CMG

Clarkston Medical Group

Pediatrics • Internal Medicine • Urgent Care

Dear Patient,

I hope this letter finds you in good health. As your physician, I want to make you aware of an important medical treatment program now available in my office. It is for people who are overweight (25 pounds or more overweight) and/or for people who suffer from other conditions related to their weight. The name of the program is Clarkston Medical Group Weight Control Program, and is administered by my medical care team.

You may be aware that our physician assistant, Samantha Myers P.A.-C, has been involved with obesity treatment for many years. We feel very strongly that people who suffer from obesity and its related diseases need medical monitoring. Medical problems related to obesity include heart disease, high blood pressure, type 2 diabetes, sleep apnea, osteoarthritis, and some forms of cancer. A person who is losing a great deal of weight should be medically monitored to ensure that their health is maintained, that any medical problems can be treated, and to adjust medications.

Most importantly, patients need to have the right tools to keep the weight off long-term. National clinical research supports what we have seen in my many years of experience; obesity is a complex disease with many causes, including genetics and environment. People who successfully maintain their weight loss have done so by making lifelong changes. In our program, we follow a sound, comprehensive, research based, and well-documented approach to obesity treatment. Our focus is on nutrition, lifestyle, and activity education provided by highly trained health care professionals.

If you feel that you, or someone you care about, would be interested in knowing more about our weight control program, please call our office at 248-384-8140. My program coordinator, Tracy Schleben, will be happy to schedule a time for you to visit and review all the information you will need to make an informed decision about whether or not we have a program option that would work best for you.

Best of health,
Your CMG Physician

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