

## Health Risks Associated with Being Overweight or Obese:

- Heart disease
  - Type 2 diabetes
  - Stroke
  - Arthritis
  - Sleep apnea and respiratory problems
  - Increased risk for some types of cancer
  - Reproductive complications
  - Gallbladder disease
  - Premature death\*– An estimated 300,000 deaths per year may be attributable to obesity.
- \* According to the National Center for Disease Control & Prevention

## Benefits Of Weight Loss

- Reduces the risk factors for some diseases, particularly heart disease, and cancer.
- Lower blood pressure, lower blood sugar, and improved cholesterol levels.
- Improved mobility, physical endurance and self esteem.

*For more information or to attend a free orientation, please call 832-667-LOSE (5673) or visit [methodistweightmanagement.com](http://methodistweightmanagement.com).*

**Methodist**® The Methodist  
Hospital™

Weight Management Center



*Valet parking is available at the Neurosensory building. Self parking is available at Garage 7.*

### Methodist Weight Management Center

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[methodistweightmanagement.com](http://methodistweightmanagement.com)

LEADING MEDICINE®

## METHODIST WEIGHT MANAGEMENT CENTER



**Methodist**® The Methodist  
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Weight Management Center

LEADING MEDICINE®

*For more than 25 years, The Methodist Hospital has led the way in helping people achieve weight loss with safe, long-term solutions. The Methodist Weight Management Center is the only comprehensive program of its kind in Houston to offer specialized programs to help patients achieve their weight loss goals.*

*You can rely on our expert team of physicians, nurses, dietitians, counselors, and exercise physiologists to help you to select the best weight loss program to be successful.*

## Our Specialized Programs:

### Rapid Weight Loss

Medical Weight Management Program  
(For those with a BMI over 30)

- Medically monitored (physician supervised)
- Rapid weight loss of 2-5 lbs. per week
- Use of meal replacements
- Weekly lifestyle modification classes facilitated by licensed professionals (nurses, dietitians, and counselors)
- Maintenance classes and support groups



### Moderate Weight Loss

StepLITE<sup>SM</sup>  
(For those looking to lose up to 30 lbs)

- Weight loss of up to 2 lbs. per week
- Led by licensed professionals
- Low calorie meal plan in addition to meal replacements

### Surgical Weight Loss

#### Gastric bypass surgery and band surgery

Our expert team of surgeons offers surgical options for weight loss to patients who have a BMI of at least 35. The Center offers a comprehensive pre and post surgery program. Methodist is an accredited Bariatric Center of Excellence by the American College of Surgeons and all major insurance providers.

### Diabetes Education Program

- Group and individual education (covered by Medicare and most insurers)
- Type I, Type II and Gestational Diabetes
- Recognized by the American Diabetes Association

### Medical Nutrition Consultation

A comprehensive treatment plan that includes one-on-one session with a dietitian, management of medical nutrition needs and advanced counseling, and personal coaching.

### MedGems<sup>®</sup>

- Find out your true calorie level with state-of-the-art technology.
- Measures resting metabolic rate and includes interpretation with a registered dietitian

Our programs are offered at the following locations:

- The Methodist Hospital (Texas Medical Center)
- Medical Clinic of Houston (Rice Village)
- Methodist Willowbrook Hospital
- Methodist Sugar Land Hospital

## Free Information Session

The next step is simple! We invite you to attend a free information session to learn more about our programs. There is a program for you at the Methodist Weight Management Center.

**Please note, weight loss surgery information sessions are only held at our Texas Medical Center location.**

*Register for a free information session by calling 832-667-LOSE (5673), or online at [www.methodistweightmanagement.com](http://www.methodistweightmanagement.com)*