

NEW YORK, Jan. 3, 2014 /PRNewswire/ -- Below are experts from the [ProfNet](#) network that are available to discuss timely issues in your coverage area. If you are interested in interviewing any of the experts, please contact them via the contact information at the end of the listing. To receive these updates by email, send a note to profnet@profnet.com with the industries you cover, and we'll add you to the appropriate edition.

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EXPERT ALERTS

- Cutting Out Sugar to Lose Weight
- Torn Meniscus Study and Arthritis

MEDIA JOBS

- Sports Journalist - The Durango Herald (CO)
- Newsperson/Statehouse Reporter – The Associated Press (KY)
- Local Government Reporter - Richmond Times-Dispatch (VA)

OTHER NEWS & RESOURCES

- The Q&A Team: Top 10 Posts of 2013
- Media 411: A Media Wish for 2014
- Top 10 Blog Posts of 2013

EXPERT ALERTS:

Cutting Out Sugar to Lose Weight
Dr. James Surrell
Colon/Rectal Surgeon
American Society of Colon and Rectal Surgeons/American College of Surgeons
Americans are obese and overweight because each person consumes some 140 pounds of sugar annually. Says Dr. Surrell: "To lose weight and keep it off all you need to do is stop eating sugar and become a label reading detective." Dr. Surrell is a board certified colon and rectal surgeon who has performed more than 1,000 major abdominal surgeries and 20,000 colonoscopies. He also holds fellowship status in the American College of Surgeons and the American Society of Colon and Rectal Surgeons. He focuses his practice on nutrition and weight loss. Each year he gives more than 50 talks to thousands of professionals and people of all walks of life on nutrition, weight loss, and healthy lifestyles. He is the author of "SOS (Stop Only Sugar) Diet" -- a

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bestseller with over 20,000 in print. Website:

<http://www.SOSdietbook.com>

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Torn Meniscus Study and Arthritis
Dr. Kevin Stone
Orthopedic Surgeon
The Stone Clinic in San Francisco

"A new medical study that questions the effectiveness of torn meniscus surgeries is misleading because it falls short of reporting long-term effects. The study done in Finland

and published in the New England Journal of Medicine says the invasive torn-meniscus surgery, performed 700,000 times a year, worked no better than some fake operations and physical therapy might be just as helpful. The study only followed patients for one year, and gives people the false impression that it is ok to live with damaged knee meniscus tissue. What the findings of meniscus surgery is completely missing is that a torn meniscus leads to arthritis. The most recent and earlier studies simply didn't follow the patients long enough. Once the meniscus is torn or partially removed the impact loading in the knee joint increases causing focal wearing away of the articular cartilage. Many athletes who lost their meniscus developed arthritis later in life. The more exciting trends are that we can now repair and replace the meniscus and the articular cartilage and save people from the lifelong disability of arthritis. It is not ok to condemn people to arthritis in later life when the tissue could have been successfully restored." Dr. Stone is a pioneer of advanced orthopedic surgical and rehabilitation techniques to repair, regenerate and replace damaged cartilage and ligaments. He is an orthopedic surgeon at The Stone Clinic and also the chairman of the Stone Research Foundation. He lectures around the world as an expert in cartilage and meniscal growth, replacement, and repair and holds over 40 U.S. patents on novel inventions to improve healthcare. Website:

<http://www.stoneclinic.com>

Media Contact:

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MEDIA JOBS:

Following are links to job listings for staff and freelance writers, editors and producers. You can view these and more job listings on our Job Board: <http://bit.ly/pncjobboard>

See more listings [here](#) .

OTHER NEWS & RESOURCES:

Following are links to other news and resources we think you might find useful. If you have an item you think other reporters would be interested in and would like us to include in a future alert, please drop us a line at profnetalerts@prnewswire.com

- THE Q&A TEAM: TOP 10 POSTS OF 2013. Hopefully the Q&A Team was able to answer a question or two that you may have had relating to the media industry. If you missed any of the posts in 2013, here is a list of the top 10 Q&A Team posts of 2013: <http://bit.ly/1als8jD>

- MEDIA 411: A MEDIA WISH FOR 2014. In the latest Media 411, Evelyn Tipacti shares that she hopes this year will bring less scandal and more truth and respect for the media industry. What do you hope for in 2014?
<http://bit.ly/1grVZvQ>

- TOP 10 BLOG POSTS OF 2013. ProfNet Connect users posted hundreds of interesting and timely blog posts this year, so we thought it would be worth another look at some of the most popular ones. Here are a few of the most popular blog posts from members of the ProfNet community: <http://bit.ly/1bzaljk>

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ProfNet Experts Available on Sugar-Free Diets, Torn Meniscus Study

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