



# HMR Program for Weight Management™ Cuts Risk for Prehypertension

Data highlighted in: *Internal Medicine News*, December 2006

Lifestyle changes made in HMR's intensive weight management program resulted in significant reductions in medical risk factors for patients entering with prehypertension. Patients reduced their blood pressure and, on average, remained medication-free while benefiting from reductions in other medical risk factors.

The study looked at patients who entered the HMR Program for Weight Management and completed a follow-up health risk appraisal between January, 2003 and May, 2006 and met the following criteria:

- ✓ Systolic blood pressure between 120-139 mmHg and diastolic blood pressures between 80-89 mmHg
- ✓ Not taking blood pressure medication
- ✓ Participated in the HMR® maintenance program

## Results:

Measure	Initial	Follow-up (Avg. 2.7 years)	Change
Weight	231	194	↓ 37 lbs.
Total Cholesterol/HDL	4.01	3.45	↓ 14.0%
Triglycerides	159	111	↓ 30.2%
Systolic Blood Pressure	127	119	↓ 8 mmHg
Diastolic Blood Pressure	83	74	↓ 9 mmHg
Fasting Blood Glucose	96	91	↓ 5.2%
Physical Activity (kcal/wk)	617	1776	↑ 187.8%

***Medical changes occurred in addition to substantial decreases and/or elimination of medications.***

- ✓ Patients had significant decreases ( $p < .01$ ) in all measured medical risk factors.
- ✓ 94.3% of patients remained medication-free at the time of follow-up.
- ✓ 84.6% discontinued diabetes medications, 30.8% discontinued cholesterol medications.

HMR offers a range of weight-loss treatment options, including medically supervised low and very low-calorie diets, moderately restricted diets and "at home" dieting options. The program is based on measurable, evidence-based variables allowing for specific goals to be set and compliance to be tracked. All diet options for weight loss focus on the same lifestyle changes: increased physical activity ( $\geq 2000$  kcal/wk); use of meal replacements ( $\geq 35$ /wk in weight loss and 14/wk in maintenance); increased vegetable and fruit intake ( $\geq 35$ /wk) (included in some weight-loss options and in maintenance.)