



Monday, June 7, 2004

## Atkins diet founder's widow receives unique award

By **Kelly Smith**, OU Writer

Among a crowd of more than 500, Oakland University President Gary Russi presented Veronica Atkins, wife of the late Robert Atkins, MD, with the National Pre-Symptom Medicine Impact Award.

Atkins accepted the honor on behalf of her late husband during the Protect Your Health Lectures on Saturday, June 5, at Meadow Brook Theatre. The lectures were part of the **First National Congress on Pre-Symptom Medicine** held at Oakland University June 4-6.

The award recognizes Robert Atkins' work on weight reduction by generating national awareness of the effects of high carbohydrates on weight gain and obesity. Atkins' pioneering work on this subject impacted all segments of the general population and launched a greater understanding of the elements in weight control.

"A cardiologist with an innovative perspective on nutrition and health, Dr. Atkins developed a controlled carbohydrate approach to weight and disease management," Russi said. "He took this approach, called the Atkins Nutritional Approach, and successfully challenged conventional medicine and nutritional science. Today, the Atkins Nutritional Approach is widely used by physicians around the country for controlling obesity, diabetes, heart disease and other medical conditions.

"We recognize Dr. Atkins for his tremendous efforts in improving the health of others and paving the way for a healthy America."

Russi presented Veronica Atkins with a crystal swan donated by Swarovski North America Limited.

Over the weekend-long congress, lecturers discussed the latest developments in pre-symptom medicine, the diagnosis and treatment of disease years before it becomes symptomatic, with particular emphasis on heart disease and colon cancer.

"The overwhelming interest shown in the PSM Congress by physicians and the public confirms in my mind that there is wide support for a shift in health care, from treating disease when it is symptomatic to screening as a way to avoid disease and the invasive and costly procedures that accompany illness," said Donald Bronn, MD, Ph.D., FACRO, program chairman for the congress.

Popular low-carb advocate and author of "The South Beach Diet," Arthur Agatston, MD, along with H. Robert Superko, MD, author of "Before the Heart Attacks," headlined the three-day congress.

Agatston spoke about the myths and facts surrounding diet and weight loss, including the importance of good carbohydrates and good fats, which can trigger weight loss when eaten in moderation.

"The (South Beach) diet is one of moderation and is very flexible. It can be high in fat and carbs as long as they are good ones," Agatston said.

**The South Beach Diet** teaches dieters to rely on the right carbs and the right fats to encourage weight loss and improve health.

After their lectures, audience members formed a long line for a book signing session with Agatston and Superko.

For more information about the three-day event, visit the **First National Congress on Pre-Symptom Medicine** Web site.

**SUMMARY**

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