



Dear OH Readers,

Happy New Year, New You!

I am so excited about 2010 and anxious to learn what the year holds for all of us. I can't wait to hear about your WOW moments, your weight loss journeys, to view your before and after photos and to learn even more about the issues that matter to you.

On a personal note, I wonder: Will I lose more than the 15 pounds I lost in 2009? (Thinking positive!) What relationships and new friendships await me in the coming year? What life lessons are in store for me? Will the "scale" and I finally see eye to eye? The possibilities of the days to come are endless. Perhaps you share in my sentiments?

Speaking of the scale, we have a love/hate relationship and I try at all costs to avoid the "truth teller" 364 days a year. With the exception of the forced weigh in at doctor's appointments, once a year I "bravely" step onto the scale and let the truth be told. The proud (or not so proud) moment happens on New Year's Day. Sometimes, the pounds staring back at me leave me speechless. Working out five days a week for 45 minutes a day has proven a success for me, but why am I not losing even more weight? Do I need to be more mindful of portion control (See page 28) and sticking to the exercise basics? (Page 22)

In this issue of OH Magazine, authors and experts share their insights and thoughts about scale obsession, success with and without the scale and OH Members talk about their weigh in preferences. Our cover story, "My Insurance Company Denied Me" features OH member, Brenda, as she writes about her struggles with her insurance company and her ultimate denial to be approved for surgery. And in the spirit of Valentine's Day, Dr. Kathy Nickerson writes about how to "Make Love Last."

To compliment the articles written for and about you, we are featuring even more photos of our readers and members. We want to continue this trend! Please feel free to submit you high resolution photos and/or stories to me directly at: [Editor@ObesityHelp.com](mailto:Editor@ObesityHelp.com) for consideration to be included in future publications.

All my best,

Tammy J. Colter  
Editor-In-Chief

**Correction:** A special note from the Editor: Our loyal readers and subscribers will notice that we have reprinted an article about Arm Lifts that was featured in a previous issue. The decision to reprint the article is the result of an error in the original publication. The author of the article was not properly credited and instead, another surgeon's bio and photo appeared in the publication. Our authors and dedicated professionals are important to the success of our weight loss journeys and to the publication of OH Magazine and they deserve to be properly acknowledged for their work. Therefore, we have chosen to reprint the article to represent the author's work. I extend my sincere apologies to the original author, Dr. Thomas McNemar and I am thankful to Dr. Bernard Shuster for bringing the error to my attention.