

Information Sheet - For GI Nutrition Patients (Page 1 of 2)

This information sheet is for patients who are interested in being seen in consultation by, Dr Ganguli, for help with adopting a healthier diet.

1) Diabetes & Obesity

The rate of obesity and type 2 (adult-onset) diabetes is rapidly rising in Canada and around the world. The conventional approach to prevention (a low fat diet and exercise) is [somewhat helpful](#), but in a [large study](#) of people with pre-diabetes, after 15 years, 52% of subjects still went on to develop diabetes.

Large studies have recently shown that people with a high intake of meat (especially processed meat) have a 44% increased risk of [developing diabetes](#) as well as increased [death rates](#) from all causes (12% for all meat; 22% for processed meat), cancer (10-16% increased) and heart disease (16-22% increased). In contrast to this, large studies looking at people on a plant-based diet show that they are [significantly slimmer](#) and [less likely](#) to develop obesity and diabetes than those eating regular diets. Randomised studies of a **Whole Food Plant-Based** (WFPB) diet have clearly shown that: 1) A WFPB diet is better at [treating diabetes](#) than the American Diabetes Association diet, 2) A WFPB is better at [treating obesity](#) than a conventional diet, 3) Results are **much better** for subjects who also [participate](#) in support group meetings.

2) Heart Disease

In 1990 Dr Dean Ornish published a randomised [study](#) of 48 patients with heart disease treated with a vegetarian diet and stress management (lifestyle group) in comparison to a control group who didn't change their diet or lifestyle. During the first year, the lifestyle patients lost over 20 pounds. During the 5 years of the study, the percent narrowing of heart vessels **improved** by 3% in the lifestyle group and **worsened** by 12% in the control group. This difference was highly significant.

[In 2014](#) Dr Caldwell Esselstyn published the results of a clinical program he has run at the Cleveland Clinic to reverse coronary artery disease with a **whole food plant-based low fat diet**. His results involved 198 consecutive patients. He compared the outcomes of 177 patients who followed his instructions ('adherent') with 21 who did not ('non-adherent'). Major cardiac events (eg heart attack) occurred in **0.6%** of the adherent patients and in **62%** of the non-adherent ones.

From these studies it is apparent that the diet which is best able to prevent and/or reverse chronic diseases is made of **whole** (unprocessed) **foods**, is **plant based** (ie no animal products such as meat, chicken, fish, eggs, milk or cheese) and is **low in oils** (abbreviated as WFPBNO).

To learn more about this diet please go to the web address below (note that this page is specially for patients) which has been built by Dr Ganguli, a gastroenterologist (specialist in the stomach/colon etc). You will know that this is the correct page because it will say it is for 'patients'.

foodasprevention.com/newpatient

Once you have looked through the web page (above) and the rest of the site you need to decide if you would like to be seen in consultation by Dr Ganguli **to help you to adopt a Whole Food Plant-Based (WFPB) diet for 6 months.** If the answer is 'yes', please review the check list below and **call Dr Ganguli's office (905-522-1155 x 35109)** and leave a message with the following information: 1) You are interested in a Whole Food Plant-based diet, 2) Your Name, 3) Date of birth, 4) Name of the physician who is referring you, 5) Your phone number and email address. You will be contacted with an initial consultation appointment.

While you are waiting for your initial consultation, please review the rest of the foodasprevention.com website.

During your **initial consultation meeting (about 2 hours)** you will receive information and help in making changes to your diet. Follow-up appointments will also be arranged to monitor your progress and assist you in making the transition to a WFPB diet.

You will also need to **attend 6 small group meetings (held on Zoom on Sunday evenings)**. These meetings will include education , food demonstrations, recipes and support. If you are not the main food preparer in your household, **that person will also need to accompany you** to the small group meetings and hopefully also to your appointments, in order to learn about this diet and support you in the changes you are making.

Checklist before calling for your initial consultation appointment:

- You are currently a patient being followed by a family doctor
- Reviewed website (**foodasprevention.com/newpatient**) page
- Understand the 6 month goal is to transition to a diet free of meat, poultry, fish, milk, cheese, and eggs.
- Understand the intervention includes follow-up visits **and participation in 6 group meetings** (held on Zoom on Sunday evenings, 6:30-7:30 pm)
- If you live with a partner **who prepares your food**, they should be willing to come to the group meetings too.

If you have checked all of the above and would like to proceed, please call Dr Ganguli's office as directed above.