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The OB/GYN Group of Austin

Dr. Karen Kish, Obstetrician and Gynecologist with The OB/GYN Group of Austin, does not believe the hCG hormone aids in weight loss.

Austin – May 15, 2009 – hCG, Human Chorionic Gonadotropin, is a hormone a local weight loss clinic is using to treat weight loss, claiming it has an effect on the hypothalamus, the portion of the brain that controls hunger, body temperature, fatigue and thirst.

Dr. Karen Kish is one of many physicians who do not believe the hormone is responsible for the weight loss some hCG recipients are achieving. “These 500 calorie-a-day diets that recent hCG patients are strictly holding to - that is a severe calorie restriction and so you would expect, simply from that, a dramatic weight loss in a short amount of time,” said Dr. Kish.

Dr. Kish has been giving her patients hCG to enhance fertility. However, she believes that scientific studies do not back up these new weight loss claims. She continued, “The randomized controlled trials that have been done have not shown that people who are on the placebo injections versus the hCG injections have had any difference in their hunger, and so if it works for these patients, that’s just an added bonus.” Dr. Kish does believe that hCG is much safer than some alternatives such as weight loss surgery, but strongly believes that it is not a healthy choice for anyone to maintain a 500 calorie-a-day diet for a long period of time.

About The Ob/Gyn Group of Austin

The OB/GYN Group of Austin, formerly known as Drs. Des Rosiers & Wernecke, Associates, was established in 1965. The name was changed in September of 2008 to reflect its growing clientele and longtime service to Austin women. Today it has a staff of eight renowned, board certified Ob/Gyn physicians, a nurse midwife, nurse practitioner and a skilled business office. The group is committed to providing Austin women with premier expertise in obstetrics and gynecology, including pregnancy care and management and routine wellness exams. This long established group practice offers the most advanced, state-of-the-art technology, with many services available in-office, including lab work, bone density testing and digital mammography. For more information, visit www.ObgynGroupofAustin.com.