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## **Cutting Down**

William H. Stewart, M.D.,  
State Health Officer

Has your doctor ever told you to **get more exercise, go on a diet, or quit smoking?**

According to a Roper survey, in 1974 one out every two patients was given this advice.

Here are some tips for keeping your weight down:

**Cut down on caffeine**, which lowers blood sugar, thus creating hunger. (Diet colas are low in calories, but high in caffeine.)

**Drink plenty of water**, because it removes water from the body, strange as it may seem. But, beverages such as tea, coffee, soft drinks, and milk cause water retention, thereby adding weight.

**Increase the amount of protein in your diet.** (Different calories count differently.) The body retains fats and carbohydrates much more readily than proteins.

**Cut down on liquor**, which stimulates the appetite, and cut out sweet desserts. Both are sky high in calories.

Diet and exercise are being used today to treat high blood pressure, arthritis, diabetes, gout, and heart ailments, with very good results.

Numerous studies have shown that **stopping smoking** can begin to reduce a person's risk of death from **heart attack** within one year after giving up cigarettes.

Week beginning 8/17/75

## **It Pays to Eat Less, Exercise**

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TO: Officers, Bureau Heads, Section Chiefs, Program & Unit Administrators,  
Regional and Area Medical Consultants, Parish Health Units, Branch  
Offices, Regional and Laboratory Personnel

FROM: John Shirley Gullory, Public Health Education Officer, Office of  
Health Education

SUBJECT: NEWS RELEASE (on reverse) mailed to 165 newspapers and TV editors  
on or after date shown in lower left corner  
(Dr. Stewart's column mailed to 80 weekly papers.)

Please note: This copy of release was given to mailroom for  
distribution one day in advance of date shown on release

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