

FREE REPORT



SEVEN QUESTIONS YOU MUST ASK ABOUT ANY WEIGHT LOSS PROGRAM...BEFORE YOU START!

Overweight and obesity are increasing at an alarming rate in the United States.

Increases have occurred throughout all age groups, ethnic, racial and socioeconomic populations.

More than one third of adults in the USA are obese and are at higher risk for contracting over 30 medical conditions including:

- Type 2 diabetes
- Metabolic Syndrome
- Hypertension
- Coronary Heart Disease
- Certain Cancers
- Respiratory Problems
- Sleep Apnea

These weight-related medical conditions might go undetected and untreated in a non-medical weight loss program.

Medical evidence indicates that **a weight reduction as small as 10 percent** in an overweight individual reduces various chronic disease risk factors, and improves or eliminates some medical conditions.

Medical Treatment for You

A Realistic and Tailored Approach

- **Bariatric medicine** is the art and science of medical weight management. The term is derived from the Greek word *barros*, meaning heavy.
- **Bariatric physicians/practitioners**, or bariatricians, practice weight loss/management by reducing body fat using an individualized approach crafted for the patient.
- Practitioners perform an individual patient work-up to determine treatment based on each patient's history, physical examination, laboratory work and other appropriate testing, as needed. Co-morbidities (associated medical conditions) are assessed, and practitioners determine if patients are ready and motivated to lose weight.
- Bariatricians use medical (non-surgical) methods using **dietary modifications, activity prescription, psychological support** and, when appropriate, **medication**.
- A variety of prescribed diets are designed to reduce hunger while you lose weight.
- Practitioners review the potential benefits and risks of any medications that may be used during treatment.
- In many cases, with weight loss, medications used for related conditions can be decreased or eliminated.
- Bariatricians are dedicated to supporting your weight management efforts by providing on ongoing maintenance program to suit your needs.
- The goals of becoming healthier and looking better remain in sight when a program designed by a skilled professional is implemented.

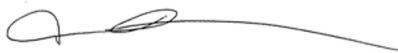
Programs promising overnight results can be very tempting! However, if it sounds too good to be true, it usually is. Keeping your lost weight off is just as important as losing it in the first place.

Seven Questions to Ask About Any Weight Loss Program

The American Society of Bariatric Physicians recommends that people seeking weight loss/management treatment ask their provider several questions:

1. Do you specialize in overweight and obesity treatment?
2. Have you received advanced training or education in the treatment of obesity? Is your education current?
3. What kind of initial patient work-up do you perform?
4. What is your policy on the frequency of follow-up visits?
5. If you prescribe medication, what possible side effects should I look for?
6. What kind of diets do you promote? Have you received special training in monitoring patients on these diets?
7. Do you provide/promote supplements? If so, which supplements and for what purpose?

Best Regards,



Andrew J. Rodican, PA-C
Founder/Associate Medical Director
Certificate of Advanced Training in Bariatric Medicine
American Board of Bariatric Medicine

American Board of Bariatric Medicine
Certificate of
Advanced Training in Bariatric Medicine

Has been awarded to:

Andrew Rodican, PA

Medical Weight Loss Centers, LLC
836 Foxon Road
Planet Fitness Park
East Haven, CT 06513
Phone: 203-468-9200
Web: www.MedWeightLossCenters.com



Andrew Rodican
American Board of Bariatric Medicine
Chair

Date of Certification: 10/26/2009



© 2009 All Rights Reserved
The American Society of Bariatric Physicians™
2821 S. Parker Rd., Ste. 625
Aurora, CO 80014
Phone: 303.770.2526 • Fax: 303.779.4834
www.asbp.org

Founded in 1950, the American Society of Bariatric Physicians (ASBP) is the leading professional organization providing physicians and other health professionals with education in the medical management of weight loss and related medical conditions.

ASBP has developed and promoted Bariatric Practice Guidelines which provide a framework that helps to ensure a high standard of medical practice. ASBP members are required to complete 15 hours of continuing bariatric medical education every two years.

Board certification is offered by the American board of Bariatric Medicine. Certification requirements are available online at www.abbmcertification.org