

## Breaking the yoyo cycle

ANNA VLACH  
LIFESTYLE REPORTER

FORGET Dukan and Atkins, the yoyo diet appears to be the most popular with Australians, latest survey results show.

A poll of more than 1000 men and women by SureSlim Australia shows roughly three out of 10 (31 per cent) successful dieters regain lost weight within six months. Six out of 10 put the weight back on within a year and eight out of 10 within two years.

The survey, conducted to promote the weight loss company's new Online Clinic, also shows 78 per cent of dieters do not achieve their goal weight.

Flinders University nutrition and dietetics senior lecturer Kaye Mehta says yoyo dieting is "risky for the body" because of the strain put on the body by losing and gaining weight.

"An externally prescribed diet is not the way to (lose weight), you have to do it internally yourself," she says. "You need to enlist your brain and become aware of what you are eating, which is fundamental to weight loss and any health behaviours."

Lisa Moore, 40, of Seaford Meadows, says she has been yoyo dieting since her teens. Ms Moore, whose weight peaked at 110kg in January 2010, has since lost 44kg by deciding to make lifestyle changes, including joining a gym.

Planning to lose another 6kg to reach her goal of 60kg, Ms Moore is now a qualified personal trainer with her own mobile business, Boost Fitness.

"The best thing about losing the weight is just knowing I could do it and achieve it after so many years of yoyo dieting. I feel younger and have more energy," she says.



ENERGISED: Lisa Moore has been a yoyo dieter but is now a healthy weight after losing 44kg. Picture: TRICIA WATKINSON

## Sanitiser security call

# Hospital patient binges on soap

BELINDA TASKER  
MELBOURNE

A MAN who drank six bottles of hand sanitiser while being treated in hospital for alcoholism has sparked calls for the antibacterial gels to be better secured.

Doctors at Melbourne's The Alfred hospital were stunned when they found the man had downed six bottles of hand sanitiser, giving him a blood alcohol reading of 0.271 per cent - the

equivalent of drinking about 20 stubbies of beer.

The 45-year-old had been undergoing treatment for alcohol-related gastritis when he drank the 375ml bottles of sanitiser, which have an ethanol content of 66 per cent and are routinely used by medical staff to prevent infections spreading between patients.

Dr Michael Oldmeadow, a consultant physician, said the man had been lucky to survive.

He said although the incident was not the first of its kind, it was the most serious case he had seen and highlighted the need for hand sanitiser bottles to be bolted to walls so they could only be refilled but never removed.

"We have these bottles all over the wards and they are used constantly," Dr Oldmeadow said.

"Infection control in hospitals is critical and you can't have doctors and staff walking in patients' rooms without protecting against the transfer of bugs."

In a letter published in the latest *Medical Journal of Australia*, Dr Oldmeadow and three of his colleagues said at least one hospital in the United States had introduced non-removable dispensers in all its wards.

"Experience at our institution over the past six months suggests

that consumption of alcohol-based hand sanitisers by in-patients may be an increasing problem in Australian settings - we are aware of a further three patients who have consumed these

products while at our institution," they wrote.

In the case of The Alfred patient, nurses discovered the near-empty sanitiser bottles while cleaning his bed.

He was admitted to hospital three days earlier and became drowsy for no apparent reason.

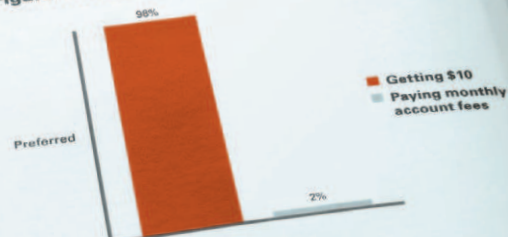
The man admitted to drinking the sanitiser.

"It's obviously an uncomfortable time for a withdrawing alcoholic, but he managed to find a way around it," Dr Oldmeadow said. "But it surprised us that he drank this stuff. You'd think it would taste pretty bad."

**You'd think it would taste pretty bad.**

- DR MICHAEL OLDMEADOW

Figure 11: Preference in Day to Day Accounts



Nielsen Omnibus May 2011\*

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