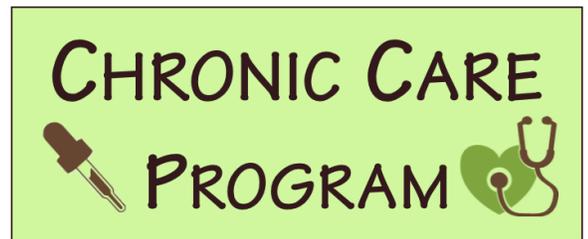


DIFFICULTY LOSING WEIGHT



What is difficulty losing weight?

You may be having difficulty losing weight if you have tried to lose weight by exercising, changing your diet, or something else but have been unsuccessful. Losing weight can be difficult and may require a combination of different changes to your lifestyle, diet, and medical conditions.

Complications and Symptoms

If you have difficulty losing weight, you may also be experiencing other, related complications. These include both physical and psychological complications like:

- arthritis
- high blood pressure
- diabetes
- negative self-esteem
- disordered eating habits

Risk Factors

Difficulty losing weight and weight gain can result from a combination of causes and contributing factors. Some risk factors include:

- inactivity. If you have a sedentary lifestyle where you are often sitting, you may take in more calories than you burn through exercise and daily activities.
- medical conditions. Some conditions, like arthritis, can lead to decreased activity, which may contribute to weight gain.
- having an unhealthy diet
- family history of difficulty losing weight
- lack of sleep
- age
- pregnancy



One step you can take if you have difficulty losing weight is to modify your diet and eat healthier meals.

Management

Steps you can take to help you lose weight include:

- eating a healthy breakfast every day
- modifying your diet and your eating habits. For example, try pairing carbs with a protein or fat for your meals.
- eating smaller meals and preparing healthy snacks for when you are hungry in between meals to stave off cravings
- finding an exercise partner who will help and encourage you to be active
- choosing exercises that you enjoy
- making a realistic plan to exercise and making it a habit



ITHACA HEALTH ALLIANCE



ITHACA FREE CLINIC

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how we can help

CHRONIC CARE PROGRAM

Chronic Care Program

Joining the Chronic Care Program gives you access to all of the services offered at the Ithaca Free Clinic. Patients are seen by appointment, instead of waiting at the walk-in clinic. Services include:

- acupuncture
- chiropractic
- massage therapy
- occupational therapy
- counseling
- herbal medicine
- dietitian
- energy work
- reiki
- health insurance enrollment

Here are some examples of how these services can help patients who face difficulty losing weight.

Nutrition

Dietitians can help patients by providing dietary counseling and helping patients to make better dietary choices. Nutritional advice can be helpful for patients who have trouble losing weight.

Dietitians assess each individual's current eating behaviors and provide recommendations that fit into the individual's lifestyle.

Herbal Medicine

Herbal medicine uses plants for their therapeutic properties. Herbal medicines can be taken in various forms, including as teas or tinctures. Herbal medicine can aid in weight loss by affecting how full you feel.¹

Herbalists assess symptoms; take a history including medications and other relevant information; discuss symptoms and other health issues weight gain may or may not be directly related to; look at weight gain over time; discuss long-term effects of weight gain; discuss lifestyle, exercise, and dietary options; discuss herbal medicine and how it does not directly decrease weight but it can help with symptoms associated with weight gain; prepare herbal medicines that may include:

1. Support digestive health and function
2. For cardiovascular health
3. Support blood sugar and cholesterol levels
4. For painful joints and muscles

Counseling

Licensed social workers are professionals who can provide counseling to help people deal with stress, reduce anxiety, and set goals. Counseling can be beneficial for many health concerns. People having difficulty losing weight may benefit from counseling to talk through issues that could be interfering with weight loss.

Occupational Therapy

Occupational therapists help patients develop daily living and work skills. For example, they can help patients follow a more active lifestyle and participate in more meaningful daily activities at home, work, school, and in the community. Occupational therapists can help increase health promoting activity and develop new habits to improve the way a person cooks, shops, and eats.

The Ithaca Free Clinic offers the Chronic Care Program, an integrative project that:

- helps patients with chronic diseases and conditions live with potential long-term health consequences
- makes each patient a part of a "care team" with multiple providers and health care professionals to help set and maintain the patient's health care plan
- helps patients set goals and also provides support to reach those goals
- works with each patient to become and stay healthy!

To join the Chronic Care Program,
call (607) 330-1254
or email ChronicCare@IthacaHealth.org.

Learn more about the Ithaca Free Clinic at:
IthacaHealth.org

We are located at 521 West Seneca Street,
Ithaca, New York.



The Ithaca Free Clinic offers occupational therapy and other services for patients to develop many home skills such as cooking healthy meals at home.

¹"Complementary and Alternative Medicine for the Treatment of Obesity: A Critical Review" in the International Journal of Endocrinology and Metabolism, published in October 2001. <https://doi.org/10.2337/diaspect.14.4.218>