

The 30 Pound Club

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Waist Size Fairy Tales

A long-time reader sent me a story from an article in *Esquire*. Seems the author, Abram Sauer, went to purchase a new pair of casual dress slacks. If he's like me, he's not obsessed with labels—he just wants a pair of pants that look good and feel comfortable. Well, the 36-inch waist slacks he tried on were tight. He claimed he's not lean, but he's no fatty either—he says he's a "Russell Crowe" body type. So why did the slacks shrink since the last time he bought a pair? Typical male. He never thought that maybe it was his waist that expanded.

That put him on a mission: find out what the real waist size is in casual dress slacks labeled as a 36-inch waist. He bought a tailor's tape, and off he went to every department and clothing store he could find. What he found out was amazing. Seems that manufacturers of men's clothes are doing what they've been doing to women's clothes for years: vanity sizing. They make the clothes bigger for any given size. In the case of the casual slacks, the range for a 36-inch slack was 37 inches at H&M to 41 inches at Old Navy. Not a single pair was actually 36 inches.

The author was bummed. Would having sign say Chicago is 45 miles away when it's really 72 make us feel better? Slacks should be the size they say they are because vanity sizing isn't doing us any favors.

I agree. That's why I told you several weeks ago when I wrote about waist size and mortality to actually measure your waist, not go by jean size as many men would do. So if you haven't done it, re-read that message, measure your waist, and get to work.

But there is an upside. When you actually do get your waist to the size you want, chances are you'll have to buy slacks labeled two to four inches smaller than your actual waist to get them to fit right. That's something you can boast about when you get there. But getting there is the key. For another reason why, keep reading.

Diabetes Webinar

Your waist size is a significant risk factor for developing type 2 diabetes. If you want to know more about this disease, and more important, what you can do to prevent it, you can still sign up for the *Diabetes* webinar this afternoon or Wednesday night. For more information, go to drchet.com—but really, this is one event you shouldn't miss.

One and Done.

What are you prepared to do today?

Dr. Chet



WGUV Straight Talk on Health

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org and clicking on "Listen Live" in the gray bar at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

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