

WHAT DOES NEW HORIZON MEDICAL OFFER?

From nutrition and exercise to medications, New Horizon Medical offers patients a full range of bariatric and obesity weight loss management.

New Horizon Medical provides **serious comprehensive care** for patients who are overweight or suffer from obesity and weight related concerns. Even if you suffer from diabetes, hypertension, heart disease or another chronic condition, our team can guide you through healthy weight loss with appropriate utilization and integration of a range of scientifically based treatment options.

These include:

- ❖ Prescription medications
- ❖ Oversight of nutrition, physical activity, and behavioral interventions

Throughout, our healthcare providers help you to manage not only your weight but also the lifestyle changes you will need with expertise, insight, innovation, and compassion.

GETTING STARTED:

Medical Assessments:

Our medical team will conduct various medical assessments including blood tests, metabolic rate measurements, 3-D body scanning, and other diagnostic testing at your screening visit to understand your health profile and tailor a weight loss plan specifically for you.

Starting the Program:

To get started you will be placed on a restricted food-based nutrition plan, based upon the results of your metabolic testing (unless medically contradicted).

Mandatory:

New Horizon Medical is a **serious** medical clinic specializing in medical weight loss. During the active weight loss phase, your weekly visits are mandatory. Making lifestyle changes is not easy. Coming weekly, you will get the support and direction you need to make these changes. Weekly visits also promote accountability, which is something essential to your success.

ARE YOU SERIOUS ABOUT LOSING WEIGHT TO BECOME HEALTHIER?

If you are serious about losing weight and becoming healthier and are ready to make the lifestyle changes that are necessary to achieve healthier goals and live a longer life, then **New Horizon Medical** *is the place for you!*

WHAT IS BARIATRIC MEDICINE?

Bariatric medicine is not weight-loss surgery. Healthcare providers who specialize in medically assisting their patients with weight loss for obesity and metabolic disorders practice in a field called “bariatrics”.

UNDERSTANDING OBESITY MEDICINE:

Being a part of an obesity medicine program is much more than reducing calories and eating healthier to lose a few pounds. It's not comparable to following the latest diet fads or attending your neighborhood weight loss center. Obesity medicine providers utilize their expertise and licensed training to implement extremely aggressive weight loss methodologies that without medical assistance may be deemed as unsafe practices for an individual to partake on alone. These nontraditional weight loss prescriptions are devised to quickly reduce an individual's body mass index, thus decreasing health risk in an expedited manner. Attending an obesity medical practice is no joke. **It requires hard work and commitment.** It's not for everyone.

In a medical program, a restrictive diet is necessary in order to achieve a healthier weight. Compliance throughout the restrictive phase of the program equals success. Restrict yourself up front, and then learn to live a healthy lifestyle with minimal restrictions.

The ultimate goal is to get an individual to a healthy weight and reduce overall health risks by reinforcing healthy behavioral changes. This is then followed by focusing on educational principles that promote long-term healthy nutritional plans, intuitive eating, and overall healthier lifestyle practices.

WHAT IS MEDICALLY SUPERVISED WEIGHT LOSS?

Medically assisted weight loss is a program where you will lose weight with the supervision and assistance of a bariatric (medical weight loss specialists) team of qualified healthcare providers. At New Horizon Medical your team will include a nurse practitioner or physician, registered dietician, nutritionist, wellness counselor, and a fitness specialist. It is a multifaceted approach that involves diet and meal planning, physical activity, lifestyle medicine, and medication.

Since medically assisted weight loss is customized to your particular needs, it is more likely to work. Instead of relying on willpower and guesswork, you get personalized care that meets your needs and a team of weight loss specialists committed to helping you reach your goals.

We offer several medically supervised weight loss options. You may be offered a combination of these options for the best results.

They include the following:

- 1 Weight loss plans:** You will need to modify your diet to lose weight. You will be given a meal plan and will work with one of our nutritionists. Our plans utilize restricted food-based options designed to sustain healthy habits and contribute to long-term success
- 2 Physical activity:** Your fitness specialist will help you by creating an exercise regimen to help you burn more calories, improve overall health, and retain muscle while you lose weight. Our fitness team specialized in overweight and obese patients.
- 3 Wellness counseling:** You will be seeing a wellness counselor who will provide you with the tools and motivation necessary to accomplish your emotional and physical health goals.

KEY FEATURES:

Here are some key features that distinguish medical weight loss from “fads” or traditional weight loss methods:

Professional Medical Supervision:

In medically supervised weight loss, individuals are under the care of medical professionals who specialize in bariatric (weight loss) and obesity medicine, they can assess your overall health, identify any underlying medical conditions, and create a personalized weight loss plan based on your specific needs and health status.

Prescription medication:

You may be placed on prescription medication to help with weight loss. The medication can help control appetite, regulate hormones, or change your metabolism.

Does medically assisted weight loss work?

Research shows that medically assisted weight loss plans have a higher chance of success than plans where individuals attempt weight loss independently. In one study, researchers found that with medical weight loss, participants lost **14.4%** of their body weight. They also retained **12.9%** of the weight lost two years after the study.

Another study on medically supervised weight management found that people who chose medically assisted programs kept significant amounts of their weight off even after five years.

PROGRAM SUCCESS:

No approach provides an overnight fix. Overall, the success of a medically assisted program depends on:

Individual factors:

Due to genetics, metabolic rate, and personal circumstances, people lose weight at different rates and keep it off with varying degrees of success.

Professional guidance:

Seeking weight loss treatment from a professional healthcare provider increases your chances of long-term success.

COMMITMENT TO THE PROGRAM:

Medically assisted weight loss takes time and commitment. Committing and sticking with the program long-term is critical.

Pre-existing health conditions:

Any existing health conditions you have can affect your ability to commit to and succeed at a weight loss program. Conditions such as depression, anxiety, hypertension, or arthritis can make it harder to stick to your recommended program. Sometimes medication for these conditions can cause weight gain.

Losing weight with the help of a medical professional who specializes in weight loss improves your chances of losing weight successfully. Your bariatric medical team offers expertise and experience while holding you accountable and **supporting your weight loss journey.**