

WHY START A WEIGHT MANAGEMENT PROGRAM?

Obesity is not a simple problem of will power or self-control but a complex disorder involving appetite regulation and energy metabolism that is associated with a variety of other conditions. Genetic, metabolic, biochemical, cultural and psychosocial factors contribute to obesity.

“During 2005-2006 34% of adults aged 20 or older were obese and 17.4% of young people aged 12-19 years were overweight. In 2000, the estimated annual cost of obesity in the United States was \$117 billion.”

—Center for Disease Control

Most of our chronic health challenges, such as obesity, diabetes, high blood pressure, elevated cholesterol, and cardiovascular disease are caused in large part by our everyday behaviors-what we eat, our activity level, and how we handle stress. Old habits die hard, and changing the way you’ve done things for years in no easy task.

Whether your goal is to lose weight, or address a serious health concern, the Clarkston Medical Group Weight Management Program provides you with the tools and support you need to implement and stick with lifestyle changes.

WHAT CONDITIONS BENEFIT FROM WEIGHT LOSS?

- Asthma
- Diabetes
- Digestive Disorders
- Heart Disease
- High Blood Pressure
- High Cholesterol
- Low Back Pain
- Osteoarthritis
- Polycystic Ovarian Syndrome (PCOS)
- Sleep Apnea
- Weight Problems

SUCCESS STORIES

“I found the OPTIFAST program fit very well with my schedule. The 3 meal replacement and 2 meal format was very easy to do. I didn’t feel like I was on a “diet”. The program staff were fabulous. I looked forward to the weekly meetings. The information component of the program was exceptional. Even with my busy schedule, the lifestyle changes that I was able to make and the success that I had as a result of participating in the program have been easy to maintain. I will definitely be staying with the program for the maintenance phase.”

-Tim Rugenstein (Lost 33 lbs!)



Before



After



Before



After

“The Weight Management Program at CMG is well designed. Samantha Myers, PA and the staff at CMG are dedicated to running a successful program and dedicated to your individual success. The information provided during the group sessions is useful to building better eating habits and meal planning. The periodic medical monitoring ensures both you and the staff that your health is improving and that no aspect of the plan is stressful to your system. The CMG program is a “3+2” program, three meal replacements (shake or bar) plus 2 meals you are responsible to prepare. This forces you to develop better meal planning and eating habits as you progress through the program. I have been very pleased with the Weight Management Program at Clarkston Medical Group and my progress toward my healthy weight goals. I intend to continue the program to achieve my desired weight and new healthy eating habits.”

-David Degeneffe (Lost 56 lbs!)

“Thank you Clarkston Medical Group! I joined your weight loss program and now am well on my way towards my goal weight. We all know the “secret” to weight loss; calories in must be less than calories out! The supportive encouragement and the re-learning of a healthier life style made the transition towards a life style change easier than I expected. The weekly gatherings with others let me know I wasn’t the only one out there, and the difficulties were experienced by most. Learning about different topics like choices of food, at home support, and exercise really made a difference. Sam, Dawn, and the rest of the staff are fantastic, always greeting you with a smile and encouragement. Just the kick in the pants we sometimes need...”

-Joe Long (Lost 21 lbs!)



Before



After

CONTACT US

To learn more about the Weight Management Program at Clarkston Medical Group, contact us at (248) 625-2621, ext. 8071



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WEIGHT MANAGEMENT PROGRAM

12 Weeks to Better Health



Clarkston Medical Group

OUR PROGRAM

Congratulations on your interest in our Weight Management Program!

The physicians at Clarkston Medical Group are committed to helping patients improve and manage their health. Your physician knows that losing weight and keeping it off can be challenging, but our structured weight management program is the first step to building a foundation for success.

Our program includes diet modifications, exercise programs, targeted nutritional supplements, and other lifestyle changes which will help you take control of your health and have you looking and feeling better than you have in years.

PERMANENT WEIGHT LOSS AND WELLNESS

The Clarkston Medical Group Weight Management staff will look for factors that may have made it difficult for you to lose weight in the past and help you overcome those factors.

We'll start with a comprehensive physical exam and laboratory studies to rule out any conditions that may have significant effects on weight. Because many medications are linked with weight gain, we'll also evaluate your drug regimen. Sleep apnea and other health challenges that contribute to weight problems will also be ruled out.

Diagnosing and correcting these underlying factors will not only facilitate weight loss but also make a significant difference in how you feel today and for years to come.

“IF YOU WANT WHAT YOU DO NOT HAVE, YOU MUST DO WHAT YOU HAVE NOT DONE.”

A LIFESTYLE CHANGE, NOT A DIET

Our program combines the talents of many people (including you!) to provide a personalized weight loss experience. The physician assistant will regularly monitor your health status and help you learn more about eating right, adapting to higher physical activity levels, managing stress, and many other interesting topics. Fellow participants will share insights and inspirations in a group setting to help you understand your own experiences. You and your support team will work together to help you adopt healthy habits that will aid in your ongoing weight management efforts.

Nutritional supplements, medical foods, and of course, exercise, are other integral parts of the program - they will help you reach your goals faster and engender overall health. We also offer Body Composition testing as an additional tool to track your weight loss progress.

“70% OF DIETERS WHO FAIL TO PRACTICE SOUND WEIGHT LOSS PRACTICES REGAIN AT LEAST 1/2 OF THEIR WEIGHT LOSS WITHIN 2 YEARS.”-2004 Feinberg School of Medicine

MEAL REPLACEMENTS

The Clarkston Medical Group Weight Management Program utilizes meal replacements through **OPTIFAST®** to help patients optimize their health and weight loss goals.

OPTIFAST is a comprehensive weight management program that combines lifestyle education and medical monitoring with a great-tasting meal replacement.

Unlike other weight loss programs or products, the OPTIFAST program treats the whole person, not just the weight. Through comprehensive lifestyle education and medical monitoring, the OPTIFAST Program has been clinically proven to help individuals lose weight and keep it off.



YOUR PARTNER IN HEALTH

Support and follow up are of utmost importance, especially during the initial stages of a lifestyle change program. You will have regular appointments to monitor your progress and provide further instruction and inspiration.

Group sessions provide the resources and tools to show you how to integrate weight management information into your new lifestyle. Our personal goals include:

- Helping you recognize the factors that contribute to long-term weight management
- Determining the personal advantages and disadvantages of managing your weight
- Recognizing the benefits of participating in a formal weight management program
- Identifying ways to eat with others while adhering to your dietary prescription

Ensuring success means coordinating your goals with the expertise of highly-trained professionals. We are dedicated to helping you obtain important skills that have been associated with long-term weight loss success. These include internalizing motivation, making positive changes, developing coping skills, increasing physical activity, and helping you develop a positive support system.