

## Low carb for doctors (part 14)

**Dr. David Unwin:** One of my problems here at Norwood Avenue was convincing my colleagues that what I was doing was safe. And I have an idea that some of you may share this. The way I began here was by starting small. And I was very careful that the work load of the low-carb initiative didn't impact on my partners too heavily. So I started small.

The other thing comes back to the keeping of good records and the feedback. So that I was sharing with the partners some of the graphs of the progress. And that gradually convinced them that what I was doing was safe and interesting. Another really important thing is I did low-carb myself.

So that with the patients I went low-carb and my partners could see me lose weight, they could see the fact I could exercise and run and they were intrigued as to what I was doing. So that gradually over time they became low-carb themselves.

So we now have a situation here where most of the partners are low-carb, many of the staff, the practice manager, both our practice nurses are low-carb, because as it were rather than running it down their throats, I've been trying to start small, gather information, evidence and share it with them and then of course they've come across patients who are doing really. And good doctors are interested in being effective.

So I think this has helped convince them. And again far better to start small and do a good job than it is push it too hard, run risks and have a colleague who is unhappy with what you are doing. Because nearly all of us work in teams. And so I would normally start small. Bear in mind any impact that your work might have on your colleagues.

So actually we did the low-carb initiative, I did it for free, so I worked in my own time on a Monday night, so that had no impact upon the partners at all and they didn't pay for anything. Because an early criticism was that, "Maybe I ought to be seeing sick patients, rather than all these low-carb people." So I did it in my own time as an extra.

But that was only a transient arrangement. When the partners saw the drug budget was improving and the results I was getting, they are now keen to help me and they are doing it themselves. So start small and grow it organically perhaps over a year or two.