

## Re: help gaining weight

**Source:** <http://sci.tech-archive.net/Archive/sci.med.cardiology/2004-07/1222.html>

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**From:** acoftil (gnn4everZ\_at\_surewest.net)

**Date:** 07/28/04

Date: Wed, 28 Jul 2004 16:34:09 -0700

I'm only responding because IMO, some of the information posted is not only wrong it is dangerous.

On 28 Jul 2004 07:25:01 -0700, nospam5@heartmdphd.com (Dr. Andrew B. Chung, MD/PhD) etched permanently into the ether:

>Emma Chase VanCott <7elc@qlink.queensu.ca> wrote in message  
news:<ce79k1\$8ko\$1@knot.queensu.ca>...  
>> roxipati <roxipati@yahoo.com> wrote:  
>> : Hello. I'm new here. I'm a female, about 5'5" and I am underweight  
>> : (probably about under 100 pounds, I'm too scared to find out).  
>  
>Ideal would be about 120 lbs.

Nope. 117-120 pounds is \*ideal\* for someone who is 5'2". There are charts--go find one.

>  
>> I'm  
>> : very concerned about this. A little bit of my background: I have been  
>> : having problems with anxiety and depression.

See a doctor right NOW. You may need medication and you may find that the medication prescribed helps you gain weight--or just treating the anxiety and depression may increase your appetite--it sure did mine.

>  
> I'm not taking medications. I try to eat 3 meals a day, I  
>> : don't eat much, it's not my thing.  
>  
>It is the amount that matters the most.

Excuse me? She is probably eating 3 "snacks" a day--just like I try to do. She needs help in increasing the amount--not someone to patronize her.

>  
>> I go for 40 minute walks 6 days a  
>> : week, and get aerobic exercise once a week.  
>  
>Good. Exercise done before the biggest meal of the day typically  
>helps increase appetite for folks who are underweight (decreases

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>appetite for those who are overweight).

I'd see a trainer right away. You may need to cut back on some exercise while you resolve your eating problems. Basically, you need professional help. Which is something that won't happen on a news group.

>

>

>> *I am thinking of seeing my doctor about this.*

Blind flash of the obvious, eh? Sooner rather than later. I know how anxiety and depression can escalate—you don't want to go there.

>

>*You should see a doctor to make sure your weight loss is not due to an*

>*underlying treatable medical condition (hyperthyroidism, Type 1*

>*diabetes mellitus, heart disease, infection, cancer, depression, etc).*

That I agree on.

(snip)

Nancy

pre-diabetic (2/2004)

starting to get some control

Fasting bg 119

A!C 5.5

Cholesterol sucks

to email me, remove the Z