staying in contact with professionals after completing a formal treatment program enhances weight loss outcomes. The treatment staff at Structure House are working to develop new, technology-friendly tools and services to help you easily stay in touch, including E-Care, the Graduate Web site, Facebook and eGetgoing, a video support group where you will interact in real time with a Structure House therapist.

As part of our Structure for Life Continuing Care Options, the E-Care program was successfully launched in August. E-Care is designed to offer participants a convenient, user-friendly way to stay connected with Structure House staff after returning home. All you need is a computer and Internet connection. E-Care is flexible, allowing you to complete a weekly or bi-weekly self-evaluation at your convenience and then receive a personalized therapist response, all without scheduling a specific appointment. A 12-session package costs \$275.

A number of online resources are available to help you stay connected with other participants and staff. Be sure to register for the Graduate Web site, eGetgoing (coming soon) and become a fan of Structure House on Facebook, where you can chat with friends, read recent updates, and view our photo albums.



Structure House in the News...

Structure House was recently featured in the following news outlets:

- **Weight Loss Success (WLS) Lifestyles** – Lee Kern’s bylined articles, “Weight Loss Resilience” and “Optimizing Change,” appeared in the spring and summer issues, respectively. Contact Structure House to find out how you can get a \$5 discount for a subscription to this magazine!
- **The Herald-Sun** (Durham) published a story in August about the new 3-day program, “New Weight Loss Retreat at Structure House.” The first session was held Sept. 10-13.
- “Meet the Pioneer in Behavior Modification in Weight Loss: Dr. Gerard Musante from Structure House,” was featured by the **Behavioral Healthcare Journal** on July 10.
- Marlene Lesson was quoted in a story about the benefits of a high fiber diet on **EverydayHealth.com** in August.
- Lee Kern’s article, “The Skinny on Super Losers,” was featured in the August issue of **WLS Focus**, a quarterly newsletter on weight loss surgery from St. David’s Bariatric Center in Texas.
- A story about the pre-diabetes study at Structure House was published by **Diabetes Health**.
- If you live in the Tampa Bay area, listen for Dr. Musante on **Peak Performance Radio** (BayBiz 1470 AM and ESPN 1040 AM) on Saturday, November 21. He will be a guest on Tom Mitchell’s show at noon.



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