

## WEIGHT LOSS PROGRAM

Dr. Cozzolino and Dr. Burton offer a comprehensive weight loss program designed for your long term health. We begin your weight loss journey with an initial consultation with Dr. Cozzolino or Dr. Burton. At your first visit, your provider will do a risk assessment on your current state of health and prescribe appetite suppressants for the first phase of your weight loss regimen. If your Body Mass Index (BMI) is between 25 and 30, you will be provided information on calorie restriction and instructed to reduce your calorie count gradually over a 3 month period. The goal is gradual weight loss to prime your system for more rapid weight loss at the end of the 3 months. You can follow up monthly if your BMI is less than 30. If, however, your BMI is greater than 30, you will be placed immediately on a very low calorie, low carbohydrate diet and the appetite suppressants. If your BMI is over 40, you will be asked to follow up weekly until your BMI is less than 30. If your BMI is between 30 and 40, you can follow every two weeks.

While on appetite suppressants, you must see the doctor in person for every refill to monitor your blood pressure and heart rate. At the doctor's discretion, you will be placed on a very low carbohydrate diet to achieve more rapid weight loss. Aerobic and weight bearing exercise is strongly encouraged during your participation in our weight loss program. The goal of the diet and exercise is to switch your metabolism to high energy fat burning. Low calorie, low carbohydrate diets require fiber, protein, and vitamin supplementation. Once you have reached your weight loss goal, you will be instructed on long term weight loss maintenance through calorie conservation and proper food choices.

The cost of the program is \$250 for the initial consultation. The cost is \$45 for the weekly appointments while taking the appetite suppressants, \$85 for the bi-weekly and \$150 for the monthly follow up appointments. All payments are to be made at the time these services are rendered. Your appetite suppressant medicine may NOT be covered under your insurance plan. You can choose not to start the program using the appetite suppressants, however, the office visit fees will remain unchanged. A nurse will monitor your weight loss maintenance for \$50 per month (once you have reached your goal weight and are no longer taking the appetite suppressants). Please be aware that the vitamins, protein and fiber supplements are also an additional cost to you. The calorie restriction website we recommend also costs \$9 per month. The website will be an invaluable source of dietary information for you. You will be encouraged to maintain an on-line food diary to count your daily caloric intake.

If you are a diabetic, please enroll in a local diabetic teaching program prior to signing up for this weight loss program. Be aware that your insulin or medicines may need to be adjusted during this program since your daily blood sugars should drop considerably. This program is not indicated for Type 1 (Juvenile) diabetics. Please inform your doctor when you start this program.

Call today (813) 991-9355 for more information about losing weight to improve your long term health.