

MEDICAL TEAM OF EXPERTS



Dr. Peter Howard Jones

PETER HOWARD JONES, M.D., F.A.C.P.

Dr. Peter Jones is the medical director of the Medical Weight Management Program at the Methodist Weight Management Center and is co-director of the Center for Cardiovascular Disease Prevention at The Methodist Hospital. Dr. Jones is an associate professor in the Department of Medicine in the section of atherosclerosis and lipid research at Baylor College of Medicine. He received his medical degree at Baylor College of Medicine as a Michael E. DeBakey Scholar. He completed his internal medicine residency at Baylor as well.

Dr. Jones is board-certified in internal medicine.



Trained medical personnel include nurses, dietitians, and counselors.

NURSES

Weekly medical monitoring is provided by registered nurses and/or licensed vocational nurses. These professionals are the first-line medical personnel, overseeing each patient's medical progress throughout the treatment program. In addition to weekly weight and blood pressure checks, they interact regularly and will note any medical problems that arise, monitor each patient's monthly lab values, and regularly interact with the medical director.

DIETITIANS

Registered and licensed dietitians monitor the nutritional progress of patients throughout the program. From liquid meal replacement to meal plans for weight maintenance, dietitians provide guidance and nutrition education to participants, with the goal of empowering each person to make healthy food choices on their own. All dietitians have either a bachelor's or master's degree in nutrition and have at least three years of clinical experience in general clinical nutrition. Most have a specialization in obesity, diabetes or kidney disease.

COUNSELORS

Behavior change is one of the most difficult aspects of weight loss and weight maintenance. Licensed counselors empower patients to become healthier by offering behavioral tools and by providing emotional support, expertise and guidance as each participant begins and continues the process of losing weight and maintaining the loss.

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The Methodist Hospital is the only approved weight loss center in the Houston area to use New Direction® products.