

December 20, 2007

Dear colleague,

Recently the Carilion Clinic Family Medicine department conducted a very successful research study investigating the use of the Coronary Health Improvement Project (CHIP) program in a group of 15 patients with poorly controlled type 2 diabetes. The intervention consisted of 2 hour sessions held four nights a week for four weeks. They were held at our offices and led by the Rocky Mount Lifestyle Health Center team. The sessions featured video lectures, cooking demonstrations, and activities promoting regular exercise and other healthy lifestyle choices (details at <http://www.chipusa.org/>). The outcomes exceeded our expectations. There was an average drop in fasting blood sugar of 43 mg/dL (-26%) with reductions in total cholesterol of 26 mg/dL (-14%) and triglycerides of 84 mg/dL (-30%). The average weight loss in the 30 days was 5 pounds, and a number of patients reduced their medication dosing. The subjects really enjoyed participating in the program, and we had only one drop out.

As the Principal Investigator and Co-Investigator for the study, we wholeheartedly recommend the CHIP program as an effective way to educate and motivate participants to lower their risks for heart disease. The improvements in risk profiles from the CHIP program are well-documented in published studies (see <http://www.chiphealth.com/scientific.html>). Dr. Kelly, a diabetes researcher and Co-Investigator on the study, has a great deal of experience with therapeutic lifestyle interventions and serves as the President of the American College of Lifestyle Medicine (<http://www.lifestylemedicine.org>).

If you have any questions about CHIP, Dr. Kelly and his staff, or our study, please feel free to contact us.

Thank you,



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