



### Our Gift to You

*As our way of saying Happy Holidays, all graduates will receive a \$250 credit towards each week of their stay from November 18, 2007 to January 6, 2008.*

To get a healthy start on your New Year's resolutions, contact Structure House: (800) 553-0052 or [www.structurehouse.com](http://www.structurehouse.com)

## Maintaining Motivation for Your Weight Loss Journey

Dear Participants,

Your journey toward weight loss success is filled with excitement and benefits you will enjoy for years. On the road to success, you will always be faced with challenges and obstacles, but it is by overcoming these difficulties that you will ultimately achieve success.

In this issue, we will share some tools you need to maintain your motivation and overcome any challenges you may face on your journey. One participant, Cheryl Scheible, will share her story on how she kept motivated and continued toward her weight loss success.

We understand that successful weight loss can be challenging without the proper tools. The Structure House research team is constantly conducting studies to provide the most up-to-date weight loss information for you. This issue will share findings from two studies that will be presented at NAASO, The Obesity Society's Annual Scientific Meeting this month in New Orleans, LA.

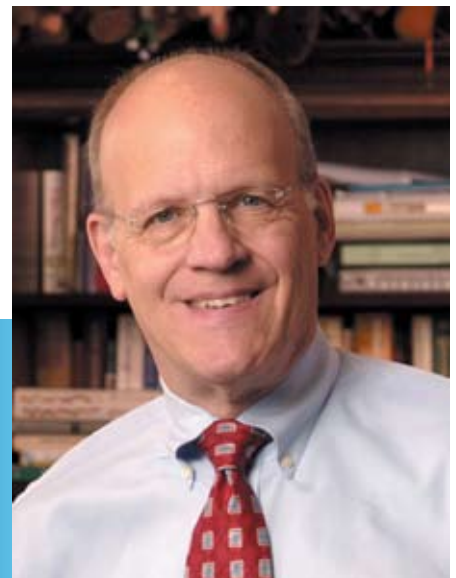
If challenges in your journey have led you to obesity surgery or the consideration of surgery, we are here to help keep you on track. In this issue, Lee Kern discusses how the pre- and post-surgery programs can provide you with the confidence you need to achieve your weight loss goals.

As we approach the end of another year, we hope you have enjoyed pleasurable experiences and continued success. We are always here to support you through obstacles you may encounter on your path. Our Structure HouseCalls, Not Home Alone and E-Care programs are also available to provide immediate support and guidance from Structure House.

We congratulate you on the success you have achieved in 2007 and wish you the very best on your continued journey to good health.

Sincerely,

Gerard J. Musante, Ph.D.



Dr. Musante

# *Focusing on the future...*

## *How one woman overcame obstacles to achieve her weight loss goals*

Cheryl Scheible of Chicago, IL had tried nearly every diet and was considering bariatric surgery until she learned about the benefits of residential weight loss facilities on television. She was spurred to action as she had nearly regained all the weight from her last diet effort.

Cheryl began doing her own research, where she found out about Rice Diet, Duke Diet & Fitness and Structure House. Before committing to one program, Cheryl made a daytrip to visit the three facilities. Cheryl ultimately chose Structure House for its overall campus and focus on psychological motivations for overeating. Her first visit was in January 2002, where she enrolled in the 4-week program.

At Structure House, she was introduced to individual therapy in addition to the standard class schedule. She cited therapy as the single biggest impact on her weight loss journey. After leaving Structure House, Cheryl located a therapist near her who specialized in eating disorders including binge eating disorder. The journey through therapy was not easy. Following her initial visit to Structure House, Cheryl lost nearly 75 pounds but as she progressed through therapy, she gained the weight back plus an additional 45 pounds reaching her all-time high.

Once she understood and dealt with the psychological motivations for

overeating, Cheryl was ready to begin her eating and behavior changes again. She returned to Structure House for a 2-week stay in March 2006 and by August 2007, Cheryl had reached her all-time low of 195 pounds.

"Although I gained additional weight back from my original visit to Structure House, it was part of my journey to deal with my underlying issues for overeating."

In addition to understanding and dealing with her underlying issues for overeating, Cheryl benefited from tremendous health rewards, increased energy and an improved outlook.

On August 17, Structure House presented Cheryl with a very admirable award. Participants who lose more than 100 pounds receive a Structure House jacket during a special award ceremony.

"My biggest insight is to trust in your own journey. It wasn't fun gaining weight back after my first visit to Structure House, but it was part of my journey to understand my eating. Once I had made it through the challenging parts of therapy, the food and exercise were easier than the last time. I also created small goals for myself to maintain focus and to achieve the weight loss success."



Cheryl, before



Cheryl, after



### *The Jayne Brown Garden*

Be among the first to contribute your dedication to the Jayne Brown Garden. The garden will be filled with personalized bricks in honor or memory of the people you love. If you would like to dedicate a brick to someone special, please send a check for \$50 per brick, payable to:

**Structure House  
3017 Pickett Rd.  
Durham, NC 27705  
Attn: Pamela Bass**

Don't forget to include three lines to be engraved on your brick (a maximum of 15 characters per line).

Thanks to the friends of Jayne Brown for creating this garden for all to enjoy!



Cheryl Scheible is presented with a Structure House jacket by Dr. Musante



## Pre- and Post-Obesity Surgery at Structure House

By Lee Kern

Recently, two returning participants arrived at the program after having regained some of the weight they had lost after surgery. Both these women had obesity surgery several years ago. One had by-pass surgery, the other the lap band. They each initially lost a considerable amount of weight, but due to stress and loss of motivation, they each gained 20-25 pounds. Fearing loss of control and gaining more weight, they came back to stop the relapses. One of these participants enrolled in our individualized post-surgery program; the other did the traditional return program. While their experiences here were different, each said they made the right decision to come back, and they left feeling confident and back in control.

If you had obesity surgery, or are considering it, there are many potential benefits of a new or return Structure House visit.

- 1) We can help you lose the weight you need in order to qualify for surgery (many surgery programs have weight limits).
- 2) We can provide objective information to those who may be struggling with the decision of whether to do surgery.
- 3) Structure House provides effective behavioral strategies that will strengthen compliance with post-surgery protocols.
- 4) An intensive residential experience can test whether surgery is really necessary.
- 5) A Structure House visit can help counter relapse or compliance problems after surgery.
- 6) We can help you explore your relationship with food, which the surgery may have overlooked.



Lee Kern



## Studies Show...

The Structure House research team had a busy year. In March, the Structure House research team presented findings from two studies at the Annual Meeting of the Society of Behavioral Medicine in Washington, D.C. Later this month, they will present findings from two studies at NAASO, The Obesity Society's Annual Scientific Meeting in New Orleans, LA. The Obesity Society strives to be the leader in understanding, preventing and treating obesity while improving the lives of those affected. Below is a brief summary from Dr. Anna Stout about two studies that will be presented this month.

**Study 1:** This study explored the strategies and challenges of 29 highly successful weight losers who participated in the Structure House program (i.e., average weight loss of 23%). Analysis of the themes that emerged during interviews with these "super losers" revealed that these individuals tend to: do cardio exercise 4-6 times weekly, feel motivated by health concerns, carefully avoid high-risk eating situations, eat three meals per day (often repetitive food choices), track weight and eating, want to continue losing weight, enjoy improved appearance and functioning, have a positive attitude, and feel concerned about maintaining motivation and handling stress. This study reminds us that significant weight loss is accomplished by gradually incorporating essential behavior changes into our daily routine.

**Study 2:** In the second study, we explored the effects of age on weight and behavior change among Structure House participants. Our results show similar reductions in body mass index for older (60+), middle-aged (40-59), and younger (20-39) adults while at Structure House, but less weight loss among older adults compared to middle-aged adults six months after treatment. This difference may be due to less frequent calorie counting, meal planning, and exercise participation among older adults compared to the other age groups. This study shows that older adults are just as capable of losing weight as younger adults. However, they may be less likely to continue engaging in some key weight loss strategies after participating in the program, which can slow the rate of weight loss.

## Graduate & Success Week Winners!

Congratulations to Richard Bullock of Newtown, PA who won \$250 off his next visit to Structure House through the Successful Participant Week program. We are also pleased to announce Cara Montlack of Cleveland, OH is the winner of a complimentary one-week Graduate Visit at Structure House for returning her Participants Report follow-up questionnaire.

Congratulations, Richard and Cara! We look forward to seeing you back at Structure House.

## Structure House in the News...

Structure House was featured in a number of news outlets this past summer.

- **Today's Diet and Nutrition** - Dr. Musante's program and book in the July/August article, "Eating Well on the Road."
- **Health magazine** - The Structure House Weight Loss Plan in the June article, "What's new on Health.com."
- **WLS Lifestyles** - An article by Lee Kern on managing emotional eating in the Summer issue.
- **WGCV 620AM (Columbia, SC)** - Dr. Musante as a guest on The P.A. Bennett Show, July 25.
- **USA Today** - The Structure House Weight Loss Plan reviewed in the August 28 article, "Six ways to scale up diet success."
- **Family Circle** - Dr. Musante's tips in the October article, "Structure House Way to Eat Out."

## Structure House Welcomes...

Please join us in welcoming seven new members to the Structure House team:

**Dedra Barber**, *Controller*

**Willis Brantley**, *Participant Services Representative*

**Jennifer Miller**, *Clinical Assistant*

**Deandria Seavers**, *Exercise Specialist*

**Kelly Short**, *Participant Services Representative/Administrative Assistant*

**Gail Snukst-Torbeck**, *Registered Nurse*

**Nicole Vinson**, *Participant Services Representative*

