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Health newsfeed for Wednesday, November 9, 2011

HEADLINE: MAKING EXCUSES

ANCHOR LEAD: WILL MORE PEOPLE CLAIM THEIR WEIGHT ISSUES ARE DUE TO HORMONES?

ELIZABETH TRACEY REPORTS

News that hormones are indeed involved when it comes to regaining weight after dieting, as reported in the New England Journal of Medicine, shouldn't result in people giving themselves excuses for not attempting to lose weight or keep it off, but Lawrence Cheskin, a weight management expert at Johns Hopkins, has heard it all.

CHESKIN: I think that's always a possibility. It's similar to family history. A lot of people will come to me and say I'm doomed. Everybody in my family is heavy, it clearly is genetic, it runs in my family. I might as well throw in the towel. And then I sometimes say tongue in cheek, do you have a dog? And if they say yes I say is your dog heavy too? And most of the time if everybody in the family is heavy the dog is heavy too. And if the dog is heavy I say, well, maybe it's not purely genetic. :24

Cheskin says hormones or not, many people are successful in their weight loss and management efforts, and they reap the many health benefits of normal body size. At Johns Hopkins, I'm Elizabeth Tracey.