

Medically Monitored Weight Management



A Safe Non-Surgical Alternative

Medically monitored weight management programs are a safe alternative to surgery that allows patients, *under the supervision of a physician*, to consume a low calorie diet (LCD).

This type of diet is normally only used for rapid weight loss for severely obese patients with a body mass index greater than 35, and is only recommended as part of a comprehensive treatment program.

A Unique Model — A Tailored Team Approach

The three major components of weight loss therapy are dietary therapy, increased physical activity and behavior therapy.¹

More and more, clinical studies suggest medically monitored weight management programs are safe, effective and help individuals to address and modify behaviors to encourage long-term weight management.

- + Medically monitored weight loss is a safe treatment option for severely obese individuals who have co-morbidities.²
- + Patients who continue to use weight maintenance programs have a greater chance of keeping weight off than those patients who do not continue using weight maintenance programs.¹
- + The use of behavioral interventions to improve health-related quality of life has been shown to produce beneficial effects, which may persist over time.³

Medically Monitored Weight Loss and the OPTIFAST Solution

The medically monitored OPTIFAST weight management program has been proven in more than 80 clinical studies to help overweight and obese people lose weight. The typical OPTIFAST patient loses over 50 lbs in 18-24 weeks, and experiences a healthy decrease in blood pressure and cholesterol levels. Additionally, 50 percent of patients assessed five years after completing the OPTIFAST program kept enough weight off to improve their health long term.⁴

¹ National Heart Lung and Blood Institute. Guidelines on overweight and obesity: The Evidence Report: 1998. NIH Publication 98-4083.

² Grief, S., and Miranda, R. Weight loss maintenance. American Family Physician 82.6 (2010): 630-4.

³ Kaukua, J., T. Pekkarinen, T. Sane, and P. Mustajoki. Health-related Quality of Life in Obese Outpatients Losing Weight with Very-low-energy Diet and Behaviour Modification—a 2-y Follow-up Study. International Journal of Obesity 27.10 (2003): 1072-80.

⁴ Wadden TA, Frey DL. A multicenter evaluation of a proprietary weight loss program for the treatment of marked obesity: A five year follow-up. Int J East Disord. 1997; 22:203-212.

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