

Let Me Give You A HAND With Helping You  
Manage Your Weight

*Easy Tips From A Weight Loss Physician*

## DID YOU KNOW?

- About 74% of adults are overweight or have obesity.
- Adults ages 40 to 59 have the highest rate of obesity (43%) of any age group and adults 60 years and older having a 41% rate of obesity.
- About 40% of children and adolescents are overweight or have obesity; the rate of obesity increases throughout childhood and teen years.

Obesity is an epidemic in America!!!

## SO WHAT?

- According to the CDC, obesity-related conditions include heart disease, stroke, Type 2 Diabetes, and certain kinds of cancer
- These are among the leading causes of PREVENTABLE, PREMATURE death
- By losing just 5-10% of your weight, you can greatly reduce the risk of many health problems such as high blood pressure, Type 2 Diabetes, and heart disease
- Way back in 2008, the estimated medical cost of obesity was \$147 BILLION and medical costs for people with obesity was \$1429 higher than medical costs of people with healthy weights

[www.cdc.gov/obesity/data/adult.html](http://www.cdc.gov/obesity/data/adult.html)



Heart disease  
High blood pressure  
Type 2 diabetes  
Hyperglycemia  
High cholesterol  
High triglycerides  
Heart attack  
Stroke  
Premature death  
Congestive heart failure  
Colon cancer  
Gall bladder disease  
Ovarian cancer  
Osteoarthritis  
Prostate cancer  
Edema  
Blindness  
Kidney disease  
Rectal cancer  
Nerve damage

**LOSE WEIGHT AS IF YOUR LIFE DEPENDED ON IT.**

Ask about our safe and effective personalized weight loss plans, and learn how CMWL's physician-directed program can help you lose an average of 21 pounds in 4 weeks.\*  
Don't let being overweight take years off your life.

 **the center for medical weight loss®**  
Ask our staff for details.\*

\*Based on a certified average of 110 men over 18 years old.



BY ME GIVING YOU A  
H-A-N-D, YOU WILL BE  
ABLE TO TAKE EASY  
ACTIONABLE STEPS TO  
ENHANCING YOUR HEALTH  
AND WELLNESS TO  
IMPROVE YOUR QUALITY  
OF LIFE!

HOW WOULD  
YOU LIKE AN  
EXTRA \$7000 A  
YEAR?



## According To Epocrates On 4-22-22 >

- Crestor (GoodRx) \$292/month
- Diovan 160 mg (GoodRx) \$268/month
- Metformin XR 500 mg (GoodRx) \$43/month

This totals \$603 a month or \$7236 a year

## According To Epocrates On 4-22-22 >

- So by taking common medications for high cholesterol, high blood pressure, and Type 2 Diabetes, you are spending \$7236 a year!
- By losing weight and getting off of these medications, you can potentially pocket an extra \$7K a year!
- I have helped several people get off of their diabetes and blood pressure medications

## INTRO

- An estimated 45 million Americans go on a diet each year, and Americans spend \$33 BILLION each year on weight loss products Boston Medical [www.BMR.org/nutrition-and-weight-management/weight-management](http://www.BMR.org/nutrition-and-weight-management/weight-management)
- So many people understand it is important to treat obesity which is why they spend all this money on it.
- However, since obesity and its complications are medical conditions, wouldn't it make sense to have a medical treatment for obesity?



H-A-N-D

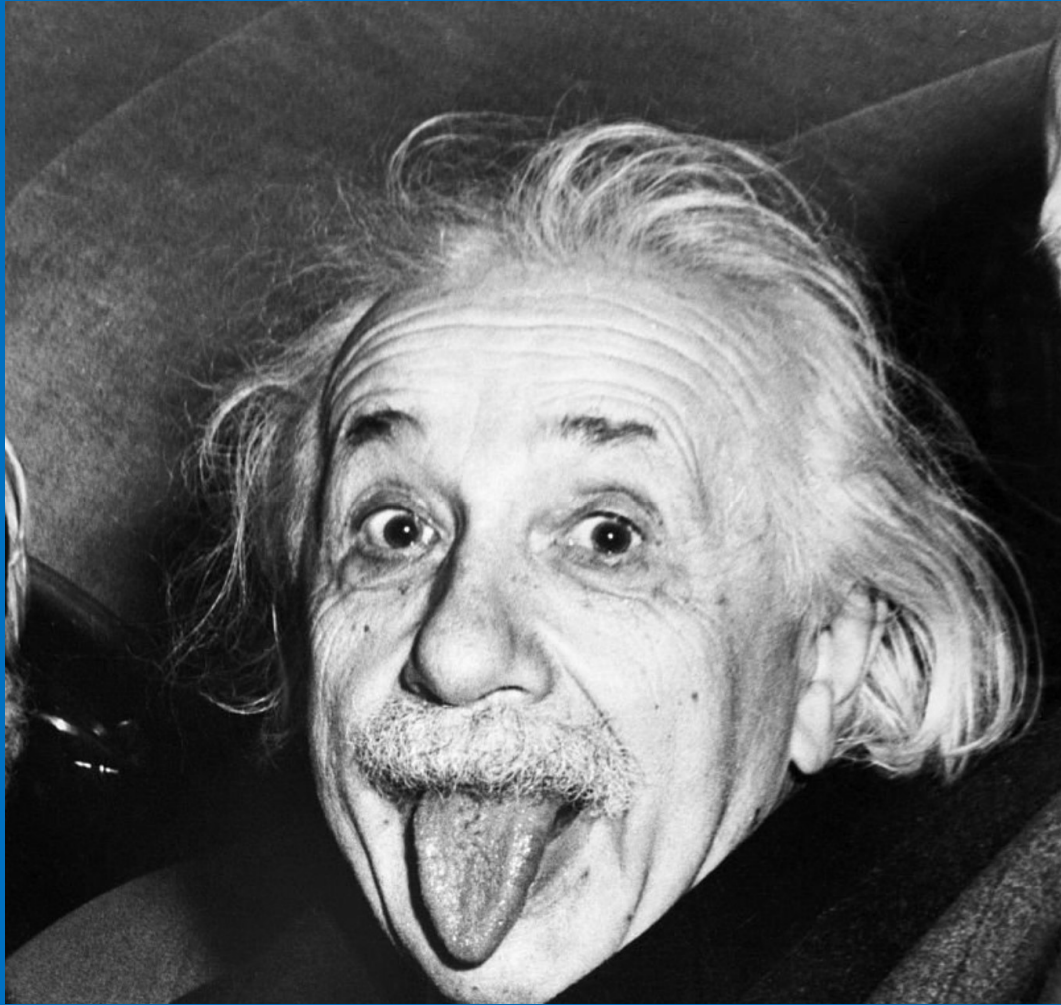


## H Is For HABITS

- In order to lose weight, there is a need to change habits, also known as behavioral modification

“Doing the same thing over and over again and expecting a different result” is the definition of...





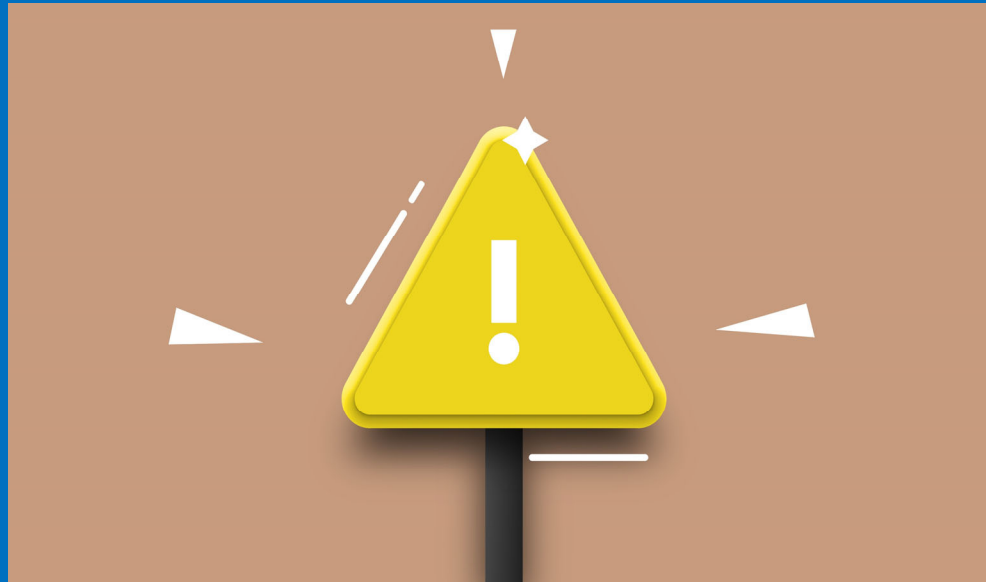
INSANITY!

If You Do What  
You've Always  
Done, You'll Get  
What You've  
Always Gotten."

— Tony Robbins



Behavior Modification Is A Very Important Component To Losing Weight



## The National Weight Control Registry

Founded in 1993, there were over 2800 participants with a mean weight loss of 23 kg (50.7 pounds) at 10 years

What did they do?



## WHAT ARE YOUR HABITS?

- Things that you do that you know are not good for your weight
- Things that you do that are good for your weight



HABITS:  
FOLLOW THE  
EXAMPLE OF  
THE NCWR  
PARTICIPANTS  
[WWW.NWCR.WS](http://WWW.NWCR.WS)

How important do you think breakfast is?

Should you bother weighing yourself?

How much screen time can I have?

Do I have to exercise?

It takes time for your stomach to send signals to your brain that you are full, so it is easy to eat past the point of being full

Taste buds might feel deprived so you eat more to give them more attention

For Example: Thanksgiving! Many people rush through their meal and it isn't until they are finishing their third plate that they realize they have overdone it. By then it is too late.

NEW HABIT: Give yourself 20 minutes to eat, put your fork down between bites, enjoy your food and the company.

HABITS: GIVE  
YOURSELF 20  
MINUTES TO  
EAT



## HABITS: BEING A “CLEAN PLATER” IS NOT NECESSARILY A GOOD THING

- We are believed to be born with a reflex - to stop eating when we are full. At around age 5, we learn how to rationalize. Our parents usually say one of two things. They say that there are starving people in the world or that we cannot have dessert if we do not clean our plate. Now we are praised for cleaning our plates and this conditioning usually makes this a difficult habit to break.
- When eating out, usually there is too much food on your plate

## HABITS: BEING A “CLEAN PLATER” IS NOT NECESSARILY A GOOD THING

NEW HABIT: Share a meal or ask the server to put  $\frac{1}{2}$  in a To-Go box and save it for lunch the following day

NEW HABIT: Avoid “Supersizing” unless sharing. It might only cost \$0.40 more but the effect on your weight is much more significant.

NEW HABIT: If you want to be a clean plater, use a smaller plate 😊 .



## **HABITS: Be Mindful Of Serving Sizes**

- When I was a kid, a fast food small beverage was 12 ounces, medium was 16 ounces, and large was 21 ounces
- Then 12 ounces was for a kid's meal, 16 ounces was a small, 21 ounces was a medium, and 32 ounces was a large
- Now, in many places, 16 ounces is a kid's meal, 21 ounces is a small, 32 ounces is a medium, and 44 ounces is a large!

# HABITS: BE MINDFUL OF SERVING SIZES



## **HABITS: Be Mindful Of Serving Sizes**

- New Habit: Pay attention to serving sizes and know that there might be more than one serving in a package.

HABITS:  
Understand The  
Visual Trigger  
That Food Has





## HABITS: Understand The Visual Trigger That Food Has Bottomless Bowls Study <https://pubmed.ncbi.nlm.nih.gov/15761167/>

**Objective:** Using self-refilling soup bowls, this study examined whether visual cues related to portion size can influence intake volume without altering either estimated intake or satiation.

**Research methods and procedures:** Fifty-four participants (BMI, 17.3 to 36.0 kg/m<sup>2</sup>; 18 to 46 years of age) were recruited to participate in a study involving soup. The experiment was a between-subject design with two visibility levels: 1) an accurate visual cue of a food portion (normal bowl) vs. 2) a biased visual cue (self-refilling bowl). The soup apparatus was housed in a modified restaurant-style table in which two of four bowls slowly and imperceptibly refilled as their contents were consumed. Outcomes included intake volume, intake estimation, consumption monitoring, and satiety.

## HABITS: Understand The Visual Trigger That Food Has Bottomless Bowls Study <https://pubmed.ncbi.nlm.nih.gov/15761167/>

**Results:** Participants who were unknowingly eating from self-refilling bowls ate more soup [14.7+/-8.4 vs. 8.5+/-6.1 oz;  $F(1,52)=8.99$ ;  $p<0.01$ ] than those eating from normal soup bowls. **However, despite consuming 73% more, they did not believe they had consumed more, nor did they perceive themselves as more sated than those eating from normal bowls. This was unaffected by BMI.**

**Discussion:** These findings are consistent with the notion that the amount of food on a plate or bowl increases intake because it influences consumption norms and expectations and it lessens one's reliance on self-monitoring. It seems that people use their eyes to count calories and not their stomachs. The importance of having salient, accurate visual cues can play an important role in the prevention of unintentional overeating.

A top-down photograph of a red plate and yellow chopsticks. The plate is on the left, and the chopsticks are on the right, held together by a red band. The background is dark with a textured pattern on the left side.

NEW HABIT: SEEING FOOD ITSELF CAN BE  
A TRIGGER TO EAT SO CONSIDER USING  
A SMALLER PLATE OR PORTION CONTROL  
PLATE SO YOU ARE NOT TEMPTED TO PUT  
TOO MUCH FOOD ON IT



## HABIT: GET ENOUGH SLEEP

- The body releases satiety hormones when asleep so if you do not get enough sleep, you will feel more hungry
- NEW HABIT: Try to get 7.5 hours of sleep a night. Keeping a room cool will facilitate sleep, try to limit evening screen time, and give yourself wind down time to help you fall asleep

# HABITS: ACCOUNTABILITY IS THE SECRET TO WEIGHT LOSS SUCCESS



This can be through regular weigh-ins, an accountability partner, and apps to log your food so you can't hide from the fact that you ate that third piece of cake



I recently had a patient who told me "I have an appointment this week so I have to get my act together." That means she got derailed!



HABITS:  
ACCOUNTABILITY  
IS THE SECRET  
TO WEIGHT LOSS  
SUCCESS



NEW HABIT: I weigh myself every morning as it gives me feedback from the previous day



NEW HABIT: Touching base regularly with someone who specializes in weight loss is important

# H

Changing Your HABITS To  
Modify Your Behavior Is An  
Essential Part Of Successfully  
Losing Weight



## A Is For ACTIVITY

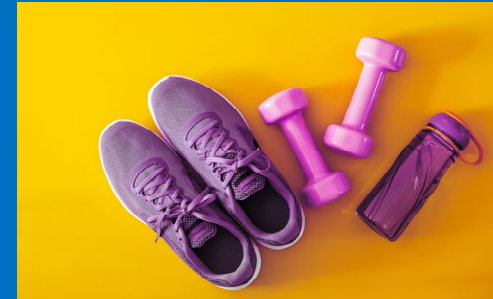
- In order to lose weight, we need to be physically active.



## WHAT IS YOUR ACTIVITY?

- Activity that you do that you know is not good for your weight
- Activity that you do that is good for your weight

## Exercise

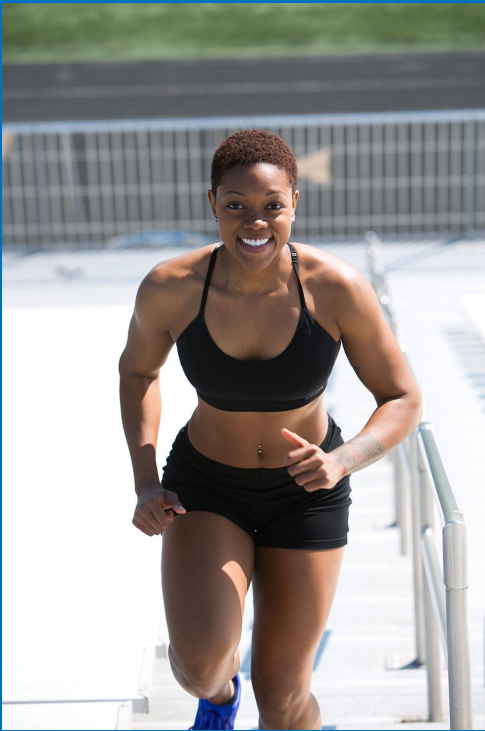


- As mentioned earlier, in the National Weight Control Registry, 90% exercise, on average, about 1 hour a day
- Exercise induces muscle hypertrophy
- "Physical activity that requires moderate effort is safe for most people. But if you have a chronic health condition, be sure to talk with your doctor about the types and amounts of physical activity that are right for you. Examples of chronic conditions are heart disease, arthritis, and diabetes. Also, if you have been inactive, have a disability, or are overweight, discuss vigorous-intensity physical activity with your doctor before beginning."

[https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf)

<https://www.cdc.gov/physicalactivity/basics/adding-pa/index.htm>

## Exercise



- Recommended to do MODERATE physical activity for 150-300 minutes a week or VIGOROUS physical activity for 75-150 minutes per week
- Recommended to do strength/resistance 2 or more days per week

[https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf)

## Exercise: Moderate Vs. Vigorous

### MODERATE

- You can talk while doing it
- Target Heart Rate should be 64%-76% of 220 minus age
- For example, for a 50-year-old person, the estimated maximum age-related heart rate would be calculated as  $220 - 50 \text{ years} = 170$  beats per minute (bpm). The 64% and 76% levels would be:
  - 64% level:  $170 \times 0.64 = 109$  bpm, and
  - 76% level:  $170 \times 0.76 = 129$  bpm

### VIGOROUS

- You cannot talk while doing it
- Target Heart rate should be 77-93% of 220 minus age
- For example, for a 35-year-old person, the estimated maximum age-related heart rate would be calculated as  $220 - 35 \text{ years} = 185$  beats per minute (bpm). The 77% and 93% levels would be:
  - 77% level:  $185 \times 0.77 = 142$  bpm, and
  - 93% level:  $185 \times 0.93 = 172$  bpm



<https://www.cdc.gov/physicalactivity/basics/measuring/hearttrate.htm>

# EXERCISE: MODERATE EXAMPLE

## Example 1: Moderate-Intensity Activity and Muscle-Strengthening Activity

**Sunday**  
30 minute  
brisk walk



**Monday**  
30 minute  
brisk walk



**Tuesday**  
30 minute  
brisk walk



**Wednesday**  
Weight  
Training



**Thursday**  
30 minute  
brisk walk



**Friday**  
30 minute  
brisk walk



**Saturday**  
Weight  
Training



**Total:** 150 minutes moderate-intensity aerobic activity + 2 days muscle-strengthening activity

- <https://www.cdc.gov/physicalactivity/basics/adding-pa/index.htm>

# EXERCISE: VIGOROUS EXAMPLE

## Example 2: Vigorous-Intensity Activity and Muscle-Strengthening Activity

Sunday

Monday  
25 minute  
jog



Tuesday

Wednesday  
25 minute jog and weight  
training



Thursday

Friday  
Weight  
training



Saturday  
25 minute  
jog



**Total:** 75 minutes vigorous-intensity aerobic activity + 2 days muscle-strengthening activity

- <https://www.cdc.gov/physicalactivity/basics/adding-pa/index.htm>

## NEAT: Or Non-Exercise Activity Thermogenesis

Some people think physical activity is simply exercise, and though exercise is important, there is also Non-Exercise Activity Thermogenesis, also known as NEAT

This includes working, fidgeting and other activities of daily living that exclude physical exercise



## NEAT: Or Non-Exercise Activity Thermogenesis



TAKE THE STAIRS. 1 FLIGHT UP AND 2 FLIGHTS DOWN

# NEAT: OR NON- EXERCISE ACTIVITY THERMOGENESIS

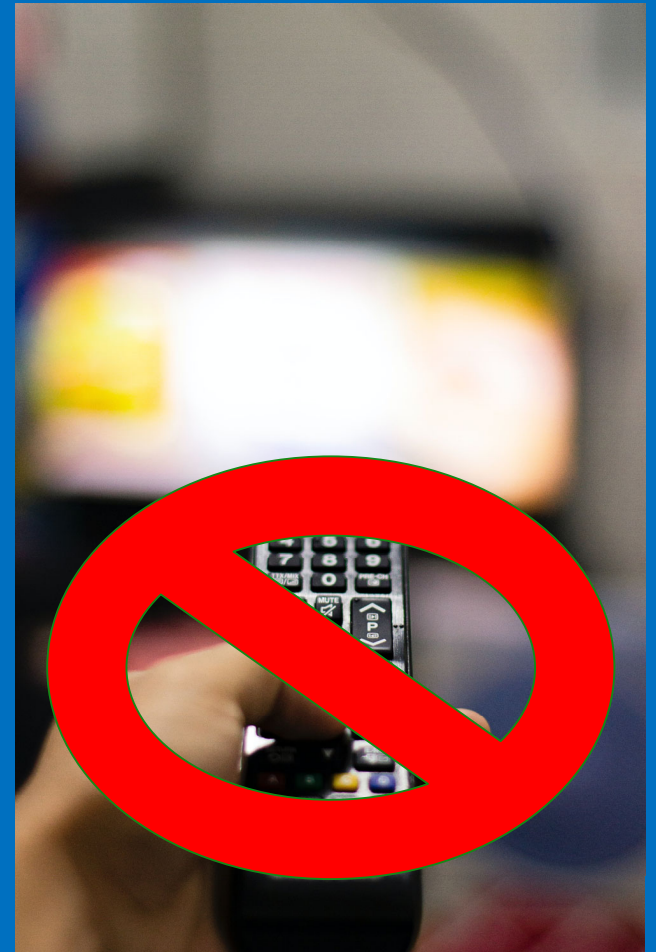
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You do not need to have  
the closest parking space!

## NEAT: Or Non-Exercise Activity Thermogenesis

Be aware of labor-saving devices. Hide the remote control!





# NEAT: OR NON-EXERCISE ACTIVITY THERMOGENESIS

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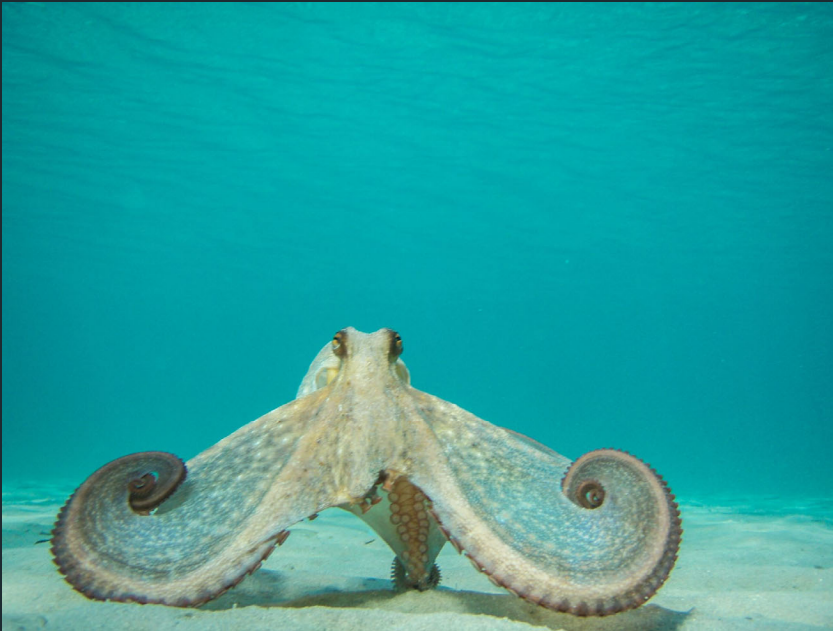
Stand more than sitting or maybe have a standing desk

"WARNING: Prolonged sitting and physical inactivity causes chronic disease and premature death." Sallis et al, Current Sports Medicine Reports 2016

We burn 0.15 more calories a minute when standing vs sitting, or 9 additional calories an hour

<https://www.webmd.com/fitness-exercise/what-to-know-about-standing-to-burn-calories#091e9c5e821abc49-2-3>

NEAT:



- You are not an octopus!
- Don't try to carry in all the groceries in one trip
- Consider 1-2 bags per trip and increase your step count!



## NEAT: How Many Steps Do You Take?



< 5000 steps a day is average number for US adults and this is SEDENTARY

5000-7500 steps per day is low active

7500-10,000 steps per day is somewhat active

~10,000 steps a day is active

Excerpt Obesity Algorithm

A

Exercise Is Important And...There Are  
Many Ways To Be Physically ACTIVE  
Outside Of Exercise So Open Your  
Eyes To Find Ways To Sneak In  
Activity

## N Is For NUTRITION

- In order to lose weight, it is important to be mindful of nutrition and make healthy food choices

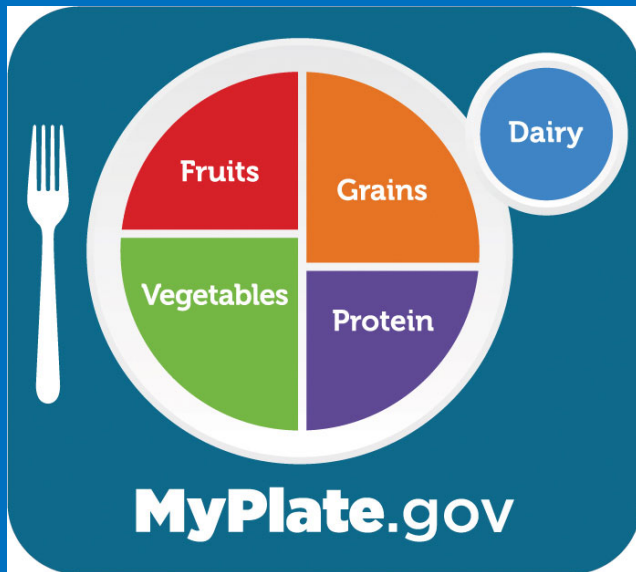




## WHAT IS YOUR NUTRITIONAL BEHAVIOR?

- Nutritional decisions that you make that you know are not good for your weight
- Nutritional decisions that you made that you know are good for your weight

## NUTRITION: Try The MyPlate Plan



Make half your plate fruits and vegetables

Focus on whole fruits

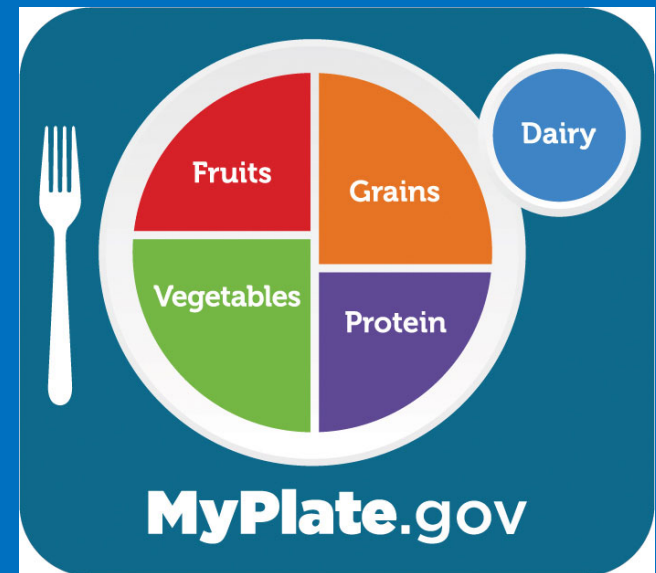
Beware of the seduction of juice

[Dietaryguidelines.gov](http://Dietaryguidelines.gov)

# NUTRITION: Try The MyPlate Plan

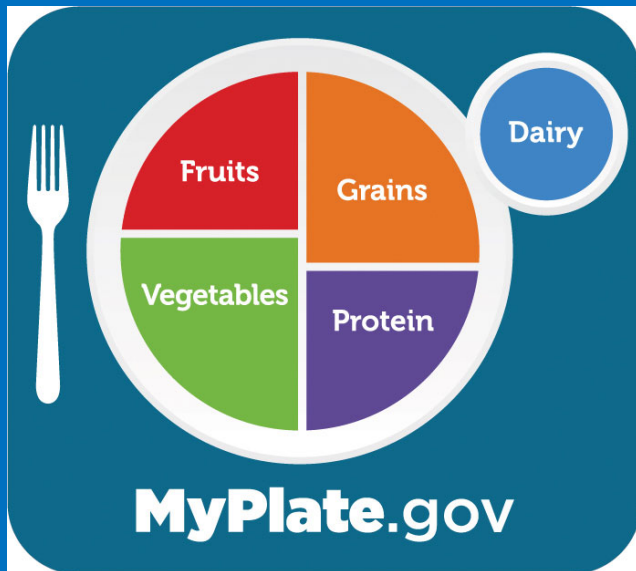
Vary your veggies

Make half your grains whole grains



[Dietaryguidelines.gov](http://Dietaryguidelines.gov)

## NUTRITION: Try The MyPlate Plan

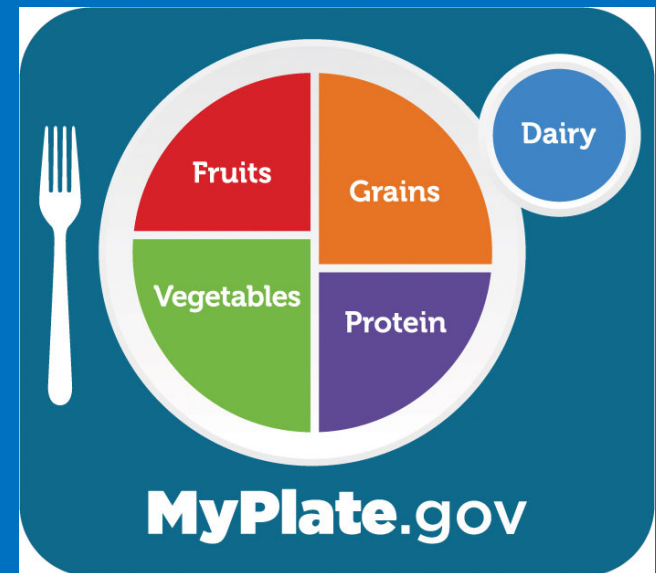


Vary your protein routine

Move to low-fat or fat-free  
dairy milk or yogurt

## NUTRITION: Try The MyPlate Plan

Choose foods and beverages with less added sugars, saturated fat and sodium



[Dietaryguidelines.gov](http://Dietaryguidelines.gov)

# What Are Common Foods Containing Added Sugar?

- beverages, such as regular soft drinks, energy or sports drinks, fruit drinks, sweetened coffee and tea
- breakfast cereals and bars
- cakes
- candy
- cookies and brownies
- ice cream and dairy desserts
- pies and cobblers
- sugars, jams, syrups, and sweet toppings
- sweet rolls, pastries, and donuts



<https://www.myplate.gov/eat-healthy/more-key-topics>

## What Are Other Names For Added Sugar?

anhydrous dextrose	fructose	molasses
brown rice syrup	fruit nectar	pancake syrup
brown sugar	glucose	raw sugar
cane juice	high-fructose corn syrup (HFCS)	sucrose
confectioner's powdered sugar	honey	sugar
corn syrup	invert sugar	sugar cane juice
crystal dextrose	liquid fructose	white granulated sugar
dextrose	malt syrup	evaporated corn sweetener
maple syrup		

<https://www.myplate.gov/eat-healthy/more-key-topics>

## NUTRITION: Limit Fat Intake

- Fat is the most calorie dense macronutrient, so although it tastes good, be mindful of unhealthy fats



# What Are Common Foods Containing Saturated Fat?

Beef fat (tallow, suet)	Butter	Chicken fat
Coconut oil	Cream	Hydrogenated oils**
Milk fat	Palm and palm kernel oils	Partially hydrogenated oils**
Pork fat (lard)	Shortening	Stick margarine

<https://www.myplate.gov/eat-healthy/more-key-topics>

# NUTRITION

## PROTEIN-RICH SNACKS UNDER 100 CALORIES

- One boiled egg
- Almonds
- Cheesy Popcorn
- Cottage Cheese
- Greek Yogurt
- One Slice of String Cheese
- [www.ndtv.com/health/lose-weight-with-these-protein-rich-snacks-under-100-calories-2066102](http://www.ndtv.com/health/lose-weight-with-these-protein-rich-snacks-under-100-calories-2066102)

## 100 CALORIES OF FAT

- ½ cup grated parmesan
- 2 ½ strips bacon
- 2 ½ teaspoonful oil
- 1 TABLEspoon butter
- 2 TABLEspoons nuts
- ¼ cup shredded cheese
- Those Who Need Bigger Calories, 100 Kcal Makes A Difference, [www.collegenutritionist.com](http://www.collegenutritionist.com)



## NUTRITION

- Eliminating 100 calories of fat daily for 1 year is 36,500 calories or approximately 10 pounds!
- I'm not going to ask your level of bacon consumption, but you can see that 2 ½ strips bacon is easily 100 calories, and I had a patient tell me about having almost a package of bacon daily!

## NUTRITION

- In a chicken breast with skin, 50% of calories comes from protein while 50% comes from fat. In addition, eating the skin adds nearly an additional 100 calories. Likewise, one chicken wing with skin has 99 calories compared to a skinless wing which has 42 calories. – Healthline.com Sep 19, 2018

## NUTRITION

<https://www.medicalnewstoday.com/articles/326767>

### WITHOUT SKIN (3.5 OUNCE)

- Cooked boneless chicken breast – 165 calories
- Cooked thigh – 209 calories
- Cooked wings – 203 calories
- Cooked drumstick – 175 calories

### WITH SKIN (3.5 OUNCE)

- Cooked chicken breast with bones (thus, the meat is less than 3.5 ounces) – 197 calories
- Cooked thigh – 229 calories
- Cooked wings – 290 calories
- Cooked drumstick – 216 calories

## NUTRITION

Now don't get me wrong...fried chicken tastes great!

However, if I am wanting to reduce my weight and improve my health, I need to choose wisely.



## Other Foods Containing Saturated Fats

- Desserts and baked goods, such as cakes, cookies, donuts, pastries, and croissants
- Many cheeses and foods containing cheese, such as pizza, burgers and sandwiches
- Sausages, hot dogs, bacon, and ribs
- Fried potatoes (French fries) – if fried in a saturated fat or hydrogenated oil
- Regular ground beef (85% lean) and cuts of meat with visible fat
- Fried chicken and other chicken dishes with the skin
- Whole milk and full-fat dairy foods and dairy desserts

<https://www.myplate.gov/eat-healthy/more-key-topics>

# NUTRITION

- In general, if you see fat, remove it and toss it (ex: remove chicken skin, avoid frying food, choose lean cuts of meat)







## NUTRITION: LIMIT ALCOHOL INTAKE

Alcohol is the second most  
calorie dense  
macronutrient

## NUTRITION

- I'm not saying you have to stop drinking alcohol altogether, but instead of drinking a 6 pack of beer a week, if you can eliminate one, that reduces your alcohol calorie intake by 17%
- In addition, it is recommended that men limit their alcohol intake to 2 drinks or less in a day and for women, 1 drink a day or less

[Dietaryguidelines.gov](https://www.dietaryguidelines.gov)

## NUTRITION: BONUS

Plus, this might cause you to eat less because alcohol tends to cause people to eat more

NUTRITION: BEWARE OF EMPTY CALORIES,  
ESPECIALLY IN BEVERAGES



*There is NO nutritional value in pop!*

# NUTRITION

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- Soft drink consumption in the United States in 2018 was 38.87 gallons per person
- <https://www.statista.com> Jan 13, 2022
- That equals 4975.36 fluid ounces or 414.61 standard 12 ounce cans!



## NUTRITION

[HTTPS://MEDLINEPLUS.GOV/  
ENCY/PATIENTINSTRUCTIONS  
/000888.HTL](https://medlineplus.gov/ency/patientinstructions/000888.html)

Coke Classic	140 cal	58,045 cal/yr	16.58 pounds
Cherry Coke	150 cal		
Pepsi	150 cal		
Mountain Dew	170 cal		
Sprite	140 cal		
Red Bull	212 cal		
Monster	200 cal		
Rockstar	280 cal	116,090 cal/yr	33.17 pounds

## NUTRITION:

Reduce Pop And Increase Water

The Institute Of Medicine recommends water intake from all foods and liquids at 3.7 liters (125 ounces) for men and 2.7 liters (91 ounces) for women

Thus, 8 glasses a day is an appropriate recommendation

<https://www.cdc.gov/nchs/products/databriefs/db242.htm>





## NUTRITION:

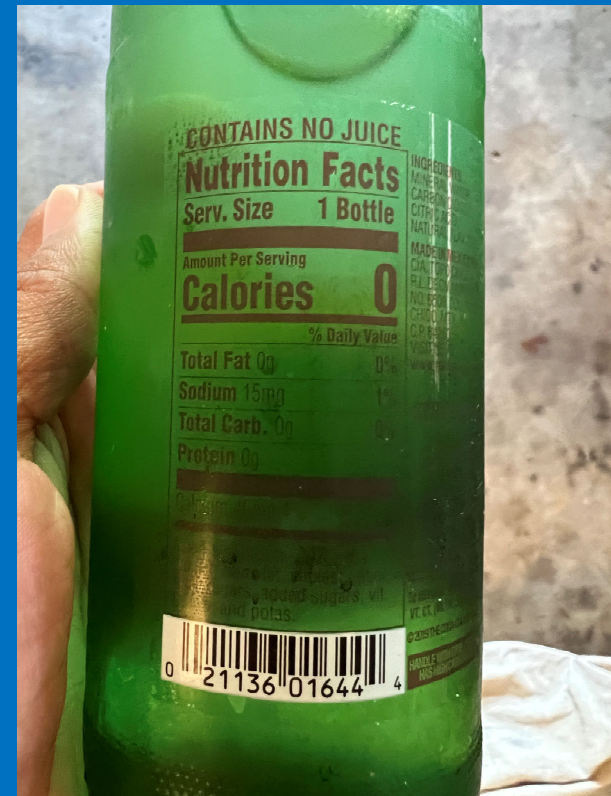
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What If You Are Water-Averse?

Try something like Topo-Chico



# NUTRITION: A 0 CALORIE ALTERNATIVE



# NUTRITION: Understand The Benefits Of Using Meal Replacements

- The Look Ahead study shows the benefit of meal replacements in that people who use them lost more weight or kept more weight off 8 years later!
- “Study subjects with the highest adherence to using meal replacement products for 2 meals/day had the highest rate of weight loss or maintenance throughout the 8-year follow-up period”  
The Look AHEAD Trial: Translating Lessons Learned Into Clinical Practice and Further Study Meg G. Salvia

## NUTRITION: Understand The Benefits Of Using Meal Replacements

- In my office, I have medical grade meal replacements that have helped several of my patients lose over 100 pounds and keep it off!
- I personally use them and have found when I do not use them, my weight creeps back up
- Consider adding meal replacements to your tool kit BUT beware and be sure to read labels

N

You Cannot Successfully Lose  
Weight And Keep It Off Without  
Paying Attention To NUTRITION  
And What You Put In Your Body.

## D Is For DOCTOR

- In order to lose weight, it is important see a medical doctor or other qualified health care professional for assistance



## D Is For DOCTOR

- Obesity and pre-obesity (overweight) are medical conditions just like high blood pressure, diabetes, and high cholesterol

D IS FOR DOCTOR



*How many times do you see a patient with high blood pressure not taking medicine to treat it?*

## D IS FOR DOCTOR



- A: You don't, because prescription medicine is a main-stay treatment for high blood pressure. You might see a trial of about 3 months with lifestyle changes, but most people with high blood pressure end up on blood pressure medication
- The same goes for obesity. Anti-obesity medications can help reduce appetite, cravings for food, balance the hunger hormone, and ultimately, help reduce weight.
- Seeing a doctor who specializes in medical weight loss can be helpful as they might prescribe anti-obesity medication.



## D Is For Doctor

- Before prescribing medication, a doctor can do a evaluation

Physical Exam

Labs (A1c, Lipids, Thyroid,  
Gonadotropins?, Cortisol?)

# D IS FOR DOCTOR

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It is important to look for complications of obesity and treat them to prevent them from getting worse

In addition to prescribing anti-obesity meds, you might need treatment for diabetes, high blood pressure, and/or high cholesterol

A doctor can provide these services





## D IS FOR DOCTOR

- A doctor specializing in medical weight loss can prescribe a medical program for you, and often can put you on a program that will allow you to lose weight quicker than non-medical methods
- I have had several patients lose over 100 pounds in less than one year on my quick start program
- Seeing a specialist might enable you to lose weight quicker, reduce your medication burden quicker, and help you feel better sooner

## D: A Doctor Can Help Make Sure You Are Losing Weight Safely

- Have you ever heard of the Grapefruit Diet, or the Cabbage Soup Diet? There are a lot of fads and unhealthy ways to lose weight out there.



## D: A Doctor Can Help Make Sure You Are Losing Weight Safely



- In my office, we perform body composition analyses
- Measures fat, muscle, water and metabolism
- Predicts weight loss in just 6 weeks
- Follow ups measure change
- That way, if you are losing an unhealthy amount of water and muscle, we can make modifications to keep your weight loss safe.

## D: A DOCTOR CAN HELP YOU GET THROUGH PLATEAUS

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Since total energy expenditure decreases with weight loss, medications might be needed to help get through a plateau



D

Seeing A DOCTOR Or Other  
Qualified Health Care  
Professional Is As Important In  
Obesity As It Is In Any Other  
Medical Condition

## CONCLUSION

With 74% of American adults either having preobesity or obesity, it is imperative that we fight this epidemic.

Hopefully I have been able to give you a HAND by making you aware of HABITS, ACTIVITY, NUTRITION, and the need to see a DOCTOR in your weight management efforts.

Ultimately, I hope to enhance your health and wellness to improve your quality of life.







THANK YOU!

ANGELICE ALEXANDER-MARTIN, MD

Diplomate, American Board Of Family Medicine

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## Biographical Information

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Angelice Alexander, MD is a Central Ohio native and Board Certified by The American Board of Family Medicine, The American Board of Obesity Medicine, The American Board of Preventative Medicine, Subspecializing in Addiction Medicine, and The American Academy of Anti-Aging And Regenerative Medicine.

In 2021, she was featured on KevinMD.com in a podcast regarding her article “How To Not Let The Holidays Sabotage Your Weight Loss Efforts.” Also, she has spoken several times on FaceBook Live where she has discussed many components of obesity and medical weight loss. Lastly, she has spoken to and educated fellow physicians as a Treatment Advocate to help patients with opiate use disorder.

Earning a Bachelor of Science from The Ohio State University and a Medical Degree from the University of Cincinnati College of Medicine, Dr. Alexander completed her residency training at Mount Carmel Medical Center. Serving as a Family Physician for over 20 years, Dr. Alexander also specializes in the medical treatment of obesity, overweight, and addictions, and she specializes in balancing hormones to help individuals achieve optimal health.

Additionally, she performs non-invasive body sculpting and facial defining for a more youthful appearance as well as laser hair reduction.

Dr. Alexander’s goal is to help individuals enhance their health and wellness to improve their quality of life so they look and feel their best on the inside and out.