

“Because obesity is a disease, it needs to be treated medically. The key to losing weight safely and keeping it off is recognizing why we eat and **changing the behavior**. It doesn’t happen overnight. It takes at least three months to recognize an eating problem and one year to change the habit that’s been repeated for many years. If you’re ready to **make a commitment** to losing weight and improving your health, medical weight loss may be right for you.”



**Theresa Piotrowski, M.D.**

The only hospital-based, board-certified bariatrician in the region, specializing in medical weight loss.

*Medical weight loss is right for you if:*

- You are struggling to lose weight and ready to take action
- Repeated attempts to lose weight by dieting have failed
- You have a body mass index (BMI) greater than 30
- You are 18 years of age or older
- You are committed to lifestyle changes and agree to regular follow-ups

*Prevent these health conditions linked to obesity:*

- Diabetes
- Heart disease
- High blood pressure
- High cholesterol
- Infertility
- Sleep apnea
- Arthritis
- Heartburn
- Polycystic Ovary Syndrome (PCOS)

*Enjoy the benefits of weight loss:*

- Less stress on your hips, knees, ankles and feet
- Improved mobility
- Breathe easier
- More energy

Please check with your insurance provider to determine your coverage for a medical weight-loss program. If required, get a referral from your family doctor.



lvpg.org  
1251 S. Cedar Crest Blvd.  
Allentown, PA 18103

*If you're ready to start on a safe and healthy path to weight loss, call Lehigh Valley Bariatric Medicine at **484-664-2960**.*

BEGIN YOUR JOURNEY  
**Lose Weight,  
Be Healthy**

Physician-Monitored Weight Loss



## What is physician-monitored weight loss?

Physician-monitored weight loss is a safe and effective way to lose weight because it is done under the supervision of a bariatrician.

## What is a bariatrician?

A bariatrician is a physician with special education in the medical treatment of obesity and the health conditions associated with it. Bariatricians treat obese patients with a comprehensive program of diet and nutrition, exercise, lifestyle changes and when needed, appetite suppressants and other prescription medications. Bariatricians have specialized knowledge, tools and techniques to design a medical weight-loss program tailored to your individual needs.

## What does Lehigh Valley Bariatric Medicine's medical weight-loss program include?

- **Initial examination** – Your bariatrician will meet with you individually to review your medical history and current eating habits, provide a physical examination, and order appropriate tests (if needed).
- **Diet and nutritional counseling** – You'll regularly meet with your bariatrician to review your food logs and make adjustments to your diet to achieve healthy weight loss.
- **Behavior modification** – You'll learn good eating habits and ways to avoid the repeated failures you may have experienced in the past.
- **Prescription appetite suppressants (if needed)** – Your bariatrician will talk to you about the risks of medication versus the risks of remaining obese.
- **Maintenance** – You'll receive the support you need to maintain your weight loss after reaching your goal.
- **Weight Management Center** – A multidisciplinary team is available for assessment and evaluation.

*It's not a diet. It's a weight-loss program that works!*



Mary Beth McMenam, 41  
Bally, Pa.

"During a family trip to Disney World, my legs, knees and back hurt from walking. That was my eye-opener and the reason I joined the Medical Weight-Loss Program. I tried diets and other weight-loss programs before, but they didn't work. This program is different. I never felt pressured to lose weight fast. Instead, I learned ways to make healthy food choices and began to lose weight gradually. The support I received from Dr. Piotrowski and the other weight-loss specialists made a huge difference. I lost 76 pounds and no longer have leg or back pain."



Kevin Kelly, 31  
Stroudsburg, Pa.

"I was obese most of my life, weighing more than 100 pounds over my ideal weight. I had a checkup last year, and my doctor told me I would develop diabetes if I didn't lose weight. It was a real wake-up call. I found information about Dr. Piotrowski and medical weight loss on [lvh.org](http://lvh.org) and started a program of diet, cardiovascular exercise and weight training. Within the past year, I've lost 90 pounds, I don't have diabetes and I'm going to run my first 5K race. I plan on being around a long time for my wife and kids. And now I'm even able to keep up with my young son!"

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