



## Cleveland Clinic's Integrated Medical Weight Management Program

A comprehensive and multi-disciplinary approach to weight management and long-term weight loss

If you are ready to make a life-changing decision and are interested in learning more about the Integrated Medical Weight Management Program, please call the Diabetes Center at Cleveland Clinic at 216.444.3672 to schedule your consultation.

[clevelandclinic.org/endocrinology](http://clevelandclinic.org/endocrinology)

### Introduction

If you struggle with your weight, you are not alone. More than two-thirds of American adults are overweight or obese and many suffer from medical conditions that affect their health and lifestyles.

Cleveland Clinic's Integrated Medical Weight Management Program is committed to helping people achieve and maintain weight loss success, while improving their lives.

We combine our knowledge, based on scientific evidence, with an interdisciplinary team of compassionate weight loss experts to customize a personalized weight loss plan that is proven to work.<sup>1-4</sup>

The Cleveland Clinic's Integrated Medical Weight Management Program is geared toward individuals struggling with obesity and having a Body Mass Index (BMI) over 30.

***"This program has been life changing for me. Not only do I have more energy, but I no longer need to take diabetes medications."***

- Deborah, a 57 year-old patient from Parma

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## What is Obesity?

Obesity is a condition that is associated with having an excess of body fat, defined by genetic and environmental factors that are difficult to control when dieting. Obesity is classified as having a Body Mass Index (BMI) of 30 or greater. If a person is diagnosed with obesity, he or she has a body weight greater than what is considered to be healthy and is likely to eventually encounter health problems.

## What are the Benefits of Losing Weight?

Weight loss not only helps people feel and look better, but the changes that occur inside the body make all the difference.

Successful weight loss patients experience dramatic improvements in their health including:

- Increased energy levels, sense of wellbeing and self-esteem
- Decreased stress
- Improved blood sugars and diabetes control
- Improved cholesterol levels
- Decreased joint pain
- Improved sleeping habits
- Improved libido
- Overall health improvements

Many of these health improvements occur with as little as 5-10% weight loss (10 to 20 pound weight loss for a 200 pound person).<sup>1</sup>

## How Does the Program Work?

Our customized program is physician-directed backed by scientific research and evidence; however, success relies heavily on the patient's commitment to the program and lifestyle. Elements of weight loss, exercise and healthy nutrition, medication, optimization of sleep habits and stress management are combined through an interdisciplinary team approach.

Once the weight loss plan has been determined and customized, the patient will have frequent visits with the physician and the dietitian. Additionally, an exercise physiology team assists with addressing cardiac fitness and developing a personalized exercise program, while a psychology team helps manage stress, anxiety, depression and eating disorders.

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***“The shared medical appointments were so encouraging and supportive; they forced me to become more accountable.”***

– Deborah, a 57 year-old patient from Parma who experienced success in the program.

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Each patient receives support from others involved in the program through Shared Medical Appointments.

The Shared Medical Appointment provides a unique approach to the weight loss program by bringing the healthcare providers and patients together in a group setting to discuss common medical issues, challenges and successes. Throughout the 75 minute session, questions and concerns are addressed from the entire healthcare team, while patients receive positive support from peers also participating in the program.

Lastly, your physician may prescribe weight loss medications to assist in suppressing and controlling your appetite throughout the day. When people start to lose weight, there is often an increase in the blood levels of hormones, proven to increase hunger. Appetite suppressants significantly help balance the increased appetite that accompanies weight loss. The medications are discussed in detail before starting therapy.

## How is this Program Different?

At Cleveland Clinic's Integrated Medical Weight Management Program, we recognize the challenges associated with being obese and understand the consequences and how obesity affects the body.

We draw on our research, knowledge and compassion to create a plan that is suited to meet each person's needs. Our program is based on scientific studies that we have previously researched and published.<sup>2-4</sup>

Individuals struggling with obesity may often try crash dieting or experiment with unhealthy fad diets; therefore, our customized, medically monitored weight loss program promotes healthy habits to last a lifetime.

Weight loss is not easy and it requires a personal commitment, but you will have support, guidance, structure and information.

## Weight Loss Options

Losing weight is not one size fits all. We understand and empathize with the challenges associated with weight loss. That's why we offer three different structured weight loss programs. Together, you and your physician will choose one of the following plans best suited to meet your goals:

### **Mediterranean Diet:**

- Encourages plant-based foods including fruits, vegetables, whole grains and beans/lentils
- Includes heart-healthy fats such as olive oil, nuts, seeds and avocado
- Salt is replaced with fresh herbs and spices for seasoning and healthy cooking
- Lean meats, like fish and poultry, are used as the primary sources of animal-protein. Red meat is used sparingly, if at all
- Plan allows for flexibility and offers a variety of healthy food choices
- Can be used lifelong as part of a healthy lifestyle
- Average weight loss is 3-5 pounds per month while enjoying and cooking healthy foods<sup>5</sup>

### **Meal Replacement:**

- Bars and shakes replace two out of the three daily meals. One balanced meal per day of the user's choice
- Bars and shakes are purchased from local grocery stores or made at home if preferred
- Includes one or two healthy snacks and unlimited vegetables to manage hunger between meals
- A structured meal plan with limited cooking
- Average weight loss of 6-12 pounds per month<sup>1,6</sup>

### **Protein Sparing Modified Fast:**

- A very low carbohydrate diet that offers lean meats, low carb vegetables, unlimited salads and limited fats
- Restrictive meal plan which temporarily limits all carbohydrate foods for those who wish to lose weight rapidly
- Puts the body into ketosis or “fat burning” mode which naturally controls hunger
- Monthly blood work is required
- Average weight loss is 8-15 pounds per month<sup>7</sup>