



## Carbohydrate Control and Lifestyle Changes Payoff

If you would have met Kevin Illian a year ago, you would have met another person. Kevin is a patient of Thomas McGinn, MD and was referred to meet with Midwest GI's dietitian, Karisa Jansen. Kevin's goal was to get help with diet and weight management to help with his ulcerative colitis. During his consultation, Karisa reviewed his medical history and recommended a carbohydrate controlled diet and also some lifestyle changes, such as increased exercise.

" When Kevin came to me last December, he had already started implementing these changes on his own. Kevin was looking for more support and guidance as to how to make weight loss a lifestyle change, not just a diet. I chose carbohydrate control as his focus, because carbohydrate control is key in blood glucose management and long-term weight loss."



Over the last year, Kevin has lost 50 pounds, reducing his BMI from 33 to 25, normalized his blood pressure and has resolved his type two diabetes. So what made Kevin successful? According to Karisa, "Kevin stuck exactly to our plan we set out together. This doesn't happen every day! Kevin was determined, and set goals, which he focused on every day. Kevin followed the recommended carbohydrate plan we discussed together, and exercised almost daily."

Karisa noted that carbohydrate control plan is not always right for everyone. "Carbohydrate control is very difficult for most patients to stick with, however, we find the most success with long term weight loss if a patient can stick to the plan. Each patient will have a different plan based on their disease state and the goals they want to achieve."

Making the choice to lose weight and lifestyle changes is the first step. Karisa encourages those looking to make a change to meet with a registered dietitian to review medical history, along with their long-term goals to keep them on track. "Typically, regular follow-ups are needed. In Kevin's case, he implemented goals right away, and followed through without follow-up appointments. Keeping one's self accountable and talking through their struggles and successes are key!"

Congratulations Kevin on your lifestyle changes and for allowing others to learn from your success.