

Clinical Nutrition Center

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WEIGHT LOSS AND MAINTENANCE PROGRAMS

Physician supervised programs for the treatment of obesity

Congratulations on your decision to begin a comprehensive weight loss program! We understand how difficult it can be to take that first step. Clinical Nutrition Center specializes in professional medical treatment and nutrition counseling for a variety of nutrition related problems, including weight gain or loss, disordered eating, diabetes, high cholesterol, high blood pressure, irritable bowel syndrome, food sensitivities, nutrition for pregnancy, diets for athletic performance and for the vegetarian. This brochure describes the eating plans designed for *weight loss patients only*.

Our programs are based on the latest developments in the fields of nutrition and weight control, behavior modification, exercise prescription, and stress management. All programs include individualized eating plans, medical supervision, nutrition education and counseling, a support system and the appropriate use of selected medications. A comprehensive approach translates into success!

DESIGN OF THE FOOD PROGRAMS

More than 35 years of working with the overweight individual have convinced us that many diets do not result in sustained weight loss. Successful programs must be flexible enough to not interfere with daily routines and yet produce weight loss quickly to keep you motivated. Our weight loss programs are designed with these facts in mind. Each eating plan is designed to meet particular needs; *you should choose the eating plan that best fits your life style*. If you are determined to lose weight and keep it off, we are here to help you. The eating plans differ primarily in the type and variety of foods they offer. Some people prefer a broader selection of foods, while others find a more limited menu easier to follow.

THE EXCHANGE PROGRAM

The Exchange plan is the most flexible of the weight loss programs. It is designed to provide a good selection of foods as well as quick weight loss. If you cook for others or travel frequently, this may be the plan for you. Your Registered Dietitian will include a variety of lean meat, fish, poultry, vegetables, fruit, grains and low fat dairy products in your meal plan. You may make your own food choices or we can provide sample block menus to simplify decision-making. The low calorie balanced meals provide enough variety to decrease diet boredom and are excellent practice for maintenance eating.

FASTING PROGRAMS

*Fasting is the quickest possible way to lose weight. However, there are safe and unsafe ways to fast. **Some patients with severe medical problems should not use fasting programs of any type. We will be happy to provide additional information if you have questions regarding either of the fasting programs.***

The original Protein Sparing Modified Fast was researched and developed at Harvard Medical School's Center for Nutritional Research. As the name "Protein Sparing Modified Fast" suggests, the eating plan was modified from a total fast in which no food was permitted, to one that includes enough high quality protein to ensure that fat is lost and not muscle tissue. Protein may be eaten in the form of either (1) small portions of lean meat, fish and poultry, or as (2) a high quality protein formula or drink, or (3) a specified combination of both.

Fasting programs should only be used in overweight and obese individuals requiring at least 15 (Modified Fast) to 30 (Nutrifast) pounds of weight loss. We will be happy to provide additional information if you have questions regarding either of the fasting programs.

THE PROTEIN SPARING MODIFIED FAST

Although it is a major departure from normal eating, most patients experience little hunger after the first few days. This program will appeal to the person who wishes to minimize food decisions and preparation, but prefers to eat real food versus protein supplements. Small portions of lean meat, fish or poultry provide daily protein. A few salad items or vegetables are included for variety and texture. You may occasionally substitute a powdered protein supplement if you do not feel like cooking. In addition to water, you may have low calorie beverages, including decaf coffee, tea and sugar-free soft drinks. You will also need a daily vitamin and mineral supplement, which we will supply. The Modified Fast may be used safely until goal weight is reached, or as a way to get your weight loss program off to a quick start before switching to the Exchange Program. The menu may seem limited, but those who follow it closely experience little hunger, maintain good energy and generally feel well.

NUTRIFAST: *(This program utilizes liquid protein)*

The Nutrifast program utilizes a protein formula similar to that used on the Optifast® and Medifast® Programs. The supplement contains high quality protein and is available in more than 30 hot and cold flavors. These supplements are available only to physician's offices and should not be confused with over-the-counter products. Patients who follow the Nutrifast Program closely also lose weight rapidly, experience little hunger, maintain good energy and generally feel well. This program also may be used for the duration of the weight loss phase if desired.

The Nutrifast program is designed for individuals who are at least 30% over their Ideal Body Weight and who are willing to abstain from normal food during the weight loss phase.

ADVANCED PROGRAM

Many people find a full-fledged exchange type program to be overwhelming, and at the same time, find a full fasting program to be too restrictive. The *Advanced* Program is the perfect choice. It provides the structure of the fasting programs, but without the potential risks of being in ketosis.

The variety of foods on the *Advanced* Program provide a menu that is flexible enough to be practical both at home and away, but also structured enough to remain simple. The *Advanced* Program can easily be expanded into a maintenance eating plan as well.

On the *Advanced* Program you will eat a low glycemic index diet lean protein, non-starchy vegetables, and small amounts of fruit and dairy. Protein formula may also be used as a substitute for lean protein. The actual amounts are based on the number of calories you need, which in turn depends on your size, age, activity level, and lean body weight.

MAINTENANCE PROGRAM

It may seem premature to think about a maintenance program before we even begin, but weight maintenance is the most difficult part for many people. What is the value in losing weight if it is only to be regained? Repeated cycles of weight loss and gain are not only demoralizing, but also often result in weighing even more.

Before you start dieting, commit to a maintenance program! Maintenance programs are individualized to match lifestyles and food preferences. Weekly counseling visits are strongly encouraged until you are confident of your ability to maintain. At that time, the frequency of office visits may be decreased to bi-weekly or monthly. *Our most successful patients continue their maintenance visits for several months after reaching their goal weight.* We encourage you to participate in a maintenance program; it is crucial to your success! Current research supports long-term maintenance visits to prevent weight regain. We can also help the individual who has lost weight by some other means and is having difficulty maintaining. Most commercial weight loss programs do not offer a thorough maintenance plan.

METABOLISM

Your body's unique resting metabolic rate is also an important factor in your caloric requirements. To further aid in understanding your body's unique caloric needs, talk to your dietitian about ways to estimate your individual caloric needs. We have found that calculating or measuring your metabolic rate can be invaluable in helping develop your meal plan, whether it is for weight loss or for maintenance.

SERVICES PROVIDED WITH EACH PROGRAM

- 1. Supplemental Medications** are provided as a necessary part of each program. These include required vitamin and mineral supplements plus an optional non-amphetamine appetite suppressant, if desired. *(Many patients find the appetite suppressants helpful, especially at first, but there is no requirement to take them.)*
- 2. Medical Supervision:** All new patients receive a thorough physical examination, laboratory studies, electrocardiogram, body composition analysis and review of their past medical and diet history. Dr. Lazarus and Heather Thomas (Physician Assistant) are available to see you for follow-up visits as needed for medical issues directly related to your weight loss program. They are also available for other medical needs within the scope of their training and expertise. Please understand that care for problems unrelated to your weight loss program is not included in our usual fees.
- 3. Individual Counseling** with an experienced Registered Dietitian is provided at each weekly appointment. These sessions provide support and encouragement as well as practical nutrition education.
- 4. A Daily Journal or Diary** is an important part of any successful weight loss program. The journal is designed to help you identify patterns in your eating habits and to learn basic nutrition concepts. Clinical studies show that most successful weight loss patients have kept a daily journal! Your Registered Dietitian will review your journal to help you identify problem areas and devise strategies for dealing with them. The journal is an awareness tool, not a report card.
- 5. Behavior Modification Lessons** help you develop effective alternatives for stress and emotion-related eating. You will also learn how to decrease "food cues" in your environment.
- 6. An Individualized Exercise Program** will be designed for you to gradually increase your level of physical activity. Regular exercise is essential for successful weight loss and maintenance.

INSTRUCTIONS FOR YOUR FIRST VISIT

Each new patient must have the initial Diagnostic Evaluation and Health Assessment before beginning any weight loss program. This helps us identify the causes of your weight problem and is the basis for your individualized eating plan. **Your initial visit will require 2 hours.** Please take this into consideration when scheduling your appointment. We make every effort to stay on schedule and see all patients at their appointed times. If you must cancel your appointment for any reason, please notify us as soon as possible since that time has been reserved specifically for you!

HISTORY AND PHYSICAL EXAM

Prior to your first visit, please visit our web site at www.ClinicalNutritionCenter.com and click on the <Getting Started> tab to complete your Medical and diet history online. If you do not have internet access, we will provide you with a printed version. ***Please bring the completed forms with you at the time of your first visit*** so that we may review them before your examination. We are interested in detecting any evidence of past or current illness that might be contributing to your weight problem or that might affect the treatment prescribed. A complete electrocardiogram will also be performed at this time.

LABORATORY TESTS

Blood and urine specimens should be obtained prior to your initial visit. We prefer to take blood specimens when you are fasting because the results are more accurate. The Initial Diagnostic Profile includes the following tests: Thyroid (TSH), blood sugar, cholesterol, HDL, triglycerides, iron, thyroid, kidney and liver function tests, protein, calcium, electrolytes, a complete blood count and a urinalysis. **Please continue your normal eating**

DO NOT EAT ANYTHING FOR 8 HOURS BEFORE YOUR INITIAL BLOOD DRAW.

However, it is important to drink 6 to 8 (8 oz.) glasses of water during this time or you may not feel well.

IF YOU ARE DIABETIC, DO NOT FAST FOR YOUR FIRST BLOOD DRAW. CALL US FOR SPECIAL INSTRUCTIONS.

habits until your first visit. Dietary changes before this time may alter your test results.

If possible, please have your blood drawn at least 24 to 48 hours prior to your first visit. This will enable us to review your test results with you at your initial visit.

SCHEDULE OF FEES

The Initial visit fee includes the physical examination, EKG, laboratory tests and consultations with our physician or physician assistant and one of our Registered Dietitians. Fees for subsequent visits are considerably less since the physical examination does not need to be repeated.

The fees for all programs include *necessary* vitamin and mineral supplements, *optional* prescription appetite suppressant medication, weekly visits with your Registered Dietitian, an individualized eating plan, a daily journal, behavior modification lessons, blood pressure monitoring and medical evaluation as needed. The fasting programs also include additional potassium supplementation, monthly blood tests and urinalyses.

A complete list of our current program fees is available from the front office.

OFFICE FINANCIAL POLICIES

Payment is due at the time of service. This simplifies paperwork for you, your insurance company and our office. Payment may be made in the form of cash, personal check or charges to your VISA, MasterCard or Discover Card.

WEEKLY VISITS AND CANCELLED OR MISSED APPOINTMENT POLICY

Your success depends on regular support and medical supervision. The weekly visits are intended to help maintain the high level of motivation necessary for successful, long-term weight loss. In our experience, patients who commit to weekly appointments are the most successful! **Missed appointments cannot be refunded** or credited to the next four-week treatment period. This policy is intended to encourage you to keep appointments during busy or difficult times when you might otherwise be tempted to skip a scheduled appointment.

IT IS OUR OFFICE POLICY TO CHARGE FOR MISSED APPOINTMENTS AND THOSE CANCELLED WITHIN 48 HOURS.

INSURANCE REIMBURSEMENT

Many of our patients have received partial or total reimbursement for their treatment, particularly if they have a weight-related disorder like diabetes, arthritis or high blood pressure. Every insurance company is different, so please check with your carrier to see what yours covers. Although our office does not accept assignment (payment) from your insurance company, we will provide you with a statement that you can submit to your insurance company for reimbursement. These policies help keep our fees as low as possible. Insurance payments should be mailed directly to you. If our office receives any payment from your insurance company, it will be refunded to you promptly.

We hope you find our policies fair and equitable. They have been established to help our office run efficiently and ultimately to keep your expenses to a minimum. Please feel free to inquire of any staff member if you have questions.

LOCATION

Clinical Nutrition Center is located at **7555 E Hampden Avenue**, in the Tamarac Plaza office complex at Hampden Avenue and 7500 E. Hampden Avenue, approximately one mile east of the I-25 and Hampden Avenue intersection. The CNC office is located on the third floor of Building One. Parking is available in front of the building and in the lot to the south. Please call us at (303) 750-9454 if you need additional directions, or check out our web site at: www.ClinicalNutritionCenter.com

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